



Security For Seniors Begins At Home

As the elderly population in our community ages, more and more seniors continue to live independently. Cheryl Hirsh Katz, Manager of JCFS Older Adult Services, comments that one of the major goals of this service area is to help the elderly "maintain their independent living situation in the community at an optimal level of psychological, social and health functioning".

Many seniors remain in their own homes and obtain services such as Home Care, transportation programs or meal delivery services. Sometimes volunteers may also help with grocery shopping and doctor's appointments when immediate family and friends are not able to help out.

One of the most important aspects of independent living is to ensure that adequate safety is in place, particularly for seniors living alone. The Agency recently introduced a new program to help with seniors' safety. A number of young women from B'nai Brith Girls (BBG) Gabriels chapter have been trained* to help in filling out the particulars in the Emergency Response Information Kits (E.R.I.K.) with seniors during a visit to their homes. The kit has a list of important medical information including doctors' names and contact numbers, medications and emergency contacts. After completing the forms in the kits, each senior will be given a red sticker for their front door and the kits will be posted on the fridge so they will be readily accessible if needed. If an emergency should arise, there is peace of mind in knowing that all pertinent health and contact information is prepared in advance and available for personnel who may be responding to an emergency call for help.

Einat Keynan, JCFS Volunteer Program Manager, welcomed the opportunity to partner with BBYO: "Too often seniors are isolated and have no one coming to visit them. The idea for the seniors' safety program is to better ensure that seniors feel safe in their day to day lives."



(L-R) Mia Levine, Rachel Solomon, Stephanie Goldberg, Alexa Solomon, Jessica Goldberg, Cheryl Hirsh Katz and Eric Mellon. Front: Einat Paz-Keynan

I accompanied Julie Klein, Rachel Solomon and Jenna Brown on their first visit to a senior's residence. They visited Mrs. Esther Dreman in her apartment on Jefferson Avenue on a cold Sunday afternoon in February. Mrs. Dreman was thrilled to have the company and the visit with the young ladies as she had not ventured too far from her apartment in the past week due to the frigid temperatures. She even had cookies and muffins ready for her young visitors, which had been baked with assistance from her Home Care attendant. The girls gathered around Mrs. Dreman's kitchen table and filled out the information contained in the kit. It was a delightful exchange of pleasant conversation and the girls enjoyed the visit as much as Mrs. Dreman did. Mrs. Dreman was thankful for this additional assistance and feels the program is a very good idea and one that she will recommend to other seniors who may be living alone.



(L-R) Jenna Brown, Julie Klein, Rachel Solomon (Seated) Esther Dreman

BBYO director Daniel Sprintz feels that the Seniors Home Safety Program fits well with the vision of B'nai Brith: "In making a difference in the lives of Winnipeggers of all ages and backgrounds through social action and Tzedakah".

If you are a senior who could benefit from the support of the JCFS Older Adult Services program, please contact us at 477-7430.

**JCFS is grateful to the assistance it has received from Age and Opportunity Inc. in providing training for the young women who will be conducting the in-home visits. Their staff Safety Aid Coordinator, Eric Mellon, spent an evening where he delivered a presentation on seniors' safety. He then provided training on completing the information that is required in filling out the Emergency Response Information Kits (ERIK).*

Written by Merrill Shwaid

Volunteers Needed!

Volunteers who are able to grocery shop or accompany isolated seniors to doctor's appointments are urgently needed. These clients do not have family who are able to assist them. If you are able to assist, please contact Volunteer Manager, Einat Keynan, at 477-7452. Your involvement can be arranged according to your schedule. Parking and gas reimbursements are provided.

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

A Message From Emily



One of the joys of living in Winnipeg is the clear demarcation of the seasons. No matter how cold the winter we are assured that spring and summer are not far behind.

This gives us the strength to deal with a long succession of -40°C weather, short days and very long nights. However, those in our community who are of modest means, in plain terms poor, do not always have the hope and expectation that things will get better.

Being poor means doing without — doing without adequate housing, food, education, a social life, a Jewish connection to the community, sports, camps, children's activities, and the list goes on. Just as important, these members of our community who are without resources feel marginalized and excluded as they perceive themselves as not having choices or the power to make changes in their life.

The face of poverty is varied, but it is the issue that underlies many of the problematic situations with which our agency is dealing. Be it a senior struggling to pay his monthly expenses on a limited pension which prohibits him from purchasing a costly hearing aid; a single mother working at a low wage and living in substandard housing; a new immigrant struggling to find the funds to re-establish his family; or a self-supporting university student running short of food and bus money each month; JCFS, the social service arm of our community, is there when there are no other options available.

As a caring, giving Jewish community, we see ourselves as just, inclusive and responsive to all. Our true challenge is to ensure that active engagement and meaningful participation in communal life is accessible to all. And with small steps we are making inroads — through the Federation Half Shekel Task Force, the development of a common financial assessment tool for Jewish communal organizations, increasing awareness about poverty, and the inclusion of many new faces in our institutions.

We are blessed with financial programs that provide hope, namely the Vickar Community Assistance Program (made available through a designated gift from the Jewish Federation of Winnipeg) and The Asper Helping Hand Initiative (an interest free loan program through the Asper Foundation). As a community, we enjoy the generosity of many donors who have joined together to assist the most vulnerable in our community. We must as well be active advocates in other areas that impact those living in poverty, including housing and the labour market.

With the arrival of spring we know that Passover is just around the corner. Though it is one of the most celebrated Jewish holidays it is also an expensive holiday to observe. The giving of Mois Chitim, of Passover Assistance, is but one gesture that we can make that allows us to demonstrate our obligation to everyone in our community.

Thank you for your generosity.

*Emily Shane, Executive Director
Jewish Child and Family Service*

JCFS Passover Cookbook Available Again This Year

"A 21st Century Passover: Recipes Of The Friends Of Jewish Child And Family Service" was released last year by Jewish Child and Family Service and has been reprinted again this year. There were many favourable comments from those who used the cookbook last year and found that Passover cooking was made so much more appealing by trying the delicious recipes contained in the attractive cookbook. Don't miss out!!!

The cookbook is a wonderful blend of the traditional recipes that have become synonymous with Passover as well as some taste tempting innovative recipes that will spice up your Seder dinner menu. The new recipes also reflect the palate of the more health conscious cooks, as well as the changing cultural environment that makes up the Winnipeg Jewish population.

Proceeds from the cookbook will support the services provided by JCFS in strengthening the lives of individuals and families in our community. The agency is grateful for the support it has received from the Mark and Dorothy Danzker Perpetual Trust Fund in underwriting the costs of producing the cookbook.

If you already have a copy, you may want to buy it for your out of town friends and family. It makes a great wedding, shower or housewarming gift. The cost is \$18.00 and is well organized in easy to follow recipes for the new cook or the experienced expert. Many of the recipes have been given to us by some of Winnipeg's finest culinary experts.

Cookbooks are available by contacting our office at 477-7430, as well as Stewarts, Myers' Deli, Desserts Plus, Gwen Secter Creative Living Centre, Sharon's Linens and Gifts, Congregation Shaarey Zedek gift shop, Congregation Etz Chayim gift shop and the Rose and Max Rady JCC.



The Asper Helping Hand
INITIATIVE

TAHHI offers interest free loans to Jewish individuals and families who are experiencing a temporary hardship. These loans are available for a variety of different purposes such as educational, medical needs, immigration, vocational, life cycle events, first time home buyers, family emergencies and debt consolidation. For further information on how to apply, please contact the Administrator of the TAHHI program, Shelley Garfield, at 338-7132 or email sgarfield@aspercampus.mb.ca.

JCFS 'Happenings'

JCFS staff have been taking advantage of the teleconferenced programs that are organized by Jewish Women International's National Alliance to end Domestic Abuse in the Jewish Community. Topics offered by highly skilled professionals in the field included: *Why do Men Batter; Domestic Violence in the LGBT (Lesbian, Gay, Bisexual, Transsexual) Community, Effecting Change and Domestic Violence in the Workplace*. Al Benarroch, JCFS Clinical Director, may be contacted about this program or for information on domestic violence at 477-7430.

Supporting Newcomers

In December a program dealing with **Money Management and Finance** took place. Avrom Charach volunteered to lead the group through a full range of topics including income tax, budgeting, insurance, credit card information and buying or leasing a car or house. This popular seminar was well attended by new immigrant families. Avrom is also conducting a session this month on filing tax returns.



(L-R) **Tania Fuksman, Einat Paz-Keynan, Iael Besendorf**

The Resettlement program has been developing a number of new initiatives that will assist newcomers with their successful integration into the community. Einat Keynan, Tanya Fuksman and Iael Besendorf, JCFS Integration workers, organized two focus groups with newcomers who have arrived in Winnipeg within the past three years. The groups, which met in late November and early December, expressed their concerns and provided some constructive solutions in terms of programming that would help make new immigrant families feel welcomed and at home. As a result of these suggestions a dance party on Saturday February 3rd took place at the Asper Centre. It was an enjoyable evening of socializing, dancing and music — a perfect combination for a fun evening with new friends. This program was supported in part by the Jewish Federation of Winnipeg.

Another program more geared to families is planned for Sunday afternoon May 27th. It will be another opportunity to meet other families in the community with many activities for young children, as well as a barbecue.

For the Good of Our Children was a workshop for newcomers that dealt with a variety of topics that concern couples with young children. Yardena Zimmermann, JCFS Child Welfare worker, spoke to the group about child welfare laws and practices. Shelley Garfield, Administrator of The Asper Helping Hand Initiative, explained about the support newcomers may obtain from the free loan program. Financial advisor, David Garfield, gave a presentation on investment planning for a child's future educational needs. A portion of the workshop was also devoted to highlighting the unique aspects of socializing that are particular to Canada and how this may differ from the ways things are done in their country of origin.

English as an Additional Language (EAL) classes for newcomers continue. On Tuesday and Thursday mornings two levels of classes take place for seniors. In the afternoons, mothers with young children participate in EAL Classes. The latter classes are made possible through a generous grant from the Women's Endowment Fund from the Jewish Foundation of Manitoba.

An information evening on **Adopting Children from China** was held on Wednesday, February 7th. The featured speaker was Gayle Waxman,

Executive Director of the Rose and Max Rady JCC. Gayle highlighted her personal experience with the adoption of her daughter from China three years ago. This program was organized by Randee Pollock, JCFS Adoption and Foster Care Coordinator.

In cooperation with the Rady JCC and Hospice and Palliative Care we will be offering **Taking Steps: Bereavement Walking Group**. This unique eight week walking group offers support to anyone who has experienced the death of a loved one. The group combines exercise, discussion, and companionship. It will begin on Tuesday April 17th from 7:00 to 9:00 p.m. All participants will be screened for readiness. The leader for this group is Shelley Levit, an experienced grief counsellor who has conducted this group for several years. Contact the Rady JCC at 477-7510 to register.

Reaching Out to Isolated Older Women

Taking Charge is an eight-week workshop to support older women whose quality of life may have been diminished and are feeling isolated and alone. This group will help these women to feel empowered in an effort to find positive ways to make changes in their lives by making new friends and becoming more involved in community activities. Cheryl Hirsh Katz, Supervisor of Older Adult Services, may be contacted for further information at 477-7436.

Older Adult Service worker Helen Aldor assisted in the planning of a conference organized by Rupert's Land Caregiver Services. The event, entitled, **Confidence: Skills, Strategies and Self Care** took place on January 24-25th. It provided opportunities for caregivers, including adult children of the elderly, to find support and learn about resources in the community in dealing with the exhausting and sometimes difficult role of caring for someone else. Sara Manishen and Rachel Minuk also represented the Agency and disseminated information about the resources available through JCFS.

New Faces

GAIL THAU, MSW, RSW

Gail has recently been hired as a staff person in the Older Adult Service area. Prior to that she was working as a JCFS Contact Counsellor where she provided counselling to individuals and families dealing with challenging issues in their lives including anxiety, depression, and marital problems. Having practiced for over



20 years Gail has a wealth of experience as a social worker. She has worked as a Case Coordinator for the W.R.H.A Home Care program for many years and as a private Home Study assessor dealing with custody and guardianship applications. Although she has worked with many different populations, Gail is very comfortable providing service to the Jewish elderly as she has a thorough knowledge of the resources and a deep empathy and understanding of the individuals and families with whom she will be working.

Passover Hampers

"Mois Chitim" is defined as "Wheat Money", which traditionally meant a collection made before Passover to ensure a supply of flour for unleavened bread (matzah) for the needy. "Mois Chitim" is distributed to needy families who have requested the need for help to meet the financial burden of purchasing Passover goods. Jewish Child and Family Service clients who need this help are identified by their social workers. The community is notified of this assistance by ads in The Jewish Post & News. Everyone who requests assistance is eligible to receive help from this program.

Jewish Child and Family Service acts as the central agency for the collection and distribution of Passover assistance to those Jewish individuals and families in our community who need help. A contribution to the Passover Assistance program will help adults with mental health problems, recent immigrants, the frail elderly and those in institutions.

Typically the agency receives requests for over 100 hampers with Passover products. This year arrangements have been made with Omnitsky Kosher Foods and Desserts Plus to assemble and deliver the hampers. Past recipients of these hampers have expressed their heartfelt appreciation for the generosity of the community in helping them to fully participate in the celebration of the Passover holiday.

A yellow flyer is enclosed with this newsletter indicating how you can contribute and help make a real difference in how a family, children or couples are able to partake in celebrating the Passover holiday. In the true spirit of "tzedakah" please contribute generously to the Passover Assistance program.



JEWISH CHILD AND FAMILY SERVICE is calling on young performers (ages 10-21) to audition for the **STARS OF TOMORROW**

— an evening concert that will be taking place in the fall of 2007.

All aspiring singers, dancers, and musicians are welcome to apply.

All applicants will be notified in advance as to the place and time of their audition. Please submit your résumé and picture to Ms. Merrill Shwaid at

477-7441 or by email at mshwaid@aspercampus.mb.ca.

Proceeds from the concert will be used to support the programs and services offered by JCFS.

Say It With A Card From

JEWISH CHILD AND FAMILY SERVICE

SEND A MAZEL TOV on a special occasion like a bar/bat mitzvah, a special birthday, anniversary, wedding or graduation. Send a note of sympathy or a note of encouragement to someone who is recovering from a recent illness or hospital stay. (minimum of \$10.00 donation)

COVER OUR KIDS WITH CARE: Foster families and the children they care for can be supported by sending out a specially designed card. (minimum of \$18.00 donation)

To send out either type of tribute card call us at 477-7430 or email us at jcfs@aspercampus.mb.ca.

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If you, or someone you know have 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, we have been limited in our ability to access patients who are Jewish. If a Jewish patient does not sign a request, they 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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THE EVE AND HARRY VICKAR COMMUNITY ASSISTANCE PROGRAM FUNDING to help support Jewish individuals or families who are experiencing a significant financial hardship has been made available through The Eve And Harry Vickar Community Assistance Program. All applications are treated with the utmost respect, dignity and privacy of the applicant. Contact us at **477-7430** to inquire. This program is generously sponsored by the L. Kerry Vickar Charitable Foundation as a designated gift through the Jewish Federation of Winnipeg.

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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



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