



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@jcfswinnipeg.org.

Volunteering Can Make A Difference In Your Life

Are you looking for new ways to get involved?

By working with children, newcomers and seniors, you will be introduced to new people and have the chance to explore new opportunities.

Become a Jewish Child and Family Service Volunteer.
Contact JCFS at 477-7452 or jcfs@jcfswinnipeg.org



Jewish Child and Family Service Greeting Cards



JCFS is selling beautifully designed greeting cards in packages containing six unique cards. The images on the cards were created by students from Gray Academy of Jewish Education. The beautiful images depict the supportive role of the agency in assisting individuals and families in our community.

Proceeds from the sale of the cards will be used to support programs for children. JCFS currently has twenty-three Jewish children in foster care. JCFS strives to insure that these children develop a strong Jewish identity and connection to their Jewish community. Cultural programming for our kids in care helps to insure that this chain is not broken.

Cards sets are \$18. Call the JCFS office to order at 477-7430.

A Big Thank you!



JCFS Executive Director Emily Shane (left) and Ingrid Cohn sort through food items.

Thank you to the synagogues, organizations and individuals who brought in non-perishable food items to help us stock our grocery pantry in the fall. Particularly during the cold months of the year we want to have a nutritious selection of products to offer those clients who may be challenged with difficult financial times. Food collection bins are located at the entrance to the Asper campus and at all the major synagogues. We appreciate this support.

SHERUT STAFF: Editor > [Merrill Shwaid](#) Assistance > [Carol McCall](#)
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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 2009



JEWISH CHILD AND FAMILY SERVICE
Strengthening lives in keeping with Jewish values

How Does Our Garden Grow?

I hope you had a chance this past summer to see the beautiful flowering planters that decorated the entrance to the Asper Campus as well as the Jewish Foundation garden enclosure. The planting of the colourful floral arrangements was a new initiative of Jewish Child and Family Service's (JCFS) Mental Health Program.

The Chaverim-Wellness group is a unique offshoot of the JCFS Mental Health Program that meets weekly to assist and empower Jewish individuals living with mental health differences. The group is composed of eight to 12 individuals ranging in age from early thirties to sixties. The group is client centered, flexible and open to individual choices through democratic decision making. Though there can often be therapeutic benefits, the group is not a treatment group.

"Everyone is there to have fun and to just be who they are," explains Judy Plotkin, JCFS Mental Health Social Worker. The group's approach is holistic and incorporates all elements of mind, body and spirit in a Jewish framework. "We are always planting seeds of wellness," Judy adds.

Twenty percent of the Canadian adult population is challenged by some form of mental health difference. With Winnipeg's Jewish population now exceeding 15,000, potentially 3,000 members of our community may be affected at any given time. Within this number, many may feel unaccepted, alienated and isolated, and fearful of being judged by others in a negative way.

Many of the Chaverim participants had felt disengaged socially, culturally and spiritually from the community, and had expressed a desire to reconnect. Most programming is woven within the fabric of Jewish life and based on Jewish traditions and practices. This has included discussion

groups with various Rabbis and representatives of Jewish organizations, as well as seasonal holiday programs. Other programs have focused on nutrition, health and wellness, with physical activity being slowly introduced as a regular component of the program.

Fitness instructor Candace Swick has led the group through a variety of exercises designed to increase flexibility and stamina, while retired public health and psychiatric nurse Renee Weinstein has led discussions about healthy living. Melanie Baruch has also been an invaluable volunteer. The group has also enjoyed outings to the art gallery, zoo, flower conservatory, museums and movies.

The planting project proved to be one of the most enjoyable activities to date, with participants expressing their pride in contributing something positive to the

community and watching something grow. JCFS Case Aide Krista Zipper, who was instrumental in acquiring plant donations from a variety of local sources*, felt that the activity generated a positive message of hope for the future. The Campus management was fully supportive of the group's desire to plant the flowers and attend to their pruning and fertilization.

"It was a win/win for everyone and the community benefited by having beautiful gardens all summer, says Louise Kollinger, Executive Director of the Campus.

How Does Our Garden Grow? Now you know. Next summer I hope you will take special notice of the beautiful arrangements in the planters when you enter the campus. We thank the gardeners for their hard work and commitment to a community that cares.

* Flowers were generously donated from Shelmardine Garden Centre, Lower Fort Garry Nurseries, and T & T Seeds.



JCFS Happenings

NEWCOMERS RESETTLEMENT AND INTEGRATION

Sharing music and singing together has become an enjoyable way for newcomers to become involved in the community. The newly formulated Winnipeg Jewish Youth Choir is a joint initiative with Jewish Child and Family Service and Congregation Etz Chayim. This group of seventeen youngsters meets every Thursday evening. Nine women participate in the JCFS seniors' choir which meets every Tuesday evening. Both choirs are conducted by Lina Streltzov. The groups are in the process of learning a repertoire of musical selections in both Hebrew and English and hope to have a number of concerts throughout the year.

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Our JCFS website www.jcfswinnipeg.org now has an entire section with useful resources for Newcomers to our community! In the 'Our Services' section under Newcomer Services there is a subsection entitled Newcomer Employment Services. It offers a wealth of resources for new immigrant jobseekers, as well as employers and volunteers.

- **The Job Seekers Area** includes several categories aimed at assisting newcomers in their resettlement and integration process. It offers a wide range of resources: links to employment-related websites, information about service providers, online English language practice exercises, interactive learning tools, videos, and more.
- **In the Employers Area**, visitors can access our monthly listing of new Jewish Winnipeggers who are seeking employment. They can also learn about Manitoba's Diversity and Intercultural Training Program for employers.
- **The Community Support area** is a section which gives everyone in our community an opportunity to support newcomers in successfully achieving their employment goals.

Visit the Community Support and learn more about how you can help!

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Once again we would like to say thank you to all those employers and community members whose ongoing assistance has allowed so many newcomers to successfully integrate into the Winnipeg Jewish Community. Contact Carina Melamedoff, JCFS Integration Worker, if

you would like more information about the employment programs at **477-7444** or cmelamedoff@jcfswinnipeg.org.

CHAPLAINCY

In October, Community Chaplain Rabbi Yitzchok Charytan brought the holiday of Succoth to those living in nursing homes or assisted living centers, as well as those confined to hospitals or penitentiaries. Sukkoth is a harvest festival and is celebrated by building succahs which are temporary dwellings and shaking the lulav (palm branch) and holding the etrog (citrus fruit).



Note - If you or someone you know have been confined to hospital and would appreciate a visit from Rabbi Charytan, please notify the JCFS office at 477-7430 or inform the hospital staff of your wishes.

INTERFAITH FAMILIES AND THE JEWISH COMMUNITY



Rabbi Oliitzky, the Executive Director of The Jewish Outreach Institute, the only national independent organization dedicated to bringing Judaism to interfaith families, visited Winnipeg in October. During his visit he made a community-wide presentation designed to reach out to intermarried couples. He also met with Jewish professional staff to provide insights on inclusion and welcoming to intermarried couples. He

attended an addictions and alcoholics recovery group (JACS) meeting that is supported by JCFS. Interfaith Families and the Jewish Community was co-sponsored by JCFS, the Jewish Federation of Winnipeg, The Rady JCC, Congregation Etz Chayim, Shaarey Zedek Synagogue and the Jewish Foundation of Manitoba.

OLDER ADULT SERVICES

Social Connections, a group for people with dementia or memory loss, continues to meet each week. The group is conducted on Monday afternoons at the Gwen Secter Creative Living Centre. The focus of this group is to provide intellectual and social stimulation in a supportive environment. Word exercises, reminiscence activities and cultural activities are regular components of this group.

continued on next page

Happenings (continued)

Reaching Out Lunch Program: A specialized social group for survivors of the Holocaust takes place at the Gwen Secter Creative Living Centre every second Thursday afternoon. Entertainment and lunch is provided at a minimal charge.

Generations Together: Enhancing Mind, Body and Spirit, is a series of programs conducted in partnership with Congregation Etz Chayim. These intergenerational programs are educational, social and cultural and are designed to reach out to isolated seniors in our community. We are grateful for the support from New Horizons for Seniors which provides a grant for this initiative.

For further information on any of these groups please contact Cheryl Hirsh Katz, Supervisor Of Older Adult Services at **477-7436** or via e-mail at Chirshkatz@jcfswinnipeg.org.

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LOVE SHOULDN'T HURT: UNDERSTANDING DOMESTIC ABUSE:

JCFS volunteers participated in a workshop on October 29th which was designed to raise awareness about issues related to domestic abuse. This session was presented by Jenny Kidder, a Counsellor with Ft Garry Women's Resource Centre. This workshop was hosted by JCFS and is part of an ongoing series interagency volunteer training sessions.

JCFS ANNUAL REPORT RECEIVES NATIONAL AWARD

The JCFS 07-08 annual report won the 2009 KOVOD award for excellence in annual reports from Association of Jewish Family and Children's Agencies (AJFCA) at their Conference held in May 2009 in Chicago.



Shown in photo to accept this honour (L-R) Harvey Zeller, AJFCA Board Chair; Emily Shane, JCFS Director; Heather Leonoff, JCFS Board V-Pres; Merrill Shwaid, JCFS Public Relations Coordinator; Sean Shore, JCFS Board President; Al Benarroch, JCFS Clinical Director; Lee Sherman, AJFCA President.

Emily's Corner

(a word from our Executive Director, Emily Shane)



In many ways Jewish Child and Family Service is a barometer of the world in which we live.

I need only to look across the room of my office to see a row of filing cabinets filled with agency files and on top a row of boxes filled with food collected on our behalf by Winnipeg synagogues during the High Holidays. Boxes labeled cereal, crackers, pudding and pasta sit directly above a cabinet labeled slave labor applications.

This is what we do here — help individuals and families sustain themselves emotionally, physically and spiritually. How we do our work depends on the individual need which ranges from financial assistance, food distribution, help in filling out reparation forms, counselling and therapy and much much more. The means which allow our work to occur depends on the financial resources which support the agency.

These are not easy economic times. Being able to depend on friends and supporters as yourself we are committed to maintaining our high levels of service and to have the flexibility to adjust to the changing needs of the community. This coming year will be a challenging one with anticipated cutbacks in our revenue and increased demands for service. Our belief that all in the community have a right to a hopeful healthy life, that every child deserves to grow up surrounded by love and caring adults, that every senior have comfort and dignity, is not diminished. With the full support of staff and volunteers, the leadership of a committed board and the generosity of our donors and funders, our commitment remains.

As the fall nights lengthen into winter darkness I am certain we can count on you to ensure that all in the community are warmed by the caring and support we provide on your behalf. Wishing you and your families a happy Channukah!

*Executive Director,
Emily Shane*



NEW STAFF: Inbal Aviv

Inbal and her family immigrated to Canada from Israel eleven months ago. She has a Masters degree in plant physiology and was employed as an agricultural chemical analyst in Beersheba. Inbal will be involved with our office administration and will be working with the agency's data programming.

NEW STUDENTS: (L to R) Erin Pritchard, Kirsten Dent

Erin is currently in her second year of Social Work at the U of M, and is specializing in the area of aging. Her field placement will be supervised by Cheryl Hirsh Katz, Supervisor of Older Adult Services. For the past year, Erin has been a JCFS volunteer grocery shopper for an elderly client.



Kirsten is in her final year of studies in her Bachelor of Social Work program. She also holds a BA with a major in Sociology. For the past six years Kirsten has worked within the childcare field while pursuing her post secondary schooling. She has maintained a strong interest in working with children and plans to specialize in the Child Welfare service area in the future. Kirsten will be supervised by Jeff Kryger, Child Welfare Worker, during her placement with JCFS.



NEW BOARD MEMBER: Dr. Shayne Taback

Shayne is a pediatric endocrinologist at Children's Hospital as well as a University of Manitoba diabetes researcher. His other interests include spending time with family and friends, reading, attending theater, and travel. Previously he served for six years as a board member of the Children's Hospital Foundation.

NEW BOARD MEMBER: Aaron Margolis

Aaron has been with Investors Group in Winnipeg since 1995 and is currently the Vice-President, Product and Planning. He is involved in a number of volunteer pursuits including the national Board of Directors of Food Banks Canada where he is chair of the Marketing & Communications committee, the Salvation Army Business Advisory Board where he is chair of the Emergency Disaster Services committee and the Investors Group Community Projects committee. He enjoys spending time with his wife, Rachel and three children, Nicole, Mitchell, and Harry.

