Our partnerships continue to expand, letting us help more of those in need and truly practicing Tikkun Olam.

- Carol Cogan-Koranda, JFCS Board President
Dear Friends,

On the following pages, you are going to see an exciting change from the JFCS of just one year ago. Thanks to Lee Cordova’s leadership over the past year, coming together to change lives has been reflected in everything we’ve done. Our staff, our volunteers, and our donors have worked as one to help JFCS repair the world.

In November of 2018 we adopted a Three-Year Strategic Plan in each of our primary areas—Counseling, Disability, Information and Assistance (formerly Emergency Aid), and Holocaust Survivor Services—saw significant gains under the aegis of that Strategic Plan. Some of the highlights include:

• **Counseling:** Growth in numbers of clients served; implementation of the Child and Family Initiative; and integration of the Person-Centered Trauma-Informed (PCTI) approach into all of our programs.

• **Disability:** The sale of notecards featuring art created by our Tikvah participants and the introduction of the Art Auction at the annual spring Luncheon.

• **Emergency Aid:** Increases in our Basic Needs Assistance efforts, delivering Thanksgiving Mitzvah Meals and streamlining our Adopt-A-Family program to better meet our community's needs.

• **Holocaust Survivor Services:** Increased outreach which revealed previously unserved Holocaust Survivors in the greater Portland area; introduction of Seeking Safety, a special program operated in conjunction with our Counseling staff to address the specific needs of Holocaust Survivors and their history with trauma; and delivery of quarterly Kosher food boxes.

Thank you. We have turned the corner and we are moving ahead. We couldn’t have done it without you.

Warmest wishes,

Larry Holzman
JFCS Board President
COUNSELING

PATHS TO MORE COMPLETE LIVES

“Over the past five years, our Counseling Program has demonstrated an extraordinary 52% growth in the number of people who have been served by our outstanding mental health professionals. In fact, our impact was felt on the lives of nearly 300 people this past year alone.”

- Justin Zellinger, JFCS Board & Chair Counseling Committee

Our clients are coping with a lot: Major life transitions; older adult and caregiver needs; ongoing or acute medical issues; relationships and interpersonal issues; struggles with mood, anxiety or overwhelming thoughts; and limited self-worth.

With this in mind, we make it as simple as possible to get help. We have developed a variety of programs that provide easy access to assistance:

**Support Groups** for caregivers and others dealing with the complexities of the aging process.

**WISE (Wellness Initiative for Senior Education)**, a six-week curriculum of information, tools, and resources.

**Clinical and Case Management Support** including mental health counseling, advocacy, and front-line staff support.

**PEARLS (Program to Encourage Active and Rewarding Lives for Seniors)**, a series of eight in-home counseling services for seniors.

Person-Centered Trauma-Informed Approach (PCTI)

Inspired by our work with Holocaust survivors, we have been working to implement a PCTI approach into all of our programs.

PCTI is a method of mental and physical healthcare based on the long-term effects of trauma. By recognizing its symptoms, creating a safe environment, and knowing how to avoid retraumatization, we can form a relationship based on trust and empathy resulting in a much higher likelihood of successful treatment.
THANK YOU TO OUR DONORS

$10,000 - $49,999
Chuck Karsun Memorial Fund of OJCF
First Hebrew Benevolent Fund of OJCF
Friendly Rosenthal Fund of OJCF
Harold & Arlene Schnitzer Family Fund of OJCF
Jeffrey & Roz Babener Jewish Federation of Greater Portland / Ricardo Berdichevsky
Jewish Federations of North America
Joseph E. Weston Public Foundation
Judith & Edwin Cohen Foundation
The Holzman Foundation / Renee & Irwin Holzman

$5,000 - $9,999
Brian & Amara Norman/ Cookie & Merritt Yoelin Fund of OJCF
Larry Holzman Jewish Federation of Greater Portland / Diane Rosencrantz
Bill & Harold Kwitman Leonard & Lois Schnitzer Charitable Supporting Foundation of OJCF
Hanoch and Cheryl Livneh Nathan Cogan Family Fund of OJCF
Oregon Jewish Community Youth Foundation of OJCF
Robert Brady Charitable Trust Sarah Ritchie Fund of the Oregon Community Foundation
Stuart & Leah Durkerheimer Fund of OJCF
The Nancy & Richard Silverman Charitable Foundation

$2,500 - $4,999
Alice Carr Fund of OJCF
Emerald Fund of the OJCF
Howard & Wendy Liebreich Family Fund of OJCF
Jerry & Helen Stern Grandchildren's Fund of OJCF
Jewish Federation of Greater Portland / Turner Fund

STRATEGIC PLAN YEAR 1 HIGHLIGHTS

Goal: Increase revenues by 50% and the breadth and depth of Counseling services with regard to both expertise and the number of clients served.

• Received funding from the JFNA to expand PCTI throughout our organization
• The Holzman Foundation underwrote our Child and Family Initiative: a series of workshops for teachers, parents, and teens on such topics as managing ADHD, handling stress, and coping with divorce
• PEARLS served 113 seniors, up almost one-third over last year, covering Multnomah, Washington and Clackamas Counties
• The Holzman Foundation also sponsored our Wise Aging Program training series. We hosted the West Coast training program and prepared 10 facilitators for the Portland area.
• WISE (Wellness Initiative for Senior Education) – A six-week curriculum providing seniors with support and information on depression, stress management, substance abuse, medication management, and effective communication with healthcare providers. The WISE program was funded by Multnomah County and assisted JFCS in reaching new clients.
• Seeking Safety, a therapeutic program for those suffering from trauma, substance abuse, and/or PTSD was introduced for Russian-speaking Holocaust survivors
• David Molko, Lead Outreach Clinician, led Support Groups at Rose Schnitzer Manor for caregivers and others dealing with the aging process
• Our Clinical Director, Douglass Ruth, delivered a seminar on “Implementing PCTI in a Mental Health Service Agency” at the JFNA Center for Advancing Holocaust Survivor Care Annual Conference in Washington D.C.

DID YOU KNOW...
70% of adults in the U.S. have experienced some type of traumatic event at least once in their lifetime. That’s approximately 180 million people.
MAJOR DONORS

$550,000 - $200,000

“For over 70 years, JFCS has stood with our extended Jewish family as well as others who are marginalized in the Portland community. We simply could not do it without those who continue to stand shoulder-to-shoulder with us. You make our work possible, and we thank you.”

- Bill Treuhaft, JFCS Board Vice President

DISABILITY SERVICES

“This past year JFCS highlighted some of the design and artwork as well as the needs of our community’s people with disabilities. We launched the First Annual TASK & Tikvah Art Auction at the Annual Brunch. Our TASK & Tikvah participants created greeting cards which are now being sold to support services.” - Wendy Gutmann, JFCS Board

TASK Treasuring, Accepting, & Supporting Kehillah (Community) and Tikvah provide support and inclusive activities to 28 Jewish individuals with mental and developmental differences and their families. Our goal is to deliver no-and-low-cost services to a population living on very limited, government-provided income.

Services Include:

<table>
<thead>
<tr>
<th>Parent Support Groups</th>
<th>Support Through Transitions</th>
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<tbody>
<tr>
<td>Workshops</td>
<td>Advocacy Trainings</td>
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<tr>
<td>Consultations</td>
<td>Referrals</td>
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</tbody>
</table>

Tikvah offers social activities for clients of TASK and residents of Kehillah housing.

In May, fourth graders, their teachers, and some parents from Neveh Shalom visited Kehillah House. The students gave the residents small herbs and together they decorated pots and planted the herbs. This annual event helps break down barriers and diminish the stigma around disabilities.

Partners for Independence

Partners for Independence was developed for adults and youth with intellectual and developmental disabilities to enable them to make informed choices about living, learning, and working.

Partners served 26 clients. However, this past year it became apparent that the program was not sustaining itself. In June, Partners transitioned smoothly, along with clients and staff, to another agency.

THANK YOU

We are thankful to all those who make our work possible. The following list represents donors who made a donation between July 1, 2018 and June 30, 2019.
“JFCS is the Jewish Community’s social service agency. Thanks to a steadily increasing number of Life & Legacy donors, our day-to-day services for those in need will continue for generations to come.”
- Kathy Chusid, JFCS Board Secretary

We are grateful to our supporters who plan on leaving a legacy gift to JFCS. These donations provide a stable funding source to support our programs, in good times and bad, for generations to come.

<table>
<thead>
<tr>
<th>Ron &amp; Judy Applebaum</th>
<th>Bob &amp; Lesley Glasgow</th>
<th>Madele &amp; Stan Rosenfeld</th>
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<td>Gloria Bacharach</td>
<td>Helaine Gross &amp; Paul Norr</td>
<td>Sally Rosenfeld &amp; Andrew Frank</td>
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<td>Stephen A. &amp; Toby F. Blake</td>
<td>Lesley Isenstein &amp; Steve Laveson</td>
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<td>Randy Katz</td>
<td>Les* &amp; Martha Soltesz</td>
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<td>Stephen &amp; Beverly Bookin</td>
<td>Ruben &amp; Elizabeth Menashe</td>
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<td>Kathy &amp; Norman Chusid</td>
<td>Michael J. Millender</td>
<td>Larry Volchok</td>
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<td>Nathan F. Cogan</td>
<td>Alan &amp; Lana Miller</td>
<td>Jennifer &amp; Ken Zeidman</td>
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<td>Lee &amp; Sheri Cordova</td>
<td>Leah Nepom</td>
<td>Michael Simon</td>
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<td>Susan Danielson</td>
<td>Ray &amp; Dorothy* Packouz</td>
<td>Dr. Dale Oller</td>
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<td>Richard Dobrow</td>
<td>Gary &amp; Sylvia Pearlman</td>
<td>Anonymous (3)</td>
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<td>Jenat &amp; Howard Feldman</td>
<td>Eve &amp; Alan Rosenfeld</td>
<td>*Of blessed memory</td>
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Jewish Family & Child Service is proud to be one of ten 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.

STRAIGHT PLAN \n\nHIGHLIGHTS

Goal: Expand and differentiate services that JFCS provides to people with disabilities and their families in the Jewish community, while also serving the broader community.

During the spring, Tikvah participants created beautiful and unique art and the designs were then put in sets of gift cards being sold to raise funds for the program.

The first annual TASK & Tikvah Art Auction was held at the annual brunch in May. Local artists donated pieces to raise additional funds for TASK & Tikvah.

DID YOU KNOW...
27% of Multnomah County people with disabilities live in poverty.
13,384 unduplicated clients who were provided 13,384 individual service “events”. Of those 678 unduplicated clients, 64% were age 60 and older.

In addition, JFCS served 1,479 people who were not clients. Those individuals received or benefited from a one-time service even though they were not formal clients. Examples include, but are not limited to: the children or spouses of food box recipients, participants in resource fairs, or participants in workshops that are open to the public.

In all, we served a total of 2,031 people – both clients and non-clients – as detailed below:

- 606 household members through Thanksgiving food boxes
- 540 people through Day of Dignity activities
- 262 household members through Passover4All
- 52 household members through Adopt-a-Family

By the numbers:

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In all, we served a total of 2,031 people – both clients and non-clients – as detailed below:

Holocaust Survivor Services
Clients: 89
Including 8 newly certified Survivors

Counseling
Clients: 294
PEARLS clients up 1/3 over last year

Emergency Aid
Clients: 304
One-time Service: 1,936* (585 adults Day of Dignity, impacting 389 children, +962 family food/event)

TASK & Tikvah
Clients: 33 TASK; 28 Tikvah
Including 8 new families with children

Partners for Independence
Clients: 26

*Non-client services in FY17:

- 606 household members through Thanksgiving food boxes
- 540 people through Day of Dignity activities
- 262 household members through Passover4All
- 52 household members through Adopt-a-Family

36% of our community lives on a fixed income, often falling below the poverty line.

Last year more than 1,420 Jewish families received Food Stamps.
STRATEGIC PLAN YEAR 1 HIGHLIGHTS

Goal: Expand and differentiate the services that JFCS provides to people with disabilities and their families in the Jewish community while also serving the broader community.

Thanks to the generosity of JFCS donors, we provided:

- Basic Needs Assistance to 304 clients who received short-term case management and up to $500 of assistance mostly for rent, utilities or children’s school supplies. We also connected them with other resources to provide longer-term support.
- Food and information at Portland’s Day of Dignity. Partnering with other agencies; we helped more than 540 homeless people learn about the numerous services available to them.
- 164 Thanksgiving Food Boxes to 606 community members in need.
- Gift cards for 52 family members through Adopt-A-Family.
- In partnership with Congregation Kesser Israel, Passover4All for 262 Jewish men, women, and children and,
- A new Quarterly Kosher Food Box Delivery to Holocaust Survivors, working in partnership with several community groups.
- In cooperation with Congregation Beth Israel, a Special Seder dinner for low-income clients celebrating Passover.

“My wife and I don’t drive anymore, so having a JFCS food box delivered to our door was a godsend.” - Murray & Janice
“As a grandson of a Survivor, I am privileged to be able to support and care for this incredible group of people who have immeasurable strength, profound dignity, and an extraordinary perspective.”
- Eric Kodesch, JFCS Board & Chair

Holocaust Survivor Fund Committee

With a tireless and dedicated staff of case managers, caregivers and volunteers, we are able to decrease isolation, provide financial and social support and help Survivors age in place with dignity. Our services include homecare and personal care, direct aid assistance, case management and socialization.

We receive substantial grant funding from the Claims Conference which has increased steadily as the needs of aging survivors become more acute. With the increased funding comes a larger financial match requirement for us, as well as expanding administrative duties. As the funding is based on reimbursement, it becomes challenging to keep up. To meet this challenge, we have established a Holocaust Survivors Community Fund at OJCF and continue to seek ways to mitigate costs. Our dedication to serving Holocaust survivors is unwavering.

Café Europa social events for Survivors are held frequently to decrease isolation, provide entertainment and educational opportunities, and celebrate Jewish holidays and traditions. Attendance has been on the rise and more clients require assistance with transportation to get to the events. Café Europa Trips included:

**Sukkot Celebration:** Lunch was served while listening to Rabbi Ken Brodkin talk about this special week-long biblical harvest festival, socializing, and having the opportunity to shake arba minim (four species) in the Sukkah at Congregation Kesser Israel.

**Chanukah Luncheon:** A celebration was held and catered by Congregation Shaarie Torah where Survivors were warmly welcomed by Rabbi Rose who shared a few words about Chanukah and also lit the Menorah. Following a delicious Kosher lunch, survivors enjoyed a festive musical performance by the Hora Tzigane Klezmer Ensemble.

**Chamber Music NW Concert:** Showcasing the powerful piano masterworks by Brahms, Schubert, & David Lang, the concert was hosted at Congregation Beth Israel.

**Purim Luncheon:** At Ernesto’s Italian Restaurant, Survivors enjoyed buffet style lunch, tea and coffee, and of course, hamentaschen, while enjoying a Purim story puppet show with music and dancing. Attendees were also given freshly cut flowers donated by one of the volunteers.

New quarterly kosher food boxes are now being delivered to our Survivors in partnership with several community groups.

More than 40 Survivors received Direct Aid in the form of hearing aids, glasses, assistance with rent, utilities, medical and dental bills. Treatments not covered by insurance such as acupuncture, and minor home modifications (stairlifts, etc.) to help survivors age in place comfortably and safely were also funded.

Last year, 8 new Holocaust Survivors began receiving services.

JFCS Holocaust Survivors caregiving staff grew by over 25% to meet increased demand for services, allowing weekly service delivery to increase over 40% between July 2018 and June 2019.

**Did You Know...**

There are over 100 Holocaust survivors living in the greater Portland area. 83 of these survivors receive care and services from JFCS.