



**When the community  
comes together,  
great things happen.**



**Annual Report  
2016-17**

Together we served 2,013 individuals, including 552 ongoing clients. Of those, 298 were age 60 and older, including 101 Holocaust survivors. Over the past year, 200 volunteers donated their time and energy to Jewish Family & Child Service.

***“We know the power of ancient Jewish stories and the responsibility they give to each generation.***

***We remember the past in order to be fully engaged with the present.”***

JFCS programs include:

- Holocaust Survivor Services
- Emergency Aid
- Disability Support Services
- Counseling

JFCS provides social services to needy people of all denominations and economic backgrounds, including individuals and families from Portland's Jewish and broader communities.

Friends,

Experience teaches us that a more equitable society is only possible when the Jewish values we live out as individuals extend to our greater world. At Jewish Family & Child Service, we want people from all walks of life to know that not only are they welcome here, but also that they will be treated with the dignity and respect they deserve.

Thanks to your generosity, this past year JFCS was able to help more than 2,000 neighbors weather adversity and hardship. In particular, we emphasized helping isolated, low-income seniors age in place — in their own homes, on their own terms.

2017 has been a difficult year for many. And it appears that there will be new challenges on the horizon for the vulnerable people JFCS serves. But together we can choose how we will face each challenge, navigate the obstacles, and find the hope and opportunities we all need.

In the year ahead, we are particularly excited about expanding our Counseling, Emergency Aid, and Partners for Independence programs. As always, you enable us to honor our 70-year tradition, while adapting our programs to meet the needs of an ever-changing Portland.

JFCS resolves to do what we have done for the past seven decades:

- Advocate for people who have no other champion,
- Ensure that their voices are heard,
- And continue to walk with them — because so many of you walk with us.

With immense gratitude,



Lee Cordova  
JFCS Board Chair



*Seen here at a Café Europa event, local survivor Mihail Elisman (center) plays the flute in the Jewish Community Orchestra.*

## Holocaust Survivor Services

Many of the 101 Holocaust survivors we serve are low-income refugees from the former Soviet Union who immigrated during the 1980's and 1990's as part of a JFCS resettlement program.

Already middle-aged or older when they resettled, many were unable to build new careers in the United States, and often language has remained a barrier.



Local Holocaust survivors received homecare and case management services valued at \$525,000, up from \$435,000 the previous year.

Holocaust survivors received a total of 14,350 hours of homecare services that enabled them to age in place with dignity and autonomy.

“I just want to thank you so much from the depth of my heart for all that you've done, and hope that you are always blessed with health, lots of mazel, and lots of happiness and joy.”

– Holocaust client

The Conference on Jewish Material Claims Against Germany funds homemaker services for Holocaust survivors in 47 countries worldwide. The Russian-speaking homemakers who visit our local clients help them age in place comfortably and safely, for as long as possible.

Our emergency aid program for survivors is overseen by the Holocaust Survivor Advisory Committee, composed of survivors and their children.

Requests are typically for food aid and medical items like dentures, eyeglasses, and hearing aids. This summer we had several requests for air conditioners—not surprising, given the weeks of scorching temperatures.

Our monthly Café Europa events offer social programs that give survivors the opportunity to connect with others who share at least some aspects of their wartime and post-war experiences. Activities include films, concerts, lectures, and other live presentations.



## Changing Minds

Trauma-informed care is essential when supporting survivors. Emotional triggers are everywhere, especially as they experience the losses associated with cognitive decline and other aspects of aging.

In addition, most survivors from the former Soviet Union were denied validation or recognition of the trauma they endured during the Holocaust.

Through a recent grant from the Jewish Federations of North America, JFCS counselors offer support groups that use evidence-based, state-of-the-art practices to foster an atmosphere of trust and healing.

The Jewish Federation of Greater Portland provided matching funds for this program.

One participant, Elena, 85, had experienced trauma-related nightmares and extreme uneasiness for several years. Much to her relief, she has learned problem-solving techniques that help her manage her anxiety and fend off the nightmares.

**“It means so much to have a better sense of control.”**



## Emergency Aid

JFCS serves survivors of all kinds—of the Holocaust, of inter-generational poverty, of domestic violence, and of unforeseen circumstances that can disrupt lives in the blink of an eye.

- Year after year, JFCS helps struggling adults feed and clothe their children, avoid eviction, and cope with short-term crisis situations.
- This past year, we once again donated and distributed hats and gloves at Day of Dignity, an annual community event that served 550 homeless people.
- JFCS often participates in interfaith activities, and recently joined nearly 500 people from diverse religious traditions who gathered in Salem for Interfaith Advocacy Day.

We helped

**1,460**

**STRUGGLING**

**ADULTS**, many of whom were age 60 and older.

JFCS joined with community partners to distribute Thanksgiving food boxes that fed

**600** PEOPLE.

**70** STUDENTS

from low-income households received gift cards for school supplies and clothing.

We provided Hanukkah and Christmas gifts to

**60** LOW-INCOME FAMILIES AND INDIVIDUALS.



## Turkeys & Toys

JFCS works year round to help vulnerable people in Portland, but during the year-end holiday season we go the extra mile, helping people who are facing adversity feel more connected to their community.

Financially strapped families often have a particularly difficult time during the holidays, and JFCS is proud to have coordinated the Thanksgiving Food Box Drive and the Adopt-a-Family programs for more than 15 years, cementing them as a community tradition.



The Thanksgiving Food Box Drive provides disadvantaged adults and families with the ingredients for a holiday feast, complete with turkey and all the trimmings.

Meanwhile, low-income households create personalized Hanukkah and Christmas wish lists through the Adopt-a-Family program, and JFCS then works with partners to fulfill those requests.

The wish lists remind us that life's good fortune is not evenly distributed. Many requests are strikingly simple: a pair of walking shoes or paint supplies for a budding 5-year-old artist.





## Disability Support Services

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People with disabilities who lack social support can be isolated and vulnerable, and may experience discrimination, neglect, or abuse.

Here in Multnomah County, nearly 30% live in poverty.

- Through the Partners for Independence program, JFCS contracts with Multnomah and Clackamas Counties to help people with developmental disabilities boost their independence, productivity, and community integration.

We help them foster social and interpersonal skills as they make progress toward self-created goals such as budgeting, housekeeping, and gaining employment.

- Our TASK program provides individualized consultations and referrals; advises on guardianship and other topics; and organizes Tikvah social activities that promote camaraderie and social inclusion.

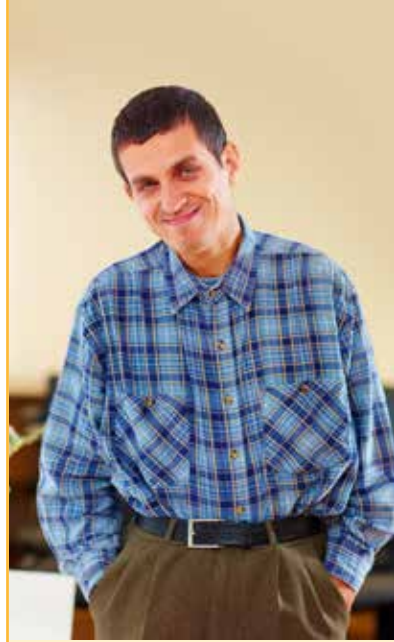


“ One woman I work with has gained greater autonomy in several respects.

Her income is extremely limited, but we've been able to reduce her bills by one-third while better understanding how her money is spent.

Now she has a new goal of finding a larger apartment, which she couldn't afford before. ”

- Kassie Hill, Skills Trainer/  
Behavior Consultant



Nearly **60**  
**PEOPLE WITH DEVELOPMENTAL DISABILITIES** received skills training and support services.

Our TASK program helped  
**28** **DISABLED INDIVIDUALS AND THEIR FAMILIES** achieve greater community inclusion.

More than **30**  
**TIKVAH ACTIVITIES** were held, including bowling, movies, dinner out, and trips to the Rose Festival and other events.



## Counseling

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JFCS specializes in services that promote resilience and healthy aging in place.

Many of our clients are underserved. We have counselors who are Licensed Clinical Social Workers, which allows us to work with clients who have Medicare — unlike many peer agencies.

JFCS emphasizes counseling and other services designed to help vulnerable seniors remain in their home of choice for as long as possible — an issue of increasing societal and personal relevance.

“Having something I can rely on—and someone who I can rely on—has helped my mindset tremendously.”

– PEARLS client

## Helping Seniors Help Themselves

One of our most innovative initiatives is our partnership with Multnomah County on PEARLS (Program to Encourage Active, Rewarding Lives for Seniors), a successful, evidence-based model that provides free, in-home counseling services to isolated, low-income seniors.

They learn problem-solving skills for self-managing mild to moderate depression. And because the participants devise their own solutions, they typically feel more capable of following through on them.



Arnie recently participated in the PEARLS program. *“At one point I hadn’t left home for three weeks,”* he says. *“But thanks to my counselor’s house calls, I’m now walking to the senior center eight blocks away.”*

## A Wise Investment

JFCS received funds from Multnomah County for WISE, an evidence-based program geared toward helping older adults celebrate healthy aging, make positive lifestyle choices, and avoid substance abuse.

When services start next year, clients will attend courses on topics such as stress management, depression, and medication misuse and management.

Evidence shows that WISE participants gain greater insight into high-risk behaviors that can lead to negative outcomes, prompting them to pursue healthier lifestyle choices, better manage their medications, and become more-informed self-advocates.

These improved outcomes will have many positive social and economic ramifications, such as fewer emergency room visits, reduced Medicare and Medicaid costs, and fewer seniors requiring social services from local nonprofits.

Our team worked with **170 CLIENTS**, up from 140 the previous year.

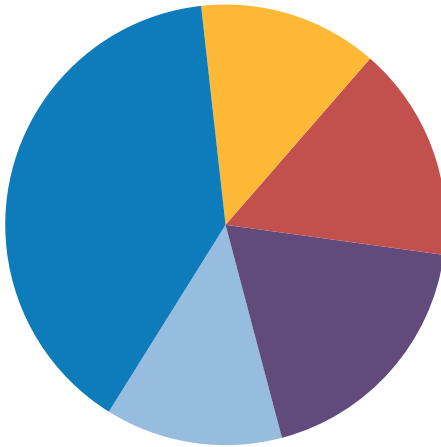
Through the PEARLS program, we enrolled **88 ISOLATED SENIORS** at risk for depression.

We led support groups on caregiving, grief and loss, and other challenges of aging.

# Financials

## Total Revenues

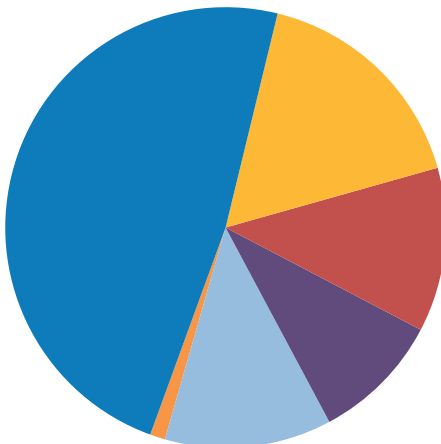
**\$1,665,012**



- 39% Grants
- 13% Jewish Federation of Greater Portland
- 16% Program Fees
- 19% Contribution & Events
- 13% Investment Income

## Total Expenses

**\$1,605,406**



- 48% Social Services
- 17% Counseling
- 12% Disability Services
- 10% Fundraising
- 12% Management & General
- 1% Investment Expense

\* Revenue gain due to return on endowment; funds not available for operations.

# Board & Staff

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## Contact Us

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Portland, Oregon 97205  
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info@jfcs-portland.org  
www.jfcs-portland.org

## Administration

**Ruth Scott**  
Interim Executive Director

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**Marty Michaels**  
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Administrative Assistant, Accounting

## Counseling Services

**Douglass Ruth** LCSW, Clinical Director

**David Molko** LCSW, Senior Outreach Clinician

**Missy Fry** MSW, CSWA, Behavioral Health Social Worker and Clinical Case Manager at Rose Schnitzer Manor

**Caitlin DeBoer** MSW, PEARLS Counselor

## Social Services

**Anthony Antoville** CMC, Director of Social Services

**Rita Shmulevsky** Senior Case Manager/  
Coordinator, Holocaust Survivor Services

**Alla Piatski** Bilingual Case Manager

**Kerry Goldring** Case Manager/Café Europa Coordinator

**Kim VanKoten** Homecare Supervisor

**Maria Rehbach** Emergency Aid Coordinator

**Philip Gomez** Social Services Administrative Assistant

## Disability Support Services

**Janet Menashe**  
Skills Trainer, Partners and  
TASK Program Inclusion Specialist

**Kassie Hill**  
Skills Trainer/Behavior Consultant



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***Thank you to our donors.***

*We are thankful to all those who make our work possible.*

*The following list represents donors who made a donation of \$100 or more during fiscal year 2017 (July 1, 2016 through June 30, 2017). Donations made after June 30, 2017 will be listed in our 2018 annual report.*

## **\$550,000 - 200,000**



**Thank you to the**

**200  
VOLUNTEERS**

**who generously donated their time, enabling JFCS to carry out more community-wide programs.**

## **\$10,000 - 49,999**

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## *Making a legacy gift is easier than you think—and more meaningful than you know.*

Jewish Family & Child Service is proud to be one of 10 organizations in Oregon and SW Washington participating in Life & Legacy, a partnership of the Harold Grinspoon Foundation and the Oregon Jewish Community Foundation. The program promotes estate planning and planned giving that can build endowments and guarantee the long-term sustainability of local Jewish institutions and organizations.

As you assess your charitable goals, we hope that you will consider creating a legacy that will provide support for JFCS and benefit the people we serve—in good times and bad, for future generations.

There is no minimum amount required. Every gift makes a difference.

Your gift can be directed to a specific JFCS program that speaks to your heart.

Your legacy gift can be funded during your lifetime or distributed from your estate.

A gift in no way obligates you, and you can change beneficiaries at any time.

You can remain anonymous, should you choose to do so.

*To learn more about how to create your Jewish Legacy, please contact Marty Michaels, Development and Communications Manager, at 503-226-7079, ext. 117 or at [martymichaels@jfcs-portland.org](mailto:martymichaels@jfcs-portland.org).*

# Legacy Society

The Legacy Society recognizes supporters who have informed us of their intent to leave a legacy gift to JFCS. The income stream from these gifts provides a stable funding source to support JFCS programs, in good times and bad, for future generations.

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## Why We Care

This is the sixth year that I've worked with the Adopt-a-Family program. The holidays can be rough for many people, and my gift lets them know that someone out there genuinely cares.

Carolyn Cantrell  
Donor/Volunteer

Social isolation and loneliness are epidemic among older adults, influencing many aspects of their mental and physical health. All our counseling services take this into account, and we meet people in their homes and communities—wherever they are.

Douglass Ruth  
Clinical Director

I'm proud to be part of an organization that has so faithfully—and thoughtfully—served our community for 70 years.

Jennifer Zeidman  
Board Member



Guided by the wisdom and values of our tradition, Jewish Family & Child Service (JFCS) provides social services that improve the lives of adults, families, and children in the Jewish and general communities.

We envision a future in which families thrive with access to the help they need to lead healthy, happy, and productive lives.

In Jewish tradition, the tree is a symbol that represents growth, responsibility, and stability. The tree is grounded by three tenets—to act justly, to be charitable, and to make the world a better place.

Like the tree, JFCS is rooted in helping others. Our programs—like protective branches of the tree—help people meet their basic needs; enable people to heal, age, and thrive with dignity; and allow individuals with disabilities and their families to live full, independent lives while participating in their communities.

Like the tree, JFCS thrives when tended to by caring individuals like you. Your support enables our tree to stay rooted in tradition and community values, to spread its branches, and to bear the fruit that nurtures others. Planting trees today provides for our vibrant future.

**Please consider making a donation to JFCS today.**

*JFCS is a member of the Cedar Sinai Park family of services.*



**TO LEARN MORE OR TO DONATE**

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Your donation not only strengthens our branches — the programs that support those in need — but also nourishes the roots of our Jewish values. Please make a donation to JFCS today.

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