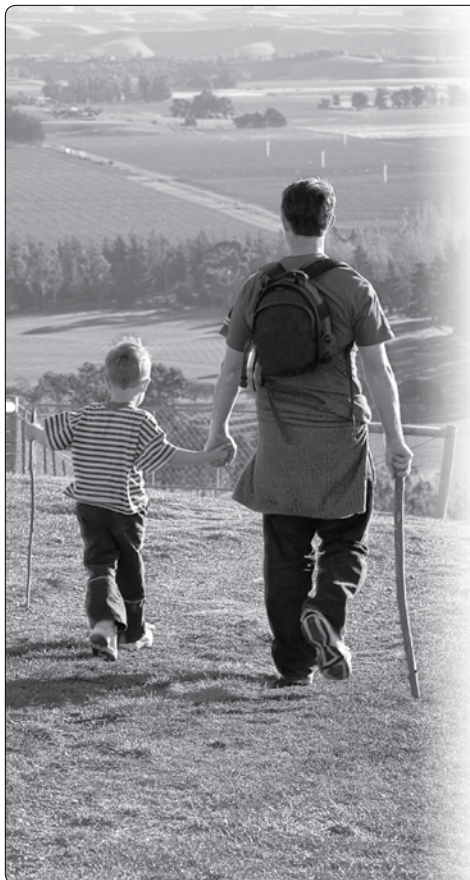


Because Family Matters...

www.jfcs-portland.org



Side-by-Side

A Parent Coaching Program

In our complex society parents are often uncertain of how to deal with typical but frustrating parenting situations.

The Side-by-Side program of Jewish Family & Child Service offers parents help with such situations through its Parent Coaching Program.

For more information or to schedule an evaluation, call 503.226.7079.



JFCS
 Jewish Family & Child Service
 1130 SW Morrison Street, Suite 316
 Portland, OR 97205 503.226.7079

Understanding the Challenges... Providing the Support

- Positive discipline strategies
- Sibling rivalry
- Family transitions
- Sleeping or eating issues
- Compliance and cooperation
- Managing parental emotions
- Eliminating power struggles
- Decreasing parent burn-out
- Age-appropriate behaviors
- Children with special needs program

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JFCS Celebrates 60 Years of Service to the Jewish Community

On Sunday, June 22nd, nearly 170 people gathered to help celebrate JFCS's 60 years of service to the Portland Jewish community at the JFCS Diamond Jubilee. The gala event, with music provided by Michael Allen Harrison, was held at the Mittleman Jewish Community Center and raised nearly \$30,000, over \$12,000 of which came during the event's Mitzvah Moment.

Honorary Chairman Dr. Robert Mendelson and his late wife Lottie were recognized for their outstanding support of the agency along with former Executive Director, Alvin



Honorary Chair, Dr. Robert Mendelson arriving at the JFCS Diamond Jubilee.

Rackner and several past Board presidents who were in attendance.

A wonderful time was had by all who participated – including a group of TASK and Tikvah participants who were invited to attend and be seated at a table sponsored by Dunn, Carney, Allen, Higgins and Tongue, LLP. Particularly hon-



Former JFCS Executive Director Alvin Rackner accepts a certificate of appreciation for his years of dedication and support for JFCS from JFCS Board President, Michael Wendrow and current Executive Director, Marian Fenimore.

ored, Erika Menashe joined Michael Milledner, a JFCS Board member, in the blessing of the bread and wine ceremony as the evening began.

The highlight of the evening was the debut presentation of a video commemorating JFCS's past services and role in the Portland Jewish community.

The video goes on to highlight what the agency is doing within the community now through interviews with clients, staff and supporters. A wonderful tribute to all of the great work that happens at JFCS, this production was generously donated by Ron Appelbaum Productions. A copy of it now also resides in the Oregon Jewish Museum so that future generations can know the long standing role JFCS has played in helping the Jewish community in Portland thrive.

The Board and staff at JFCS would like to thank everyone who helped with the production of this event, everyone who attended and all of those who contributed their time, energy and resources to this celebration.



Tikvah participants Danny and Andrea Oxman are joined by Molly Bauermiller as guests of Dunn Carney Allen Higgins and Tongue, LLP at the JFCS Diamond Jubilee celebration. Dunn Carney Allen Higgins and Tongue LLP was a table sponsor for the evening's events

Without you, this evening would not have been possible. A second, resounding thank you goes out to all of those donors who gave so generously. Without you, the critical services that JFCS provides would not be possible.

JFCS Calendar of Events

Ozreinu, TASK's group for parents of children with special needs, will meet monthly during the Fall, with locations varying.

Scheduled for Thursdays at 7pm, Oct. 30 and Nov. 20. Parents are always welcome, contact Corinne to RSVP.

Thursday, Oct. 16 - 11am to 4pm, Cedar Hills Crossing Mall, 3205 SW Cedar Hills Blvd., Beaverton. TASK will participate in the Washington County Developmental Disabilities Fair. Families can stop by for information on local organizations, services, and supports available throughout the area. This is a wonderful opportunity for people to learn more about TASK and other local agencies as well.

Sunday, Oct. 26, TASK will participate in the Congregation Neveh Shalom Dedication, Birnbach Hall. We will be in Birnbach Hall, Monday, November 24th. Volunteers are needed to help assemble our annual Thanksgiving Boxes! Please call Jenny Weinstein at JFCS 503.226.7079

Thank You...

Jewish Family & Child Service thanks the following organizations for the support of our 60th Anniversary Diamond Jubilee Celebration

Without you, we would not be able to provide critical services to those most in need.

Corporate Sponsors

Providence Health Systems
US Bank
3 Point Brand Management
Tonkon Torp, LLP
Carla Properties, Inc.



Dunn Carney Allen Higgins & Tongue LLP
The Standard Employee Giving Campaign
H&B Loan
UBS Financial

Foundations

The Holzman Foundation

In-Kind Donations

Lamb's Stroeckers Market
Ron Appelbaum Productions
Michael Allen Harrison

JFCS would like to thank the following individuals and foundations for their generous contributions during the Mitzvah Moment at our Diamond Jubilee Celebration. Our deepest thanks for your support!

\$250 - \$349

Monica Brenner
David Finkelman
Mitch & Harriet Greenlick
Lou & Kathy Jaffe
David Molko
Lisa Rackner
Marjorie Saltzman
Norman and Elaine Savinar
Richard B. Solomon
Michael Wall & Wendy Wasserman
Merritt Yoelin

\$350 - \$499

Curtis Spiteri
UBS Foundation USA
Melanie Birnbach
Lydia Hubbard

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Ken Davis & Lousie Rosen
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Penny Russman
Robert & Ann Sacks
3 Point Brand Management
Paul Labby & Carla Properties, LTD.
Dunn Carney Allen Higgins & Tongue, LLP
Miriam Hecht & Ivan Zackheim
US Bank

\$1,000 - \$1,500

George Fenimore
Dr. Robert Mendelson
Providence Health System
Aspen Mitzvah Fund of the OJCF

\$1,500 +

Lois Schnitzer

Kehillah Housing Project Update

The JFCS TASK program is delighted to be working with Cedar Sinai Park in developing housing for adults with developmental disabilities. We've already received generous grants from the Kuni Family Foundation and the Portland Chapter of the National Council of Jewish Women to create 14 independent-living apartments.

We are currently underway in our community fundraising, and plan to apply for federal funding in the next round of applications. If you would like to donate to this great effort, please send your donations to JFCS, marked "Kehillah Housing" at 1130 SW Morrison Street, Suite 316, Portland, Oregon 97205 or call Corinne Spiegel at 503.226.7079 x 55.

Parenting Tips – Helping You, and Your Child, Succeed!

At JFCS we are excited to see the growth of our Side-by-Side Parent Coaching program. With a generous donation from the Holzman Foundation, JFCS is now able to provide immediate support to parents at the moment an issue arises. Parents who participate in the program receive the direct support of one of our professional counseling staff. Working with each client on a one-to-one basis, we strive to help you learn effective parenting skills.

JFCS ISAP Program – Connecting the Most Isolated Among Us



Participants in JFCS's Integrated Senior Access Project enjoy a tour of the Pittock Mansion given in Russian by JFCS case manager Marianna Dubova-Williams

On July 23rd, 2008, the JFCS Integrated Senior Access Project (ISAP) organized a much-desired and awaited field trip for our Russian-Speaking seniors to one of Portland's most beautiful historical landmarks, Pittock Mansion. Each person was picked up from their home and transported to the Pittock Mansion for a guided tour conducted in Russian by ISAP Case Manager Marianna Dubova-Williams. While touring the museum, some of the participants made comments about how wonderful the museum was and how much it reminded them of their own cultural history.

After the tour, the seniors sat down for a healthy brown bag lunch in the courtyard outside of the mansion overlooking the city of Portland. Lunch turned into a wonderful discussion about life for senior immigrants in America, the challenges they face and daily obstacles they overcome. No one wanted to go home.

The life of an immigrant senior can be lonely, especially when language is a barrier and income is low. We at JFCS feel privileged to be able to make even a small difference in these people's lives. Before everyone was taken back to their homes, the seniors expressed their gratitude to JFCS for organizing and sponsoring such an event and said how much they are looking forward to more....

For more information about the JFCS Integrated Senior Access Project (ISAP), contact JFCS at 503.226.7079 x15

JFCS Caregiver Respite Program – Take a Break, On Us!

Thanks to generous grants from the Jewish Federation of Greater Portland (\$5,000.00) and the Oregon Jewish Community Foundation (\$2,000.00) the JFCS Caregiver Respite Program is now able to help even more families! These grants have helped to fund a unique partnership with Northwest Nannies, Inc. that now allows us to provide trained, professional nannies, at a low cost, to care for your child(ren) while you enjoy four hours of respite. For more information please contact Corinne Spiegel at corinne@jfcs-portland.org or call 503.226.7079 x55.

SFHS & JFCS Lifeline Program Join Forces to Serve Seniors

The staffs of JFCS's Lifeline Home Care Program and Sinai Family Home Services (SFHS) have joined forces to better serve the seniors in our community. SFHS closes the gap in service delivery to seniors who need extra help in their homes. While our Lifeline Program provides housekeeping and companionship services, SFHS provides more intensive help and personal care services enabling more seniors to remain in their homes throughout illness and frailty. SFHS, a collaborative venture between JFCS and Cedar Sinai Park is a significant addition to our community's programs for elder care. JFCS's Lifeline Program staff, David Molko and Parker Campbell, work closely with SFHS staff, Paul Bernstein and Reggie Silbert, to maintain seamless services to the seniors in our community as they seek the support they need to remain at home.



Paul Burnstein (left) Executive Director of Sinai Family Home Services, Parker Campbell, Home Care Program Coordinator for JFCS, Reggie Silbert, Care Coordinator at SFHS, and David Molko Lifeline Program Director at JFCS.

From the Executive Director

Dear Friends,

I want to thank everyone who participated in and supported our Diamond Jubilee celebration. It was a wonderful tribute to our agency's past and enduring legacy in helping all members of our community thrive.



There have been many exciting changes at JFCS over the past few months. We have hired several new staff and created two new positions that will increase service capacity in our Emergency Aid (Yad Tikvah) and Lifeline Programs. Joining our direct service programs are Jenny Weinstein, MSW, our Emergency Aid Case Manager and Volunteer Coordinator, and Frances Spak, our Naturally Occurring Retirement Community (NORC) Senior Program Coordinator. Also new to our staff are David Nolfi, our new Director of Finance, Sarah Holloway, our new Program Development Coordinator and Chana Andler, our new Director of Development and Marketing. The JFCS board joins me in welcoming these exciting additions to the JFCS staff and management team.

As we begin our new fiscal year, our board of directors express their appreciation to Michael Wendrow, our outgoing board President. Michael has played a significant role in guiding the agency through the last year's transition of executive leadership and engagement in our strategic planning process. We are happy to welcome our new board of officers including President, Ken Davis, Vice President, Erik Whitcher, Secretary, Kathy Chusid and Treasurer, Bill Brenner. With the combination of seasoned and new leadership on the board, JFCS is well positioned to move forward with our Strategic Plan and fulfill the agency's mission to serve the most vulnerable members of our community.

I look forward to working with our new board and staff in the coming year as we put our strategic planning into practice.

I wish everyone a happy and healthy new year.

L'Shana Tovah,

Marian Fenimore, LCSW
Executive Director

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Fax: 503.226.1130

Marian Fenimore, Executive Director,
ext 13

Counseling Intake Specialist, ext 21

Volunteer Information, ext 28

Counseling Dept., ext 24

Lifeline, ext 14

TASK, ext 22 and ext 55

Business Services, ext 20

Community Immigrant Services,
ext 15

Marketing & Resource Development,
ext 16

NORC Program 503.708.5614

Holocaust Survivor Services,
ext 12 & 28

Website: www.jfcs-portland.org

Email: jfcs@jfcs-portland.org

Member Agency of the Jewish
Federation of Greater Portland

JFCS and Our Community Support: "Spurensuche" or "Back to The Roots"

A program of the Austrian Federal Ministry of Health, Family and Youth, "Spurensuche" or "Back to the Roots" has been in existence since 1994. Its objective is the encouragement of exchange between Israeli and Austrian young people. The main topic of this exchange is a discussion about the National Socialism Period and the Holocaust, especially in light of one's own family history. The program is provided at no cost to participants, with the exception of airfare.

"Back to the Roots" participants come to Austria with the aim of tracing the roots of their ancestors who were exterminated, had to flee or were displaced by the Nazi Regime. Once there, they are matched with young Austrians who are interested in learning more about this issue and can also assist them with their research.

In 2008 the project was carried out as a tri-national encounter and for the first time was also open to American participants whose families had to flee Austria.

Ted Werbel, a 22 year old University of Oregon student from Portland, is the grandchild of Holocaust refugees and was selected to be part of a group of only 15 participants to engage in this exchange program. With the help of JFCS Holocaust Survivor Specialist, Jill Neuwelt, a fundraiser

was held to help Ted with the purchase of his plane ticket. Though he was able to save some money towards the expense, airfare to Europe has become increasingly expensive. Jill helped raise the funds by inviting several people to her home who, along with the Jewish Federation of Greater Portland, very generously donated enough individual contributions to raise \$1,100 towards the plane fare. Ted used his "stimulus check" from the IRS to pay for the rest. What a wonderful way to stimulate our economy!

Ted's experience was a once in a lifetime opportunity to connect with his family's history and other young Austrians. With the help of his local guides, he was even able to see the shop his family owned before they were forced to leave.

JFCS and the Jewish Federation of Greater Portland are proud to help support our young adults in expanding their horizons in this unique and exciting way.

We are also grateful to the many local community members who helped to bring about such a wonderful opportunity for Ted.

If you'd like more information about the "Back to the Roots" program, please contact Jill Neuwelt at 503.226.7079 x22

The State of Mental Health Care in Portland

By Meghan Thivierge

In light of the recent challenges facing Portland's largest mental health care provider, it is natural to wonder how adequately mental health care agencies are meeting the needs of consumers. With this in mind, JFCS decided to do a brief examination into the services available to individuals seeking mental health support in Portland. This inquiry focused on the existing services accessible to three groups: Medicare recipients, individuals with OHP (Medicaid), and individuals without insurance. Conversations with the Multnomah County Crisis Line and several other health care providers confirmed that for many individuals seeking counseling, options are few and far between.

OHP recipients appeared to have the most providers to choose from although the largest provider of mental health services in Multnomah County is experiencing fiscal prob-

lems making the future of these services uncertain. Locating a mental health care professional who accepts Medicare is a greater challenge. When a Medicare recipient seeks mental health treatment, they often are faced with making numerous calls to locate a counselor who is both willing and able to accept Medicare. JFCS is one of only two providers in Multnomah County that accept Medicare.

Finally, for people who are without insurance, JFCS is one of a limited number of low cost or sliding scale counseling options available. For these reasons, the support of our donors is critical to ensuring that low-income, uninsured, and Medicare recipients can access these essential services. Thank you to all who have contributed to help keep these critical services available. For additional information on ways you can help, please call JFCS at 503.226.7079.