

HAPPENINGS

Workshop on Attachment

Adoptive and Foster families were invited to a workshop on Attachment with Fae Simon. Most of Fae's 14 year career as a social worker has been in the area of Child Welfare specializing in foster care and adoption. Fae is a certified attachment specialist. Rande Pollock, the JCFS foster care and Adoption Coordinator, works with Fae in assisting families who wish to adopt children through the Ukraine. The workshop provided the group with an opportunity to understand the stages of grieving that are necessary for a child to experience before they can begin to attach to the family in which they are placed. Fae's real life examples of the importance of attachment illustrated how necessary it is for a child to develop into a physically, emotionally and spiritually well functioning adult.



Fae Simon & Rande Pollock

Adoption Conference

On October 26-29 JCFS helped host **The Adoption '06 Journey Conference**. It was open to anyone and dealt with a full range of topics in the area of adoption. It was designed to provide the most up to date information on adoption in Manitoba. Rande Pollock, the JCFS Adoption Coordinator, represented the Agency.

Bereavement Walking Group

For the past several years we have offered a unique walking group that offers support to those who have experienced the death of a loved one. It blends a combination of exercise along with discussion and companionship. Staff facilitator Shelley Levit has been the group leader since its inception. She has found the group to be well received and beneficial to those who need help through the difficult adjustment of living in a world without the person who has died. The group is offered on Tuesday evenings from 7:00 to 9:00 pm for a period of eight weeks. The most recent group began on November 7th. Interested participants may contact the JCFS offices at 477-7430 to inquire when the next group is scheduled to commence.

Everyone who wishes to participate in this group will be screened for readiness by Shelley. This group is jointly sponsored by JCFS, the Rose and Max Rady JCC and Hospice and Palliative Care Manitoba. The registration cost is \$32 for Rady JCC members and \$48 for non members. Everyone is welcome.

Social Connections

We have begun to offer a weekly group to strengthen and support seniors with early stage memory loss. It is being offered on Wednesday afternoons in the south end at the Rady JCC and on Monday afternoons in the north end at the Gwen Selter Creative Living Centre. Please contact Older Adult Services Supervisor, Cheryl Hirsh Katz - 477-7430 to inquire about this group for yourself or to assist an aging relative. All participants are prescreened to insure that they will benefit from the group.

Chaverim

Chaverim is a new group to support Jewish mental health consumers. The group operates under an atmosphere of support and friendship, which makes its name that means friends in Hebrew so suitable. The group focuses on building social and life skills, managing daily life, promoting health and fitness in a fun and welcoming atmosphere. We have organized this group in cooperation with the Rose and Max Rady JCC. Call the Rady JCC at 477-7545 to register.



Judy Plotkin at the display for Mental Health Awareness Week - October 5th and 6th



Einat Keynan and Cheryl Hirsh Katz at Seniors' & Elders' Day held at the Rady JCC.

Passover Cookbooks Available Again!

IF YOU ARE INTERESTED IN BUYING THE JCFS COOKBOOK "A 21ST CENTURY PASSOVER: RECIPES OF THE FRIENDS OF JEWISH CHILD AND FAMILY SERVICE", THEY WILL BE AVAILABLE FOR CHANUKAH. THEY ARE ONLY \$18.00 AND HAVE RECEIVED RAVE REVIEWS FROM ALL THOSE WHO TRIED THE WONDERFUL RECIPES CONTAINED WITHIN. CALL 477-7430 TO PLACE YOUR ORDER.

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SAY IT WITH A TRIBUTE CARD from Jewish Child and Family Service Send a mazel tov on a special occasion like a bar or bat mitzvah, special birthday, anniversary, wedding or graduation. What better way to express your sympathy or encouragement after a recent stay in the hospital. PHONE 477-7430.

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If you or someone you know has been confined to hospital and would appreciate a visit from the Jewish Community Chaplain, please notify the JCFS offices. Many patients have benefited from the spiritual counsel that a visit from Rabbi Charytan can provide. Unfortunately, because of the privacy legislation (PHIA), we have been limited in our ability to access patients who are Jewish. Without a request, a patient will not be placed on the hospital's list marked for a chaplaincy visit. Call JCFS at 477-7430 and explain that you, or the person you are calling on behalf of, would like to be visited by the Rabbi.

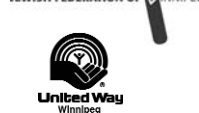
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Jewish Child and Family Service is committed to protecting the personal information by following responsible information handling practices in keeping with the privacy laws.

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JEWISH FEDERATION OF WINNIPEG



SHERUT

NOVEMBER 2006



JEWISH CHILD AND FAMILY SERVICE
Celebrating over 50 years in a tradition of caring

Feeling like Cinderella at the Ball...

When single mom Judith Waldman returned to Winnipeg from the Maritimes with no family support and few financial resources she turned to the Salvation Army for a place for her and her daughter to stay, and she turned to JCFS for help in starting life anew. Social worker Rishona Hyman helped Judith access donated furniture and household items and encouraged her to return to work. Judith enrolled in the provincial government's *Opportunities for Employment* program and received training as an office receptionist.

Rishona realized, however, that before Judith could apply for jobs, she needed a 'transformation' so that she would have the confidence to compete in the workforce. This transformation came in the shape of JCFS' *Makeover Project*, a project initiated by Rishona to help clients feel good about themselves from the inside out.

"I came up with an idea of wanting to pamper some of our clients," Rishona explains. "They work so hard to maintain a healthy lifestyle with a small budget and with a variety of limitations".

Rishona wrote up a grant proposal seeking 'pampering' funding - monies for hair care, manicures, facial treatments and new wardrobes for clients in order to help them move forward in life. Rishona knew that the benefits of this project would far outweigh the costs.

"The ladies who receive this support recognize that people care about them and that they are worth caring about. This transforms into something greater - an inner belief that life is worth living and that they are beautiful inside and out It is very therapeutic, spiritually and emotionally, to have someone care for you".

Judith was one of six women identified by the agency to benefit from this project. She considers Rishona to be her fairy godmother, and excitedly describes how she went shopping for new clothes, had a professional hairdo complete with colour and trim, and, for the first time in her life, received a manicure.



Judith & Rishona

"I felt new.... I felt alive....I felt like Cinderella at the ball!" she exclaims. Exuding new-found confidence, Judith was able to find employment as a receptionist in a legal office. She loves her work and the people she works for and the feeling is definitely mutual.

Although Judith's day begins very early - she is up at 5:30 to take her daughter to day care by bus and isn't home until six in the evening - her daughter is thriving and learning so much at day care and at school.

On the weekends Judith has some time to herself when her daughter goes off with a Big Sister that Rishona arranged for her. Taking one day at a time, Judith's energy and focus has been to provide her daughter with a happy, secure future. Thanks to JCFS, she is on the right track and has been able to take charge of her life

"If it wasn't for JCFS I would be lost," she explains.

It was a few years ago that Rishona first realized that it was important that individuals trying to overcome difficult transitions in their life needed to feel good about themselves from the inside out. Recognizing this, Rishona came up with the idea of the *Toiletry Project*.

Through a grant from The Women's Endowment Fund of The Jewish Foundation of Manitoba, the agency was able to create toiletry hampers for clients whose restrictive financial circumstances prohibited them from purchasing self care items that most of us take for granted.

The agency put together 30 kits containing a variety of personal and hygiene items such as shampoo, toothpaste, soap and deodorant, packaged them attractively and distributed them to both men and women. Rishona immediately witnessed the huge impact that these kits had on her clients. Being able to look after their appearance and hygiene made a significant difference in how they felt about themselves and how other people began to treat them.

Seeing the success of the *Toiletry Project*, Rishona came up with the idea of the *Makeover Project*. It is this project that has helped to turn Judith Waldman's life around. — *Merrill Shwaid*

Volunteer drivers are needed to provide transportation on Thursdays every other week to enable seniors to participate in a Holocaust support group at the Gwen Selter Creative Living Centre, 1588 Main Street. Pick up is at 12:00 noon and the group ends at 2:30 p.m. (Gas expenses reimbursed.)

Friendly Visitors and Grocery Shoppers to help isolated seniors in the north and south ends of the city, and the St. Vital area. Time commitment can be arranged to fit your schedule.

CALL EINAT KEYNAN AT 477-7452 TO FIND OUT ABOUT BECOMING A JCFS VOLUNTEER

Volunteers Needed!

A Message From Emily



It has been said that the true measure of a society is how it treats its most disadvantaged. In Canada provision has been made by a succession of governments, following the will of the people, to sustain, albeit at a minimal level, the unemployed, the elderly, and the physically and mentally ill etc. Laws are in place for the protection of children and other vulnerable populations.

In addition, as a community we have the obligation to incorporate the values of respect, commitment, menshlichkeit and inclusiveness into the lives of many of these people. In Winnipeg, Jewish Child and Family Service is charged with this task. This means that it is the agency responsible for alleviating the loneliness of isolated seniors, fostering the inclusion of new families in community events, and encouraging the involvement of community institutions in the lives of marginalized individuals and families. In many ways the future strength of our community depends on our success in integrating everyone and ensuring that everyone experiences the weight and joy of communal responsibility.

At this time we are faced with a deepening of the severity and intensity of the usual situations and problems that we encounter. Issues such as drug addiction and family violence have resulted in the agency presently having in its care 17 children, ranging in age from infancy to adolescence. As well, we are faced with elderly and ill newcomers whose immigration status does not allow them accessibility to our health care system, and unexpected additional transportation expenses for our senior group programs. And the list goes on...

To do what we are mandated to do to - to ensure the best quality of life possible for all of our community members and to maintain a continuing connection between them and the community - requires all of us to act together!

Eve and Harry Vickar Program

Jewish Child and Family Service has received funding to help support individuals or families who are experiencing a financial hardship.

Reaching out for help is always difficult, but it may be the first step in strengthening one's life.

All applications are treated with the utmost respect for the dignity and privacy of the applicant. Call 477-7430 to apply.

This program is sponsored by the L. Kerry Vickar Charitable Foundation as a designated gift from the Jewish Federation of Winnipeg.

COVER OUR KIDS WITH CARE

Did you know there are specially designed tribute cards to support foster families and children in foster care? Send out a beautiful card that will provide support to children in foster care. **PHONE 477-7430.**

Welcome Aboard!



L-R: Stephen Segal, Jeffrey Gilbert, Bruce Caplan, Rabbi Pinsker, Diana Metrik & Emily Shane

Bruce Caplan

Bruce is a chartered accountant and a Trustee in Bankruptcy. He is a partner at BDO Dunwoody LLP. His leisure activities include spending time at the lake with his family, playing hockey, downhill skiing, cycling, traveling and attending the theatre.

Jeffrey Gilbert

Jeffrey is a chartered accountant and is employed with the office of the Auditor General of Manitoba. When he is not working Jeffrey enjoys sports, reading and traveling.

Diana Metrik

Diana was born in Russia and immigrated to Israel in 1990 where she lived for 13 years. In 2003 she came to Winnipeg with her husband and two daughters. Diana is a teacher and currently works with children at the ON THE MOVE daycare.

Rabbi Lawrence Pinsker

Rabbi Pinsker is the Associate Rabbi at the Congregation Shaarey Zedek. He is originally from Chicago and has been in Winnipeg for the past two years. In his spare time, he enjoys, reading, hiking, and traveling.

Stephen Segal

Stephen Segal grew up in Winnipeg and has a diversified professional background in architecture, manufacturing, information technology, marketing and sales. Stephen's professional and personal contributions were recognized this year upon him being named to Canada's Top 40 under 40. Stephen likes to spend his free time with his wife Mara and their two young children.



The Asper Helping Hand INITIATIVE

The Asper Helping Hand Initiative offers interest free loans to members of the Jewish community who are experiencing a temporary financial hardship. These loans may be given to individuals at every stage of life for such purposes as educational advancement, medical needs, life cycle events and first time Homebuyers.

For information, please contact Shelley Garfield, TAHHI program manager, at **338-7132** or email sgarfield@aspercampus.mb.ca.

A Little Bit About Our New President: Pam Wener

When I began to write this article, Merrill (Shwaid) and I discussed where to begin. I decided that beginning with my family was apropos since they are my priority in life and supporting families is JCFS's main focus. In keeping with this theme, I am married to Gary Altman and we have two wonderful boys, Corey and Daniel, who have begun their own volunteer work.

Volunteering has always played an integral role in my life. Some of my earlier volunteer work within the community includes: chairing the Brock Corydon Hebrew Bilingual Committee, and participating in the Brock Corydon Parent Advisory Committee, the Winnipeg Jewish Community Council (WJCC, the previous name of the Jewish Federation of Winnipeg), the Planning Committee of the WJCC, the Budget and Allocations Committee of the WJCC, the Board of Directors of the Jewish Museum of Western Canada, the Steering Committee for People with Special Needs (a committee of the Federation), and I co-developed The Grow in Gimli Program for which I sit as a co-chair. Outside of the Jewish community, I currently volunteer with the Canadian Group Psychotherapy Association, as well as with the Canadian Association of Occupational Therapists.

My professional background includes an undergraduate degree in Occupational Therapy and a Masters degree in Counselling, and I have been employed for over 16 years by the University of Manitoba in the Department of Occupational Therapy. I spend most of my time teaching student occupational therapists about interviewing, counselling skills, and group therapy.

For the last 10 years, I have been a board member of JCFS. Initially, the WJCC appointed me to the Board as their representative. Once my term



was over as a representative, I was eager to stay on the JCFS board and to become more involved. I participated as a Board member, and then later I assumed the chair of the Mental Health Committee. I joined the Executive Committee as the secretary six years ago and the rest, as they say, is history.

I believe volunteering gives one opportunities that are different from all other endeavors in life; it allows you to invest your energy in areas where you feel passionate. For me, volunteering with JCFS is about believing in what I am doing and with whom I am doing it. For me, volunteering comes completely from the heart and volunteering with JCFS has been especially meaningful. JCFS' philosophy of "everyone is worthy" greets me every time I step into the Agency and that is something you don't find just anywhere. In addition, it is incredibly gratifying to work with an agency that already works well!

I would like to welcome aboard our new board members (please see 'Welcome Aboard'). It is my hope that you will find your work on the Board as rewarding as I do. I would also like to thank the returning Board members for their past, and ongoing, contributions.

With regards to my goals for my first year as president, I, along with the Board and Executive Committee, will be focusing on revamping the JCFS Board and Committee structure. In addition, Sean Shore (Vice-President) will be heading a committee that will be reviewing the JCFS policies and procedures. As always we could not work at these tasks alone, and I would like to take this opportunity to thank the JCFS staff, members of the JCFS Board, the Executive Committee, and Emily Shane for their contributions, hard work, and support.

New Faces

Einat Keynan (Staff)

Einat is the Agency's new Manager of Volunteer Services. Einat and her husband, Yoav and two daughters arrived from Israel a year ago. Over the winter months Einat led a support group for elderly clients who were dealing with difficult transitions in their lives. She has both a Bachelor of Social Work degree and a Master of Social Work from the University of Haifa. In Israel, she worked for the Department of Social Services for the municipality of Haifa, initially in their elderly care unit and, later she became the Coordinator of Volunteers. Einat brings to her new position a background rich in the field of social services with a specialty in Gerontology. She is enthusiastic about living in Winnipeg and bringing her skills to a new setting in her new home and community.



STUDENTS

Allison Driedger

Allison is a second year Faculty of Social Work field placement student from the University of Manitoba. She was very attracted to JCFS because of the variety of diversified programs and services we offer. Allison will be specializing in the Child Welfare area and will be working with Randee Pollock.



Sarah Manishen

Sarah is in her second year of studies at the University of Manitoba in the Faculty of Social Work. Sarah welcomes the opportunity of gaining first hand experience in the field of social work. She will be working under the supervision of Cheryl Hirsh Katz in the Older Adult Services program area.

