

FAMILY *Matters*

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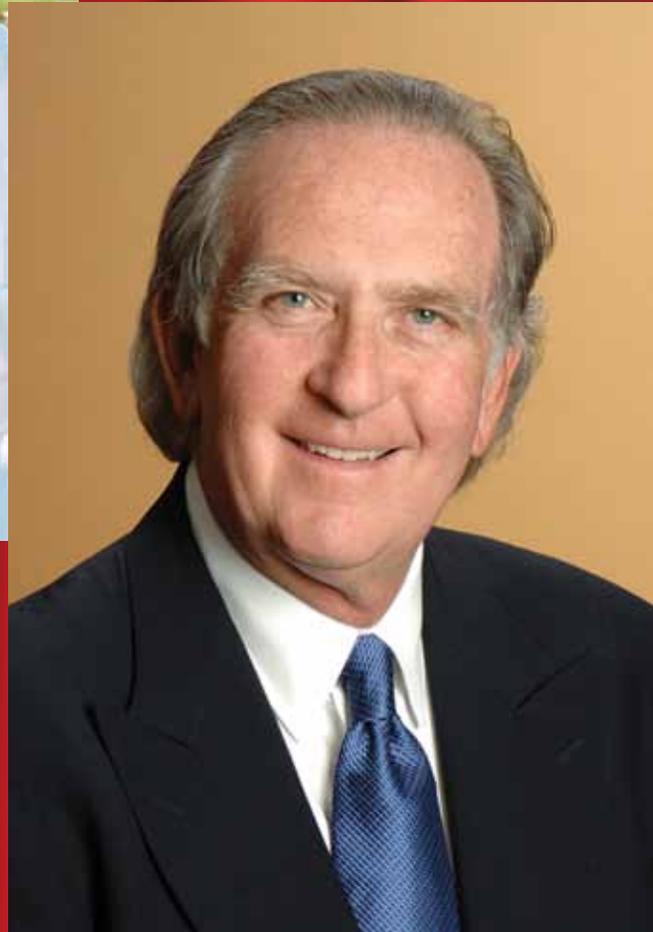


REEL HOPE 2013 *page 3*

MENTAL HEALTH SPECIALISTS
Helping Sami Stand on Her Own page 4

AGE IT FORWARD
Program Spotlight page 6

THE GIFT OF BRAIN POWER
Mental Health Matters page 10



A PUBLICATION OF

JewishFamilyService



FAMILY SAFETY NET

Philosophy and Prevention Model

By Shelly Hines, Family Safety Net director

The goal of the JFS Family Safety Net department is to enhance the depth of homeless prevention services by creating more case management services and capacity, providing more outreach activities, and developing additional support services to promote economic self-sufficiency among our clients.

I have been working in the JFS Family Safety Net department for nearly 10 years and passionately believe that it takes more than money to prevent families from becoming homeless. I've done extensive research and met with many agencies about best-practice models and what it really takes to prevent homelessness.

While the personal impacts of homelessness are tragic, there is also a tremendous economic cost to the community. The Coalition for the Homeless estimates that it costs communities an average of \$43,000 annually for every homeless person. With more

than 11,000 homeless people in the Denver metro area alone, preventing homelessness in

the first place makes a lot of financial sense. At JFS, we continually strive to evaluate our programs to find effective ways to help clients achieve long-term stability. By serving the multiple needs of our clients through creative, innovative, and responsive programs, clients are given the tools to mitigate immediate crises and achieve long-term stability. Many emergency-based assistance programs in the metro area do not have the resources to help those facing these challenges because they are able to provide only one month of rent and no additional services.

We take a holistic approach to look at each individual's needs and provide a broad set of services. For each client, we offer comprehensive case management to review the crisis, the household's budget, support systems, needs, and community resources. We provide financial assistance to relieve the immediate crisis and support services to help families overcome barriers. Our focus on case management at all levels in our services makes us different from other agencies in the community and allows us to help hundreds of people avoid homelessness every year. 🌱



Shelly Hines ▲

Jewish Family Service of Colorado (JFS)

*believes in strengthening the community by providing vital services to people in need. Every day, JFS helps people overcome life's challenges to live fuller, more meaningful lives. Founded in 1872, JFS is a nonsectarian, nonprofit human services agency serving metro Denver and Boulder. JFS helps seniors live independently at home, provides quality mental health counseling, offers training and job placement to those with developmental disabilities and other barriers to employment, and provides food and financial aid to people in crisis. Every year, the agency benefits more than 20,000 people of all ages, faiths, incomes, and abilities. For more information, call **303.597.5000** or visit www.jewishfamilyservice.org.*

Tickets on Sale Now for **REEL HOPE 2013!**

Reel Hope, Jewish Family Service's annual benefit film screening, returns for its 18th year on Monday, December 2 at 5:30 p.m. at the Ellie Caulkins Opera House in Denver. The 2013 gala event will include cocktails and hors d'oeuvres by Kevin Taylor, a short program, and a film screening (to be announced).

The highlight of the evening will be recognition of three special individuals who have demonstrated extraordinary leadership, philanthropy, and dedication to Jewish Family Service and our community for many years: Norman Brownstein as the Kal Zeff Business Leader of the Year and Rabbi Steven and The Honorable State Senator Joyce Foster as the Jack Shapiro Community Service Award recipients.

Tickets are \$180 and sponsorship packages start at \$1,500. For more information and to purchase tickets, visit www.jewishfamilyservice.org/ReelHope or contact Lisa Mehl at 720.248.4633 or lmehl@jewishfamilyservice.org. 

Thank you to the following sponsors to date
(as of October 4, 2013):

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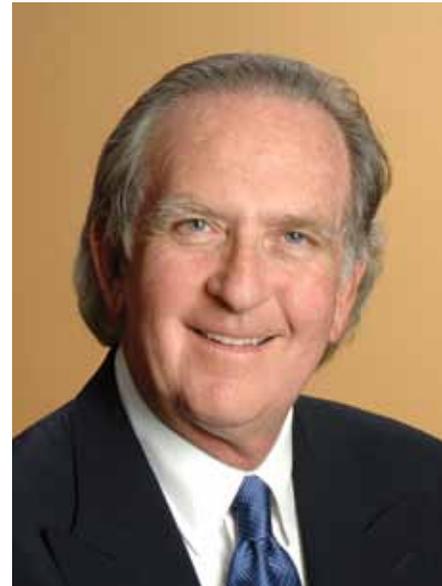
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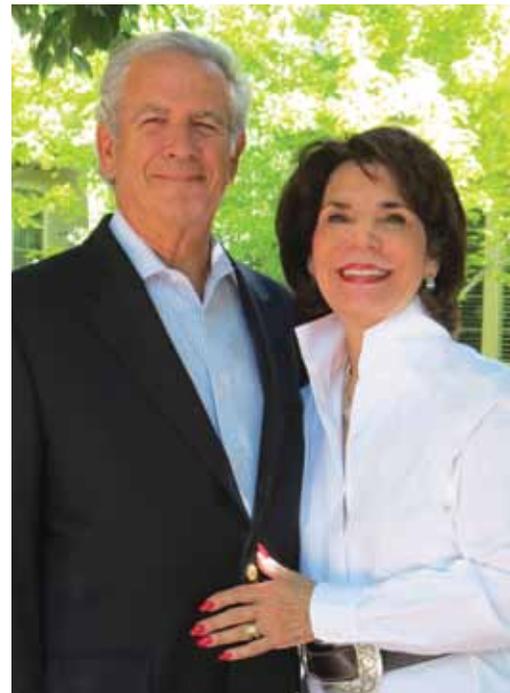
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Senator Joyce Foster*

**REEL
HOPE**
2013

JEWISH FAMILY SERVICE

Mental Health Specialists

Helping Sami Stand on Her Own

For privacy purposes, the names and identifying details of people in this story have been changed.

Sami, 32, moved to Colorado from New York in 2010. She came to Denver to be with her boyfriend, Vince, whom she met while working at a Brooklyn supermarket. “I kind of fell in love with Vince by accident,” says Sami. “I wasn’t looking for love at the time. He was just such a great guy, and he made me laugh.”

After Vince moved to Colorado, Sami came out for a visit. Their relationship was as strong as ever so she decided to pack up and follow him. Two weeks after Sami moved in, they were engaged. A few weeks later, they got married.

They had a great relationship and lots of fun together. But once she settled into her new life, she started to see another side of Vince. He was an alcoholic—and had been for years. Sami had no idea and didn’t fully understand what drinking did to him until they

were living together. Alcohol turned Vince into a very different person from the man she thought she had married. This other Vince could be physically and verbally abusive.

Sami became pregnant and began to worry about the home her baby would grow up in. “This became a very serious issue,” she laments. One day,

Vince was especially violent and it terrified her. She had reached the breaking point and knew she needed help. She called 2-1-1 looking for a counselor. The next day, she received a call back from JFS therapist Arleen Gershen.

“I started seeing Arleen in February 2011, and I’ve been seeing her ever since. She’s one of those people who really cares. She’s given me confidence and helped me make my own decisions. I can’t express how much she means to me.”

With Arleen’s support, Sami decided to leave her abusive husband and sought a women’s shelter that would provide temporary housing for herself and her child. She didn’t want to give up on her marriage, but knew she needed to protect her son and herself. This was the primary issue in her counseling sessions with Arleen. “It was very hard to make that decision, and it was hard on Vince,” she says. “But I didn’t want my son growing up frightened by his father and also thinking it was okay for his mother to be abused.”

After some time in the shelter, JFS staff helped Sami secure a rent-subsidized apartment. “I was excited, but I didn’t have any furniture,” says Sami. “I shared some of these concerns with Arleen, who was able to help my efforts to find furniture. She asked JFS staff for items that I needed and they immediately responded. It was amazing—I received enough to live comfortably in my apartment with my son. I couldn’t believe their generosity. It made me cry.”

“Arleen has helped me a thousandfold. She’s really been there for me with her support

“For the first time in a long time, I feel optimistic about my future.”

—Sami



Arleen Gershen ▲

24 HOURS *to Give Where You Live*

Support Jewish Family Service on Colorado Gives Day!

On Tuesday, December 10, Coloradans will come together again to raise millions of dollars for nonprofits like ours. Last year, a remarkable \$15.7 million was distributed to Colorado nonprofits. Thanks to help from supporters like you, we raised \$25,000 in 2012. This year, our goal is to raise \$36,000 for our Family Safety Net program through Colorado Gives Day.

What can JFS do with \$36,000? We can purchase 59,016 pounds of food at a reduced rate from Food Bank of the Rockies. This will feed 3,279 individuals three meals per day for five days, which is 49,185 meals! Or with \$36,000, we can provide rent assistance for 42 households (76 individuals) facing homelessness so they can remain in their homes.

Presented by Community First Foundation and FirstBank, Colorado Gives Day asks you to give to your favorite charities through the website ColoradoGives.org, an online giving resource featuring every nonprofit participating in Colorado Gives Day. When you donate on this website:

- 100% of your donation will come to us.
- The value of your donation will be increased by the FirstBank Incentive Fund.

Donate online at www.coloradogivesday.org/jfscolorado anytime during the 24-hour period of December 10 or schedule your payment in advance to “give where you live”!



and ability to help me learn how to problem-solve on my own.”

Sami recently got a job as a housekeeper at a local hotel and looks forward to going to school to learn hotel management. “I can’t wait to start working and move on with my life,” she says. “Since I moved out, my life has started to move in a really positive direction. For the first time in a long time, I feel optimistic about my future.” 🌱

If you or someone you know is seeking a therapist, call Jewish Family Service Mental Health Specialists at 303.597.7777 or visit www.jewishfamilyservice.org.

Family Matters

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PROGRAM

Spotlight *Age It Forward*

JFS Senior Solutions Launches *AgeForward* Consulting Services to Navigate Life's Transitions

By Jennie L. Creasey, LCSW,
professional senior services coordinator

Let's be honest. Many of us, whether we are considering our own aging process or the aging process of our loved ones, don't want to go there. Or, if we do want to take proactive steps to be better prepared for what the future

might hold, we have no idea where to turn. If we have questions about taxes, we turn to our accountant; if we have concerns about our estate plans, we look to our attorney; if our car has trouble starting, we stop by our mechanic—the list goes on.

Though it has been a well-kept secret, the Jewish Family Service Senior Solutions department has helped many people **age forward** over the years through our consultation services by helping families, couples, and individuals create a proactive game plan to ease the stress of aging and the unknown territory that comes with it.

The focus has been on helping people maintain as much independence as possible while maintaining control over situations that occur as we age. In other words, if you want to take steps to be better prepared for the future, you can work with a geriatric consultant at Jewish Family Service.

JFS is formalizing our geriatric services with the launch of **JFS *AgeForward* Consulting Services**. For a fixed fee, our master's-level geriatric specialists will create an individualized assessment of your situation and provide a plan of action and referrals, as appropriate. A working relationship with one of our

consultants can be brief, as needed, or can become a long-term relationship, as many of our

consultants are also geriatric care managers. Working with our specialists can help you be prepared for the following transitions you and your loved ones might face:

A new program to help to ease the stress of aging and the unknown territory that comes with it

- **Hospital-to-Rehab-to-Home**—This might involve dealing with such issues as choosing a rehab facility, transitioning back to home and reestablishing routines and rhythms of home life. For some, at the same time they are away, their home and a spouse at home might also need to have coordinated care.
- **Relocation**—This could include assessing and developing a plan for relocation; choosing a new home, ranging from an independent home to a skilled-care facility; or support connecting to your new community.
- **Memory Care**—Specialized evaluations and resources, including supporting memory-specific healthcare, are offered for individuals dealing with cognitive decline to help them stay as independent and safe as possible.
- **Planning for End-of-Life Decisions**—Consultation in these matters is especially important to ensure that one's desired care at end of life and estate plan wishes are fulfilled.
- **Long-Distance Caregiving**—Through consulting with one of our specialists, one can learn how to build a team both locally and where one's loved one lives to meet everyone's goals.



Jennie Creasey ▲

In all these areas, we seek to advocate for an individual's choices by together developing a proactive, individualized plan of care, tailored to current and future needs. For more information about JFS AgeForward Consulting Services, or to request a personalized consultation, contact Jennie Creasey, 720.248.4622, or jcreasey@jewishfamilyservice.org. 

Jennie Creasey, LCSW, is the professional senior services coordinator with JFS Senior Solutions. She supervises the department's care managers, therapists, and social work student interns. Jennie also provides counseling and consultation services to seniors who are often seeking to reframe independence as they age. Jennie earned her BA from the University of Denver in 1995 and her MSW with a concentration in gerontology in 1997. Upon graduation, Jennie worked as a hospice social worker for two-and-a-half years with Centura Home Care and Hospice. In late 1999, she joined Jewish Family Service and shortly thereafter became a licensed clinical social worker.

Homecare from Our Family to Yours



JFS at Home offers non-medical, fully licensed, customized homecare by screened, compassionate, and insured caregivers.

- Hourly to 24/7 personal care
- Assistance with dressing, grooming, and hygiene
- Light housekeeping and cooking
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- Companionship

JFS 
AT Home

Quality Homecare from
Jewish Family Service

303.750.4000

www.jfsathome.com

CLEAN OUT YOUR CLOSETS *to Help JFS!*

An easy way to help JFS serve those in need is by cleaning out your closets! Your donation of gently used clothing, shoes, and household items through Healing Minds generates funds that support the mental health programs at JFS and subsidize the cost of counseling services for our clients. Schedule a home pickup online at www.healingmindspickup.org or by calling 303.232.4483.

Jewish Family Service 
Healing Minds

JFS Offers Creative Ways to Make YEAR-END GIFTS



With the holiday season and end of the calendar year upon us, we ask you to consider supporting JFS. In addition to making a financial contribution using the enclosed remittance envelope or donating online at www.jewishfamilyservice.org/donate, there are many other ways you can greatly help the agency while receiving potential tax benefits for 2013. Please check out the list below and make your contribution by December 31!

Clothing and Household Item Donations •

JFS Healing Minds collects clothing and household item donations, and proceeds benefit Jewish Family Service Mental Health Specialists. To schedule a pickup and to view a list of acceptable items, please visit www.healingmindspickup.org.



Vehicle Donations • Make a difference in the life of a JFS client on his or her journey to self-sufficiency and empowerment by donating your car, SUV, truck, van, motorcycle, boat, or RV. For more information about the program and to donate a vehicle, visit www.jewishfamilyservice.org/donate/vehicle-donation.



Enterprise Zone Tax Credits •

Taxpayers who make a contribution to eligible enterprise zone development projects in predetermined zones may be able to claim tax credits. To qualify for the credit, the

contribution must be for purposes that are directly related to job creation, job preservation, assistance programs for the homeless, or community development.

SHALOM Denver, a program of Jewish Family Service that provides job training to people with barriers to employment, is an eligible enterprise zone project. The amount of the credit is 25% of the value of the contribution, up to \$100,000 (12.5% for in-kind contributions). For more information on the credit for these contributions, visit www.colorado.gov and search for "Enterprise Zone," or consult your tax advisor.

Food, Toiletry, and Diaper Donations •

It is an unfortunate reality that the Weinberg Food Pantry is always in need of nonperishable food, toiletries, and diapers. The need is especially great during the winter and holiday season. In addition to donating food, please consider organizing a food drive with your synagogue, church, school, or local community group to maximize the impact. For more information on how to organize a drive, contact Nancy Benjamin, JFS director of volunteer resources, at 720.248.4642.



Support JFS by Shopping • You can help JFS just by doing your regular grocery shopping each week! Purchase a \$20 reloadable King Soopers gift card from us, add money to it at the store when you go shopping, and use it to pay for your





groceries. Every time JFS supporters reach \$5,000 or more in reloads (as a group, not just you individually), we will receive a rebate check for 5% of the total amount. Learn more at www.jewishfamilyservice.org/donate/king-soopers-gift-cards or contact Dawn Richard at 720.248.4605.

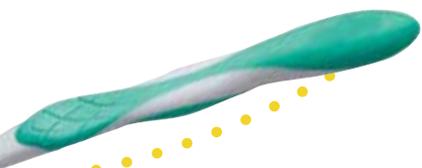
Give the Gift of Time •

During the holiday season, when you and your family are taking time off to celebrate, please consider giving one of the most valuable gifts possible: your time. We have several low-impact, high-yield volunteer projects you



can tackle from the comfort of your home, including bagging rice, bundling diapers, and purchasing toiletry items. Please visit www.jewishfamilyservice.org/volunteer/family-group for details or contact Nancy Benyamin, director of volunteer services, at 720.248.4642 or nbenyamin@jewishfamily-service.org to get started. 

For more information and other ways you can support JFS, contact Dawn Richard, development director, at 720.248.4605 or drichard@jewishfamilyservice.org.



GIFTS NEEDED *for Bright Holidays Program*

One in six children lives in poverty in Colorado, and buying holiday gifts is impossible for many of these families. This holiday season, consider purchasing gifts for our clients who cannot afford to buy them for their own families.

Through our Bright Holidays program, donors like you can give Christmas or Hanukkah gifts to individuals and families in need. You will receive specific wish lists our clients have provided. This is a wonderful opportunity to shop with your children to pick out items these families want or need most. Our staff will then deliver the gifts to their clients.

Please contact Shelley Tait at 720.248.4653 or stait@jewishfamilyservice.org to let her know you'd like to sponsor an individual or family for this program. **All Hanukkah presents must be dropped off at JFS by November 18 and Christmas gifts by December 9.**

MENTAL HEALTH *Matters*

*Give Yourself the Gift of
Brain Power for the Holidays!*

By Betty Tullius, LMFT, therapist

We all experience memory loss from time to time; it can become worse in times of stress. Recent research has shown that our brains, with proper care, have an amazing ability to change and adapt well into old age.

More good news is that a large part of our brain resiliency involves basic self-care that is also good for our physical and emotional well-being.

As you face the stress of the upcoming holiday season, keep in mind these ideas to take care of yourself and to strengthen your cognitive functioning:

Eating well: Most of us know that a diet rich in fruits, vegetables, whole grains, and healthy fats is good for our health. In terms of a healthy brain diet, the same is true. Studies have also shown that limiting calories and saturated

fats, increasing omega-3s, and eating more fruits and vegetables are particularly good for brain function.

Exercise: We can't hear it enough: regular exercise promotes healthy physical functioning and emotional well-being. It also positively impacts brain health by increasing oxygen levels and reducing the risk of some disorders, such as diabetes and cardiovascular disease, which can lead to memory loss.

Adequate sleep: Sleep deprivation significantly impacts brain functioning, as anyone who has felt groggy from lack of sleep can attest. Lack of deep sleep also impacts memory consolidation, making it harder for our brains to function at full capacity.

Managing stress: Stress can play havoc with our cognitive functioning, both short- and long-term. When stressed, we are more easily overwhelmed. Studies show that chronic stress

can destroy brain cells and lead to cognitive decline over time. Meditation and relaxation techniques, such as mindfulness breathing, can drastically reduce feelings of stress in the moment and decrease its long-term impact.

Engaging in positive activities with others:

Studies show that meaningful relationships and a strong support system give us greater emotional health and keep our brains active. In addition, being around people who are playful, fun, and lighthearted is brain healthy because laughter, unlike other emotions, stimulates multiple regions of the brain at the same time.

Brain exercise: Studies show that learning new skills creates connections in the brain that can counteract cognitive decline. When taking up a brain enhancing activity, make sure it meets these criteria:

- Something new: anything unfamiliar or outside your comfort zone is good.
- Something challenging: anything that takes mental effort and increases your knowledge.
- Something fun: the more interested and engaged you are in the activity, the more likely you will stick with it.

Activities that require using your hands are great brain exercisers, such as knitting, painting, and juggling. So whether you set aside a little time (such as switching to your nondominant hand when brushing your teeth) or a lot (learning a new instrument, language, or sport), the idea is to try something new that stimulates and enhances brain cell growth. The gift of a healthy brain is a gift that keeps on giving. 🌱

Betty Tullius is a licensed marriage and family therapist with a master's in clinical psychology. She has 15 years of clinical experience and has been with Jewish Family Service for seven years. She counsels individuals, couples, and families.



▲ Betty Tullius

Please Help Provide Thanksgiving Meals to People in Need!

In a recent survey, 70% of our Weinberg Food Pantry clients said they have had to cut the size of meals or skip meals because there wasn't enough money for food. Can you imagine trying to buy extra food to prepare a festive Thanksgiving meal if this is how you are living?

This year, thanks to the Dorinda Levy Thanksgiving Fund, we will be able to help more of our clients celebrate Thanksgiving. Please contribute to this fund or donate any of these items: frozen turkeys, disposable aluminum foil roasting pans, canned yams or sweet potatoes, instant mashed potatoes, stuffing, canned pumpkin pie mix, evaporated milk, canned cranberry sauce or jelly, canned green beans, cream of mushroom soup, turkey

gravy mix, fresh apples, and canned fruit. Grocery certificates for clients with special dietary needs are also greatly appreciated. Please bring food donations to Jewish Family Service, 3201 South Tamarac Drive, Denver, CO 80231, by **Wednesday, November 20**.

Because we can stretch your dollar by purchasing items directly from Food Bank of the Rockies at a reduced cost, we prefer cash donations. The approximate cost of a complete Thanksgiving meal is \$36. Please make a contribution by using the enclosed envelope and indicate "Dorinda Levy Thanksgiving Fund" in the memo line or donate online at www.jewishfamilyservice.org/donate. Choose "The Dorinda Levy Thanksgiving Fund" from the drop-down menu. 

Consider Making a THANKSGIVING/ HANUKKAH Tribute Gift!



For the first time in history—and the only time it will ever happen in our lifetimes—the first day of Hanukkah falls on Thanksgiving this year. You literally have a once-in-a-lifetime opportunity to show your gratitude for your loved ones by making a Thanksgiving tribute gift in their honor for Hanukkah. You'll feel twice as good knowing your gift helps a family celebrate Thanksgiving and honors your family members or friends for Hanukkah!



▲ Cari and Justin Levy packing Thanksgiving bags last year. The Dorinda Levy Thanksgiving Fund was established in memory of Justin's mother.

SENIORS

Matter *Eating Disorders in Older Populations*

By Laura Harter, MSW, LSW, JFS Senior Solutions care manager

When many of us think about a person with an eating disorder we think only of a younger woman, perhaps a teenager or young adult. Despite this common misconception,



Laura Harter ▲

the faces of those with eating disorders are changing. More of those faces are older adults, both men and women. The same body issues that plague people in the early adult years don't simply disappear when these same people enter their later adult years.

Many people wonder why eating disorders seem to be affecting populations they did not affect before. In truth, the National Eating Disorder Association (NEDA) presents interesting facts about

disordered eating and the reasons why it may become more prevalent in later life. Hard data on eating disorders in seniors is difficult to capture, but many studies show that seniors are concerned about body image and weight loss, which can both be precursors to eating disorders.

Many older adults face life changes that leave them feeling a lack of control, and controlling their food intake may be the only thing they feel they have power over. Children going off to college, natural physical aging, and retirement are events that can alter a person's sense of self enough to throw her eating into a negative pattern. In addition, an older adult may have struggled with an eating disorder for many years but only begin to acknowledge the negative effects as aging causes his body to change in new ways. Restricting food, binge eating, or overuse

of exercise can be more detrimental to the body of a senior than to the body of a younger person, making eating disorders in the senior population even more dangerous.

Eating disorders can affect any person at any age. If you are struggling with body image, weight, or overwhelming life transitions, there is hope. Many inpatient and outpatient eating disorder centers are now well-equipped to work with a diverse and aging population. As people age, their responsibilities change and inpatient treatment may not fit into their schedule, so many treatment programs have adjusted to ensure they can provide support and encouragement in a way that fits the needs of those they serve.

If you would like more information about warning signs, how to get help, and where to find additional support, please visit the website for the National Eating Disorder Association at www.nationaleatingdisorders.org. JFS Senior Solutions care managers and therapists can also help find support and treatment for seniors in need. Contact the Seniors Solutions department at 303.597.5000 for more information.

Laura Harter, a licensed social worker, provides care management and counseling in the JFS Senior Solutions department. Laura has worked with individuals and families across the lifespan, but has enjoyed the vibrancy and thoughtfulness that seniors personify. Laura loves hearing the life stories and memories that senior clients share.

Eating disorders can affect any person at any age.

JFS LEGACY SOCIETY

Members through September 30, 2013

Thank you to the following JFS Legacy Society members. You are the JFS supporters who had the vision to include us as a beneficiary in your estate plans.

Sanford Alpert
Judy Altenberg
Elaine and Max Appel
Rabbi Eliot and Dr. Hilary Baskin
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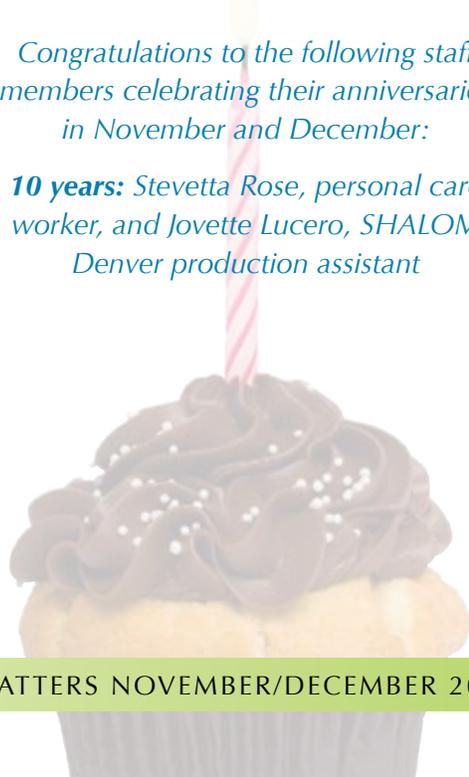
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Dan and Ann Veenstra
Yana Vishnitsky and Jim Wolfe
Estate of Alan Irwin Wandel
Lary and Lori Weintraub
Estate of Sandor Weisz
Phil and Elle Winn
Debbie Zimmerman and Charles Van Gundy
Royce and Tara Zimmerman

STAFF Anniversaries

Congratulations to the following staff members celebrating their anniversaries in November and December:

10 years: *Stevetta Rose, personal care worker, and Jovette Lucero, SHALOM Denver production assistant*



THANK YOU for Caring!

Thank you for your generosity! Your support makes our life-transforming work possible.

The following donations reflect tribute gifts received from August 1 to September 30, 2013. Due to space limitations, we are only able to list tribute gifts received during this time, but all contributions are greatly appreciated.

Please accept our apologies for any omissions or errors.

IN HONOR OF ANNIVERSARIES

Bernard and Sandy Fleischer
Michael and Harriet Greenstein

Joel and Lanie Goldstein
Lawrence and Carol Levin

Mel and Roberta Klein
Lawrence and Carol Levin

Robert and Shelley Krovitz
Michael and Audree Bloom
Marshall and Marcia Gurian
The Board & Staff of Jewish Family
Service of Colorado
James Wolfe and Yana Vishnitsky

Allan and Alberta Sulzer
Lawrence and Carol Levin

Bart and Tammy Weis
Alisa Saliman

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