

# Jewish Family News



**Jewish Family Services**  
of silicon valley

December 2016

Volume 12 No. 4

## Going Forward with Hope

We know that for many people it has been difficult to conceive of moving forward following our recent election. There are concerns about the impact of the new administration on our most vulnerable neighbors.

We at Jewish Family Services worry about the good people we know who happen to be refugees or immigrants, disabled, or poor.

Many of them have expressed their fears to us, wondering if our government is now going to “come after them.”

It would be foolhardy to suggest that everything will be business as usual. But we do know this: **Our work at Jewish Family Services of Silicon Valley, and our work as good people who are passionate about making the world a better place, is more important than ever.**

*We think about the Iranian refugees who constantly tell us, “I love Jewish Family Services. You are my*



Helping with paperwork: Leah and Julia forged a friendship that goes beyond being a Friendly Visitor.

*family.”*

*We think about the single mom who broke down in tears and said, “Thank you for remembering our family at Hanukkah. I couldn’t afford to get my boy any gifts but you made our holiday happy.”*

*We think about the older gentleman who is part of our caregiver support group who said, “Thank you for helping me to go on.”*

We think about our sincere efforts to serve all our clients with dignity, respect and integrity.

At JFS the one thing we can and must do is redouble our work as good, caring people. We can – and we do - bring our positive messages and beautiful work to the wonderful, good people we serve.

For those of you who are suffering, please take the time to do whatever you need to do to find healing –

and please take advantage of our fine counseling services.

Together let’s work hard to make Jewish Family Services of Silicon Valley be the best organization we can be and make sure we continue

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The Jewish Family News is published four times a year by Jewish Family Services of Silicon Valley  
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Los Gatos, CA 95032  
(408) 556-0600  
www.jfssv.org

# From Our President

## Embrace a Family This Hanukkah

*Richard Namm*



Dear Friends,

What do the following things have in common:

A blender...  
stuffed animal...  
school supplies...

shoes and a gift card for Safeway? Each item sounds innocent enough, but they're actually a lifeline for people who've hit hard times or are living on limited means in one of the most expensive areas in the world. What some take for granted others view as precious.

Every year in the month preceding Hanukkah, Jewish Family Services of Silicon Valley opens the Embrace-A-Family gift program to bring a little cheer to underserved members of our community. This seasonal program is part of a much larger effort at JFS called Project NOAH, which stands for "No One Abandoned Here." That's exactly what your donations represent. Think of it as a safety net with a smile.

I can personally relate an instance where a simple gift at Hanukkah brought tears to the eyes of a 100-year-old woman. My wife Patti and I picked a couple of paper dreidels last November from one of the boards located around the JCC. Each dreidel briefly described something requested by a client of JFS just like the items listed at the beginning of this story. In this case, an elderly lady needed a toaster oven to replace one that recently broke. We brought it to her home in the Villages, installed it and received some of the warmest hugs you can imagine.

Of course, you are not expected to hand-deliver your gifts. The usual process simply means choosing one or more

dreidels, obtaining the items requested and bringing them to the JFS office on the 2nd floor of the south wing of the JCC. The dreidels do not list the name of the requestor. Patti and I brought our gift because she was a friend and we wanted to add a personal touch.

Although Embrace-A-Family focuses on Hanukkah, people need the same things in January as they do in December. JFS matches your resources with folks who lack many everyday essentials. The requirement for basic materials does not end when we flip the calendar to a new year.

One of the testimonials on the JFS website puts our suburban life in perspective. "Without your kindheartedness, this holiday season would have been very bleak. It brings me joy to know there are kind strangers willing to put a smile on my son's face during a period of financial hardship. Thank You!"

Wishing you a happy Hanukkah and New Year,

*Rich*

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# Executive Director's Message

## Counting Blessings at Jewish Family Services

Mindy Berkowitz



Dear Friends,

This December I am counting my blessings. During uncertain and difficult times, I know

how lucky I am to work at a place that changes the lives of so many people – and helps others find ways to do good. JFS is a special place – and I love sharing our work with you. This issue of the *Jewish Family News* is chock full of ways to fill your heart with goodness, and get help if you need it.

Embrace-A-Family – now in its ninth year – is a community favorite. The JFS offices are filling with toys, clothes, blankets – and the love you bring to it.

The refugees we resettle are very grateful for the surge in volunteers who help them learn English, prepare for job interviews, and stay hopeful.

Our Chaplain Aide and Friendly Visitor Programs are growing, and enriching the lives of the

volunteers and the seniors they help. Considering volunteering? Contact Lori Cinnamon at (408) 357-7467 or [loric@jfssv.org](mailto:loric@jfssv.org).

*Jewish Family Services is chock full of ways to fill your heart with goodness, and get help if you need it.*

This season brings expanded counseling programs for individuals, families, caregivers, and those who grieve. Please do take advantage of the many ways we can help you and your family.

Wishing you and those you love a Happy Hanukkah and all the best in 2017,

Mindy

P.S. Want to see JFS in action? Come to Good Morning JFS! on March 15th. We'll give you a FREE breakfast and reaffirm the reasons you support JFS. Call (408) 566-0600 or email [goodmorning@jfssv.org](mailto:goodmorning@jfssv.org) for an invitation.

**Going Forward** • *continued from page 1*  
to do our part to perform *tikkun olam* – acts of kindness to repair our world.

Fred Rogers z"l offers us some wisdom: "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

We at JFS are the helpers – and we are here for you. Thank you for everything you do on behalf of Jewish Family Services.

### Discover the J.

Jewish education, cultural events, preschool, camp, fitness, aquatics & more.



Addison-Penzak JCC  
of Silicon Valley  
Levy Family Campus  
[www.apjcc.org](http://www.apjcc.org)

### Staff Direct Numbers

Area Code 408

- Avital Agam.....357-7450
- Mindy Berkowitz. ....357-7455
- Galina Chyorny.. ....357-7458
- Lori Cinnamon.....357-7467
- Valerie DuBose.....357-7542
- Azita Eshagh.....357-7457
- Caroline Golpashin.....357-7449
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- Sheila Monheit..... 357-7451
- Sandra Pannell.....357-7425
- Lauren Pizzulli.....357-7453
- Gary Spivey.....357-7453
- Lisa Warner.....357-7456
- Leah Wilson.....556-0600



**At one time, you were proud of that old car.**

**Now, you can be proud of it again.**

Donate your unwanted vehicle to Jewish Family Services and support vital programs for families, children, and older adults in need.



Jewish Family Services  
of silicon valley

**Donate Today!**

**1-877-JFS-4-CAR**  
**1-877-537-4227**

[www.jfssv.org](http://www.jfssv.org)



# Jewish Family Services of Silicon Valley

## Emergency Fund for Refugee Services



JFS SV urgently needs your help! Each year, we welcome 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.

This year JFS SV will serve **200+** vulnerable refugees with resettlement, vocational English language 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, and generous gifts from corporations and individuals.

To keep our Refugee Services work going strong, JFS SV is conducting a special fundraising effort. Recently, **United Way Silicon Valley announced it will cease making investments in local community organizations such as JFS.** Our Connections to Work for Refugees Program has depended on annual awards of \$50k-\$100k from United Way for the past decade. This imminent financial loss and its impact on JFS SV clients was extensively covered in the Mercury News, demonstrating the importance of securing replacement funding.

In response, Jewish Family Services SV announces launch of the **Emergency Fund for Refugee Services – with a \$25,000 lead gift from Harvey Belsky.**

*“I felt a compelling need to help when I read about the loss of United Way funding. I want to ensure JFS can keep offering programs that so effectively serve these refugees in crisis.”*  
~ Harvey Belsky

**Please join Harvey and others in the Emergency Fund for Refugee Services effort.**  
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**

Visa  MasterCard Card # \_\_\_\_\_ Sec. Code # \_\_\_\_\_ Exp. \_\_\_\_\_

Donor Name/Name on Card \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Signature \_\_\_\_\_ Email \_\_\_\_\_

In honor  In memory of \_\_\_\_\_

Please notify: \_\_\_\_\_

Name Address City State Zip

## Walking in Each Other's Shoes

*Rich Namm, President*

We are the sons and daughters of refugees. Whether our grandparents, great-grandparents or a more distant ancestor came to the US from another country, few of us can lay claim to be natives. We've fled persecution for a better life since biblical times. Some family members came to escape pogroms in the late 1800s while others left the chaos of Europe after World War I and still others reached our shores mere steps ahead of Hitler's war machine. Are we any different than people fleeing tyranny today?

Our forefathers and mothers landed in various parts of the U.S. by boat with a deep mixture of fear and hope. They had connections to branches of their family tree, but arrived with few worldly possessions into an alien culture with a new language and way of life. Sound familiar? It happens every day to people facing comparable obstacles...only now it's 75, 100 or 150 years after our ancestors managed that same feat. How many of us can even contemplate following in their footsteps if called upon?

On the first Thursday evening of most months, JFS offers a legal clinic to recently arrived refugees staffed by a cadre of attorneys providing services pro bono. They patiently sit in the reception area waiting their turn for precious time with an expert who might help navigate the complicated process of settling in a foreign country. I invite everyone reading this article to walk through the JFS door

at the JCC, look into the eyes of these people, shake their hands and not immediately recognize a relative in your distant past. The lump in your throat, pumping heart and tingling sensation down your spine is not an accident. It's a sign, an unmistakable reminder that says, "I've walked in your shoes. Jewish people know the burden of being the outsider. You are not alone."

Every time I co-sign a check from JFS for our refugee resettlement program, I examine the names and hear their stories: an engineer trained in a

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*We were all refugees at one time seeking the same outstretched hand, asking for a new beginning.*

---

foreign land who needs to improve his or her English and climb the ladder again in an adopted country; elderly parents relocating to the U.S. with their kids only to find the transition quite difficult; the mother of young children abandoned by her husband trying to learn new skills and provide support. They are real people with real needs, not unlike our own forebears.

However, the difficulty for a transplant begins well before they arrive here. Each person must have documentation showing family members in the U.S. are ready to help them. All refugees must go through a vetting process by the Department of Homeland Security, HIAS and JFS. While waiting to "pass," most applicants remain in a country not their own and not the

U.S. Think of it as a way station. Such a complicated set of procedures takes an average of two years and occasionally more than five years by the time we meet refugees at the airport. Much dedication is required to remain on track for acceptance.

Most contributors to JFS understand the need to help, but some say "why should I aid these people? They look different. They sound different. They have different customs. They may have a different religion." Again, sound familiar? We, the Jewish people, should know better than most. It's in our DNA, our hearts and minds and even every breath we take. Where there's a need, especially when the person sitting at JFS might have been us in an earlier age, we lend a hand.

JFS of Silicon Valley created a special fund earmarked specifically to provide support to refugees from some of the world's most dangerous places. Please do not turn away. We were all refugees at one time seeking the same outstretched hand, asking for a new beginning.

For more information on the Emergency Fund for Refugees, please contact Mindy Berkowitz, Executive Director: (408) 357-7455 or [mindyb@jfssv.org](mailto:mindyb@jfssv.org).

**Rather receive this  
newsletter by email?  
Let us know at  
[jfs@jfssv.org](mailto:jfs@jfssv.org)**

# JFS SV: Repairing Our World

## Embrace-A-Family: Now Through December 23rd

Jewish Family Services invites you to be a part of our 9th annual Embrace-A-Family program, which brings hope and smiles to those in need. This is a great way to do good in our world. Your gifts will help ease holiday pressures and stress for needy families, senior citizens, and adults.

### Look for JFS SV dreidel boards in the community at these locations:

- ☆ Levy Family Campus: (main and Yavneh/APJCC Preschool lobbies, and upstairs at Jewish Family Services of Silicon Valley)
- ☆ Synagogues: Congregations Beth David, Emeth, Shir Hadash, and Sinai; Temples Beth Torah and Emanu-El
- ☆ Jewish community: Hillel of Silicon Valley, Pars Kosher Market, South Peninsula Hebrew Day School, Gan Ronit, Liat's Family Home pre-school/daycare
- ☆ Overall community: Almaden Market, Aircraft Covers, Inc., Fragomen Worldwide, Iranian Christian Church

### New Dreidels for 2016:

— **\$36 Emergency Kosher Food Bags.** Government funding for emergency food in Santa Clara County has been drastically reduced. We must continue to provide food for those in need.

— **\$36 and \$50 Emergency Fund for Refugees.** United Way of Silicon Valley, which had been funding our refugee services, closed its doors in June. Our Emergency Refugee Fund dreidels will support our need to make up \$50,000 in funding that helps refugee families begin new lives in America.

**You Can Buy Online Through the Target Gift Registry:** check it out on [www.jfssv.org](http://www.jfssv.org)

Know that your gift will bring a smile – and be a blessing - to someone in need.



Centerpieces for Tzedakah enriched many simchas in 2016. For more information, contact [centerpieces@jfssv.org](mailto:centerpieces@jfssv.org) or (408) 556-0600.

## Fidget Quilt Comforts Alzheimer's Patient



*Knitzvah member Sue makes "fidget quilts" for cancer patients, people with Alzheimer's disease, and autistic children. She recently received this thank you note:*

I presented the incredible fidget blanket to my 91-year-old mother yesterday. I thought she might ask, "What is this?" or "Where did this come from?" But she was immediately mesmerized and started touching and verbalizing. You can't imagine what she said as she explored each item. She grew teary-eyed when gazing into the eyes of the bear as she drew it close to kiss it. Each day she sees the blanket will be like a new opportunity to fidget in a variety of ways. So many different textures to explore and "friends" to keep her company when I am not there.

The love and creativity that went into that blanket is such a gift, especially to those with dementia. What once was a world of vitality and possibility has changed to an increasingly narrow world of processing in the moment. The blanket opens the senses in the same way that is so important to a baby experiencing the world for the first time.

Thank you for giving my mom the joy of discovery.

Save the Date:



**A FREE Breakfast to Benefit  
Jewish Family Services of Silicon Valley**

Wednesday, March 15 8:00 AM  
Villa Ragusa  
35 S. 2<sup>nd</sup> Street, Campbell

Whether you've come to our past events or are a first timer,  
***be inspired anew.***

We invite you to learn more about how  
Jewish Family Services of Silicon Valley  
Empowers people to have better lives.

Join us for a morning of first hand stories  
From those who ***make our world a better place.***

For more invitation and to RSVP in advance:

**[goodmorning@jfssv.org](mailto:goodmorning@jfssv.org)**



Jewish Family Services of Silicon Valley

# Caregivers Support Group

**A safe place for sharing,  
empathizing and receiving  
essential information  
in an atmosphere  
of care and support**



***A Support Group for Spouses and Adult Children  
Caring for Loved Ones with Dementia and other  
Chronic Medical Conditions***

**Facilitators: Lisa Warner, LCSW  
Lauren Pizzulli, MSW Intern**

**When: 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month  
From 1:30 to 3:00 PM**

**Where: Jewish Family Services of Silicon Valley  
14855 Oka Road, Suite 202  
Los Gatos, CA 95032**

***Fee: \$20.00 per session; sliding scale available  
Registration required***

**Information and Registration:  
Lisa Warner at 408.357.7456 or [lisaw@jfssv.org](mailto:lisaw@jfssv.org)**

## Grief and Holidays

Adjustment to the death of someone close to you does not simply come with time. The work of grief demands that you deal with all the feelings that loss engenders. This work takes psychic and physical energy that can leave you unable to deal with the extra demands of the holiday season.

### **Begin to feel whole again:**

Acknowledge sadness and other emotions as a natural part of the grief process. Identify the causes: missing family members through death, multiple losses of all kinds, trying to live up to a “perfect” holiday image, financial problems, illness, etc. There are often several simultaneous causes. It is okay to feel the way you are feeling right now.

### **Get help through Jewish**

**Family Services:** JFS is cohosting “Grief and the Holidays” with Congregation Shir Hadash on Sunday, December 18, 10:00 - 11:30 a.m., in the Shir Hadash chapel. Lisa Warner, LCSW, JFS Director of Clinical and Social Services will lead this FREE workshop, open to the community. Call to register: (408) 358-1751.

**Coming in January:** Jewish Family Services will be starting a **Bereavement Group** for Jewish members of our community.

For more information contact Lisa Warner, (408) 357-7456 or [lisaw@jfssv.org](mailto:lisaw@jfssv.org).



## Counseling for Individuals and Families

JFS SV provides professional therapeutic counseling to individuals and families facing a range of issues and life challenges. We provide support to children, adults, and families during times of crisis or periods of transition. 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**

Lisa is JFS’ 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, 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 having 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](mailto:lisaw@jfssv.org)

### **Sandra Pannell, MA**

Sandra is JFS’ Project NOAH Social Worker. She 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](mailto:sandrap@jfssv.org)

### **Lauren Pizzulli, Home Care Lead/MSW Intern**

Lauren is a second year MSW student at the University of Southern California. With a concentration in Mental Health and a sub-concentration in Military Affairs, her main focus is in counseling through evidence-based interventions. Prior to starting her MSW, Lauren spent five years as an Applied Behavior Analysis (ABA) therapist working with children diagnosed on the autism spectrum. During that time she discovered her love for social work. As a therapist, she takes a strength-based approach and believes strongly in the connection between one’s thought process and actions. She specializes in working with children and families, active military and veterans, and individuals living with a range of mental illnesses. Contact Lauren at (408) 357-7453, [lauren@jfssv.org](mailto:lauren@jfssv.org).

Donations September 1, 2016 to November 11, 2016

### Annual Campaign

Altman-Aronow Charitable Foundation  
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 Miriam and Bob Bassian  
 Peta and Paul Bender, in memory of Herbert Leeds  
 Elaine Blais  
 Mildred Bloom, in honor of the blessed things that JFS does  
 Ahron and Barbara Bogomilsky  
 Geoffrey Braun  
 Sheila and David Brown  
 Marlene Burak  
 Diane Calmis  
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 Neal Eisenberg  
 Bette and Mark Emanuel, in memory of Herbert Leeds  
 Pesia and Bruce Entin  
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 Rhonda Farber, in honor of her parents Arthur and Leah Winter  
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 Nataliya Khmelnitkiy  
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 Lesley and Neal Kuhn  
 Ryuko and Joseph Kulakofsky  
 Elena and Peter Kulvets, in honor of Anne Boboricken  
 Dr. Hal Lax

David and Barbara Leeson  
 Jeanette and Stuart Lerner  
 Carolyn and Max Lettween  
 Susan Levin  
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 Rabbi Menachem and Rebbetsin Rachelli Levine, in honor of Dr. Harvey Belsky's devotion to the San Jose Jewish community  
 Barbara and Raymond Levine  
 Dr. Howard and Yvette Levine, in memory of Sylvia Levine  
 Joel and Barbara Levine  
 Kate Lorig  
 Jennie Magid, in honor of Robin Sabes  
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 Bonnie and Lee Stone, in honor of Rachel Stone,  
 Alan Hakimi and the family, Jennie, Ben and Alon Stone  
 Karen and Irving Traiger  
 Janet Truman  
 Eileen Turner  
 Grigoriy Vaystikh  
 Irina Voronina  
 Alice Wald and Paul Overmyer  
 Elise and Kai Wessels  
 Sofia Zadkovsky, in memory of David Zadkovsky  
 Janice and David Zalk  
 Selma Zinker  
 In appreciation of JFS senior ESL classes: Nataliya Dukarevich and Viktor Evdokimov, and Bella Makarevich  
 In appreciation of JFS Holocaust Survivor Services: Jeffrey and Clara Imas, and Anatoliy and Ada Nisevich

### Backpack Drive

Anonymous  
 Nancy L.  
 Miriam Palgoan

Robin and Marty Rauchwerk  
 Denise S.  
 Gilda Weisberg

### Big Hearted Birthdays

Anonymous  
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 Miriam Palgoan  
 Robin and Marty Rauchwerk  
 Denise S.  
 Gilda Weisberg

### Burt Epstein Community Service Fund

Burt and Sandy Epstein, in honor of their second great granddaughter, Cora Evelyn Schneider

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Alla and Artiom Shamis

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*Intuit Matching Gifts Program:* Steve Krandel  
*UBS Matching Program:* Richard Namm

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 Congregation Beth David  
 Congregation Shir Hadash  
 Congregation Sinai  
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 Beth Rutherford  
 Susan Sabes  
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 Temple Emanu-El  
 Sophie Weinszimmer

### Embrace-A-Family

(Pay It Forward Group)  
 Sondra Goldberger  
 Larri and Michael Hirschklau  
 Tina and Wayne Levenfeld  
 Sylvia and Jim Katzman  
 Linda and Ronald Rossen  
 Rochelle Rubenstein  
 Susan and Albert Sabes  
 Isabel and Michael Schneider  
 Ann Sharon  
 Barbara and David Silverstein  
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### Emergency Fund for Refugee Services

Lynn Bonner, in honor of the Houk family  
 Boris Brodskiy, in memory of Izabella Levina and Emma Levina  
 Laine and Len Engel, in honor of Michelle Gabriel's birthday  
 Susan Greenberg Englander and Jeff Englander  
 Helen Ibsen  
 Zoya Lazer, in memory of her parents Semyon Nisenzon and Yelena Merenzon  
 Tara Lee  
 Lana Lopatinsky  
 Susan Meyers and Michael I. Oshan  
 Roman Press  
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 In honor of Noa Berkenwald's Bat Mitzvah: Rabbi Allan and Mindy Berkowitz, Tamar Brand-Perez, Tanya and Paul Braun, David Heber, Rita and Jerry Jacobson, Lindy Klaff, Krantz family, Linda and Efrem Krisher, Andy and Joelle Pluemer, Daniela and Seth Silversteyn, Wynne and Harvey Thal, Tsfati family, Liann Walborsky, Judith Wilensky, Michelle Wolf-Bloom

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