

Jewish Family News



Jewish Family Services
of silicon valley

March 2017

Volume 13 No. 1

Honoring Mom in a Profound Way

From the time they were little girls, Ruth Perkins taught her daughters Terasa and Diana that it's a really "lucky" thing to be able to help others. It means that you have enough. According to Diana, "Our grandma used to say, 'You should be either giving time or money to charity – or taking from it.' There's no in-between."

Ruth was a volunteer par excellence, and in 2013 was asked to join the JFS Board of Directors. Her sister-in-law Robin Sabes tells us, "Ruth never had much in terms of financial means most of her life. But when she did she was extremely generous. She also volunteered for so many things. She was a very giving person. She believed in helping people in need." She took whatever volunteer job she had very seriously and thoroughly, and always tried to improve the system. Robin adds, "Ruth believed in helping all people and thought it was nice to be involved in a Jewish organization too."

Terasa agrees. "Our mom was



Ruth Perkins believed in helping all people.

very particular about where she volunteered. The group needed to be doing good work. I know that she felt that about JFS. She also liked the fact that not everyone we helped was Jewish."

Naming the Ruth Perkins Emergency Fund for Refugee Services

Terasa continues, "As Jews we should know more than anybody

what it's like to have to do without. We are responsible for helping other people. It's a uniquely Jewish responsibility. We've been strangers in a foreign land, and we know more than anyone else what religious tolerance looks like. One family at a time, JFS is doing away with prejudice."

It became clear to Terasa and Diana that by naming the Ruth Perkins Emergency Fund for Refugee Services they would be honoring their mother in a profound way.

Terasa says, "My mom really respected folks who were brave enough to take a giant leap of faith to come somewhere else to make a new life."

"Through this fund, we want to give them a hand up, a stepping stone to help people better their own lives."

Honoring Mom • continued on page 6

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From Our President

What Miracles Can you Help Create?

Richard Namm



As we
a p p r o a c h
Passover, we
gather 'round
with family to
offer thanks for
our bounty and
commemorate

events from thousands of years ago. The miracles described in the Haggadah are truly awe-inspiring. I believe we share a bond with our ancestors and can learn from their travails.

Here in Silicon Valley we enjoy much good fortune. However, many people still require assistance. Imagine if there was a simple way to help Jewish Family Services guide those in need to a land of promise...and **DOUBLE** the impact! You can do that and it shouldn't take more than five minutes of your time.

I work for a firm with offices in many countries and hundreds of people in California. They match employee contributions up to an aggregate total of \$2,500 on an annual basis. When I first requested a matching gift to JFS many years ago, it was not on the list of approved groups. They had Jewish Family Services at other locations, such as Palo Alto and San Francisco, but not Silicon Valley. So I completed a short form and the next day...voila!...my chosen organization was listed.

Envision what these extra dollars can do. For example, here's a sampling of what your JFS did with your support in the past year:

- **Refugee Resettlement:** 122 people from Afghanistan, Iran, Iraq, Eritrea and the former Soviet Union got a new start in America. Thirty four attorneys working pro bono helped 136 refugees apply for permanent resident status and U.S. citizenship

- **Holocaust Survivors:** 268 survivors received claims reparations and benefited from food assistance, medical access and emotional support

- **Seniors:** 1,500 older adults benefitted from caregiver support, case management friendly visitors, home care, and so much more

Most major corporations and many mid or small size companies offer programs to match all or a substantial part of an employee's contribution to non-profit organizations. Typically, the human resources department will have details and provide an easy step-by-step process to help your dollars stretch that much further.

Every dollar from every donor benefits the people Jewish Family Services of Silicon Valley helps. Just as people who attended our recent Good Morning JFS! breakfast can attest, it doesn't take much effort to make difference. And, with a bit of corporate generosity, ask yourself... how many new miracles can I help create?

Wishing you a happy – and impactful - Passover,

Rich

Executive Director's Message

Jewish Family Services is Here to Make Life Better

Mindy Berkowitz



Dear Friends,

I write this in an afterglow, the day after **Good Morning JFS!**

Three hundred guests joined us for a powerful morning of going forward with hope. Our hearts were filled as we heard stories of courage and perseverance, and how our Jewish values compel us to do the work we do. We at Jewish Family Services are so grateful for your support – and so proud to merit it.

Right about now, many of us are cleaning our homes and getting ready for Passover. At JFS, we've begun our 11th annual **Passover Food Drive**. Thank you – once again

- to all our partner agencies and synagogues, donors, and volunteers for helping us distribute thousands of food packages over the years.

If you are part of a household that **needs food assistance** or other help during Passover (or any time), please do not hesitate to contact JFS. Seniors who need assistance should contact Avital Agam at (408) 357-7450. Families and adults needing help at Passover should be in touch with Sandra Pannell at (408) 357-7425. JFS is here for you.

We are again thankful to the Jewish Federation for sponsoring our annual seder for hundreds of Russian speakers. The Passover seder has very special meaning to those who were émigrés from the former

Soviet Union. The freedom they commemorate at the seder tastes doubly sweet.

Jewish Family Services is here for you in **ways that make life better**. In this issue of *Jewish Family News*, we are highlighting counseling services, our grief support group, and ways that you can volunteer. Let us be the place you turn to as you go forward with hope this spring.

Wishing you and yours a happy and healthy Passover. Chag Pesach Sameach,

Mindy

P.S. My people were refugees too! We are all concerned about the fate of refugees. See pages 6 and 7 for ways *you* can support and protect refugees.



— Donate a Vehicle —

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Jewish Family Services
of silicon valley

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project NOAH.

NO ONE ABANDONED HERE

“Let all who are hungry come and eat.” Help JFS collect and distribute Passover Food to families and seniors in our community. **Food barrels will be placed March 17th through April 5th at partnering organizations listed below.** We appreciate your contributions of the following wrapped Kosher for Passover 2017 food items:



Cake Meal
Candies
Cookies
Dried Fruit (pre-bagged or pre-boxed)
Gefilte fish
Grape juice

Horseradish
Jam
Latke Mix
Macaroons
Matzoh

Matzoh Ball Soup in a Jar
Matzoh Ball Soup Mix
Matzoh Meal
Potato starch
Tea

Perkins in protecting refugees in our community. Support the Ruth Perkins Emergency Fund for Refugee Services. Want to discuss your con-

Project NOAH Passover Food Drive is a project of Jewish Family Services of Silicon Valley.

We appreciate our Passover Food Drive partners:

Jewish Federation of Silicon Valley
Addison-Penzak JCC of Silicon Valley
Addison-Penzak JCC Preschool
Congregation Beth David
Congregation Shir Hadash
Congregation Sinai
South Peninsula Hebrew Day School
Temple Emanu-El
Yavneh Day School



Jewish Family Services
of silicon valley



JFS SV: Repairing Our World

Be Our Guest for a Passover Mini-Seder

Looking for a meaningful Passover experience? You are invited to join Jewish seniors living in retirement facilities along with their JFS Chaplain Aides for a mini-seder. As a guest, you'll enjoy connecting with older adults in the retelling of the Passover story. Mini-seders will be held this year at Brookdale Senior Living, Chai House, Chateau Cupertino, Los Gatos Meadows, Saratoga Retirement Community and the Terraces of Los Gatos. Many of these seniors are no longer able to attend synagogue services, and appreciate the Jewish communal experience our Chaplain Aides provide.

If you are interested in visiting and being a guest for a Passover mini-seder (or Shabbat services) please contact Lori Cinnamon at (408) 357-7467 or loric@jfssv.org.

Do you play guitar and want to share your music? Join our Chaplain Aides and provide instrumental accompaniment at monthly Shabbat services.

Don't play an instrument but want to share the joy of Shabbat? We have openings for Chaplain Aides and Chaplain Aide substitutes.

Contact Lori Cinnamon at (408) 357-7467 or loric@jfssv.org.

Visit our website
www.jfssv.org

JFS Volunteer Appreciation Event

April 27, 2017; 2:00 – 4:00 PM

Levy Family Campus Adult Lounge

National Volunteer Appreciation Week starts April 24th, and JFS will be showing our appreciation. We're thanking all our current - and future - volunteers for all you do!

Enjoy a performance by our gifted Russian speaking singers and volunteers, schmooze with fellow volunteers, meet new people and indulge in delicious snacks.

Look for your email invitation soon.

Contact Sheila Monheit at (408) 357-7451 or sheilam@jfssv.org

Spring Volunteer Opportunities

Pre-Passover: We need volunteers to pick up and sort food from our Passover Food Drive. We will be sorting Passover food the afternoon of April 5th beginning at 2:30 p.m.

Ongoing: We need Friendly Visitors to bring the world to isolated seniors, and volunteers to deliver Shabbat meals.

Contact Sheila Monheit at (408) 357-7451 or sheilam@jfssv.org



Elise Wessels, Rhonda Farber and Ruth Bareket enjoy themselves at a JFS Volunteer Appreciation Event.

JFS SV: Repairing Our World

Honoring Mom • *continued from page 1*

You can join Diana and Terasa Perkins in protecting refugees in our community. Support the Ruth Perkins Emergency Fund for Refugee Services. Want to discuss your contribution? Contact Mindy Berkowitz at (408) 357-7455.

Summer Internship Opportunity at JFS

JFS is pleased to continue our summer intern program. We are seeking a college student interested in **non-profit management, program development, volunteer engagement, and social media** to work with JFS' Department of Volunteer Engagement.

The intern will support ongoing volunteer engagement and also coordinate events and community drives. Areas of focus will include our YA-Live! Group for young adults, Equipped to Learn Backpack Drive and emergency food assistance. Qualified applicants should have **prior social media and event organizing experience** – and a “can do” attitude.

The internship is **15-20 hours per week** in the JFS offices, located on the Levy Family Campus in Los Gatos. Hours are flexible during the months of June through August, and include typical business hours with some evening and weekend work. Call Lori Cinnamon, Manager of Volunteer and Community Engagement, at 408-357-7467 or email [résumés and inquiries to loric@jfssv.org](mailto:loric@jfssv.org).

How YOU Can Support Refugees



Congregation Sinai 7th graders sorted and packed 91 food packages for recently arrived refugees. We're grateful to Leo Michels and our YAD group for conducting this highly successful food drive for refugees.

- *Drive refugee clients to appointments*
- *Deliver nutritious snacks*
- *Be a mentor on job search, interview practice, and acculturation*
- *Create an employment network for refugees*
- *Pick up food from food drives*
- *Deliver small furniture to refugee families*
- *Hold group events: food drives, kitchen/household items “showers”*
- *Donate to the JFS Emergency Fund for Refugees*
- *Invite JFS staff to speak about refugees*

Contact Lori Cinnamon at loric@jfssv.org or (408) 357-7467


HAPPY
PASSOVER

From the JFS Family to Yours



Jewish Family Services of Silicon Valley

The Ruth Perkins Emergency Fund for Refugee Services



JFS SV urgently needs your help! We protect refugees who have experienced persecution due to their religion, ethnicity, political expression or sexual orientation. They come from Iran, Iraq, Afghanistan, the Former Soviet Union and various countries throughout Africa. The people we help are fleeing dire and often violent circumstances.

As the second largest refugee resettlement agency in Santa Clara County, JFS SV serves **200+** refugees annually with resettlement, pro-bono legal immigration clinic, vocational English training, job search assistance, case management, and emergency food assistance. Our services to refugees have been funded through HIAS, County of Santa Clara, United Way Silicon Valley, Silicon Valley Community Foundation, foundations, and generous individuals.

Due to our current government's administration, funding for refugee resettlement is uncertain. Our refugee resettlement and Connections to Work for Refugees Programs have depended on annual awards of over \$300,000 from HIAS and United Way for the past decade—and these are no longer certain. **Refugees in our care need the crucial services that JFS SV provides. Learn more at www.jfssv.org.**

To keep our Refugee Services work going strong,
Jewish Family Services of Silicon Valley launched
the Emergency Fund for Refugee Services.

Please join us!

Your gift will ensure that vulnerable refugees can build new lives
and live in safety and freedom.

----- **Jewish Family Services Emergency Fund for Refugees** -----

Enclosed is \$ _____ as my gift for the JFS Emergency Fund for Refugee Services

Please make checks payable to **JFS SV, 14855 Oka Road, Suite 202, Los Gatos, CA 95032 (408)556-0600**

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☐ In honor ☐ In memory of _____

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JFS: Serving Our Community

Counseling for Individuals, Couples and Families

JFS SV provides professional therapeutic counseling to individuals and families facing a range of issues and life challenges. Our counseling services are conducted Monday through Friday and are available on a sliding scale. We provide:

- Individual counseling services in a supportive, respectful and confidential environment
- Counseling and support for families in crisis or dealing with relationship issues
- Emotional support during times of transition (relocation, career change, divorce, empty nest, etc.)

JFS professional counselors include:

Lisa Warner, LCSW, Director of Clinical and Social Services

Lisa is a Licensed Clinical Social Worker with over 28 years of social work experience with children, families and adults. She has an extensive background working with older adults, especially with mental health issues such as depression and anxiety. Lisa's expertise is with end-of-life issues and grief and loss. She has done individual grief counseling and facilitated groups, worked in hospice and palliative care, worked with domestic violence victims and victims of child abuse, and counseled couples around relationship issues. As a therapist, Lisa takes a client-centered approach and believes strongly in an individual's resiliency and capacity for change. *Contact Lisa at (408) 357-7456, lisaw@jfssv.org*

Sandra Pannell, MA, Project NOAH Social Worker

Sandra has a Masters Degree in Counseling Psychology and 26 years of experience working with youth and adults in a variety of crisis settings. She is an experienced case manager and advocate for her clients, and helps connect people with low incomes to the services they need. Sandra uses a variety of counseling techniques to move individuals to positive change. *Contact Sandra at (408) 357-7425; sandrap@jfssv.org*

Grief Support Group

When: 2nd and 4th Sundays each month

10:30 AM to noon

Where: JFS Classroom

Levy Family Campus

Facilitator: Lisa Warner, LCSW,

Director of Clinical and Social Services at JFS

This group is for adults who are grieving the loss of parents, children, spouses or friends. It is a safe environment to talk about grief and obtain support and feedback.

If you are interested, please contact Lisa at (408) 357-7456 or lisaw@jfssv.org.

Donations

Donations November 12, 2016 to March 3, 2017

Addy and Ray Kopp Memorial Fund

Carol and Richard Anderson, in memory of Addie and Ray Kopp
Raymond and Jill Osofsky
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 Rosen
In honor of Margie Cahn's birthday: Marcia and Joe
 Riggio
*In honor of Jeff and Susan Englander's 40th wedding
 anniversary:* Sally Rocker, Robin Sabes
In honor of Henry Estreicher's 90th birthday: Ruth
 Kohan
In honor of Frances Greenberg's birthday: Bettina
 and Dan Rosenberg, Sarah Rosenberg
In honor of Ruth Litwin's birthday: Barbara Trisler
In honor of Bonnie Marantette's birthday: Linda and
 David Mighdoll
In honor of Harry Ratner's birthday: Marcia and Joe
 Riggio
In honor of Robin Sabes' birthday: Diana
 Perkins
In honor of Harriet Siegel's 90th birthday: Fagie
 Rosen
In honor of Maureen Starr's 90th birthday: Marlene
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In honor of Peter Ullmann's birthday: Fagie
 Rosen
In honor of Gilda Weisberg's birthday: Linda Golan,
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In collaboration with **24 Hour HomeCare**,
a privately owned California-based company.

Not Just for Seniors:

Home Care Services are not just for seniors. These services are useful for people with disabilities, or those transitioning home from the hospital or recovering from an injury. Anyone needing short or long-term assistance in the home can benefit from these services.

A Range of Service

JFS SV HomeCare Services will offer a range of non-medical care for older or disabled adults and children in Santa Clara County, including:



- ✓ Personal care
- ✓ Domestic duties
- ✓ Transportation
- ✓ Companionship
- ✓ Mobility

How it Works

Call Jewish Family Services at (408) 556-0600 and ask for the Home Care Specialist. She will do an intake interview on the phone and schedule a home visit.

24 Hour HomeCare does a home visit to create a personalized match with a home care aide, and then places a home care aide. Care begins as soon as the client is ready.

Our competitive hourly rates vary based on length of each caregiver shift.

Our social work staff follows up with each client and remains onboard to ensure satisfaction.

For more information on JFS SV HomeCare Services,
call (408) 556-0600 or email homecare@jfssv.org.

Further information is also available at <http://www.jfssv.org/home-care.html>

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