

# Thank You!



## for your donation to Schoke Jewish Family Service's Coronavirus Response.

Your generosity supported these programs:

- ✓ Freedberg Family Kosher Food Pantry
- ✓ Hirsch Kosher Home Delivery Meal Program
- ✓ Anachnu and Kavod SHEF Holocaust Survivor Programs
- ✓ Case Management and Emergency Assistance

*A special thank you to Schoke JFS supporters who donated food and personal care items to the Freedberg Family Kosher Food Pantry.*



**Look Who  
Visited the  
Schoke JFS  
Freedberg Family  
Kosher Food  
Pantry**



Matt Blumenthal, *Connecticut House of Representatives for 147<sup>th</sup> District*



David Martin, *Mayor of Stamford*



# Schoke JFS Response to Coronavirus

Visit our website [www.CTJFS.org/COVID19](http://www.CTJFS.org/COVID19) for details about the programs and services we are offering during the COVID-19 pandemic.

## *ANACHNU Holocaust Survivor Services*

The *Anachnu* Program very quickly moved their events online in the face of the pandemic. Already socially isolated and homebound, Holocaust survivors were extremely vulnerable. With the help of Schoke JFS staff and a team of dedicated volunteers, these seniors were honored with a medal ceremony on Russia's Victory Day – held outside and socially distanced. On Yom HaShoah, a memorial ceremony was arranged online for both *Anachnu* participants and community members. Frequently, survivors are entertained with concerts or online classes. Food and groceries are regularly delivered to this fragile population.



The *Anachnu* program is supported by the JFNA Center for Advancing Holocaust Survivor Care and the Claims Conference on Jewish Material Claims Against Germany.

For upcoming *Anachnu* programs, please visit [www.ctjfs.org/anachnu](http://www.ctjfs.org/anachnu)

## **Brain Fitness Program Continues Online**

Without the interaction with friends and card games, seniors in our community are missing the activities that stimulate the brain. When the coronavirus pandemic arrived, social gatherings were stopped.

The Schoke JFS Brain Fitness Program has moved online to engage older adults in word games, brain teasers, and attention-strengthening activities to maintain an active brain. If you are new to Zoom, no problem, Toby Lazarus, Ph.D, Director of Brain Fitness Program, will help you to connect.

**Mondays, 10:30 AM – 11:30 AM**

Please contact Toby Lazarus, Ph.D. at 203-921-4161 or [tlazarus@ctjfs.org](mailto:tlazarus@ctjfs.org) to obtain the Zoom link.

## **Home Companion Program**



The Schoke JFS Home Companion Program will match an older adult or homebound client, requiring help with the daily activities of life, with a trained and vetted home companion to help loved ones have peace of mind. In the time of COVID-19, care of our loved ones was complicated by social distancing and shelter-in-place orders. The Home Companion Program is instructing aides with the necessary healthcare and infection prevention information in order to support fragile members of our community.

For an evaluation of the needs of a loved one, please contact Isrella Knopf at 203-921-4161 or email at [iknopf@ctjfs.org](mailto:iknopf@ctjfs.org).

## **Freedberg Family Kosher Food Pantry**

When the offices of Schoke Jewish Family Service closed in mid-March, most our services went virtual, but the Freedberg Family Kosher Food Pantry could not be an online service. With the outbreak, there was a 500% increase in the number of clients requesting food, cleaning supplies, and personal care items. Families were in need because they lost their paycheck or they were afraid to go to work. The Schoke JFS offices were transformed to accommodate the increased need.



Our community stepped up in so many ways. Through can collection drives at the Stamford JCC, shipped orders from our Amazon Wish list, diaper donations, and Chabad of Stamford organizing a Lag B'Omer Parade to drop-off donations curbside, Schoke Jewish Family Service was able to continue to feed our community.

To continue helping, visit [www.ctjfs.org/kosher-food-pantry](http://www.ctjfs.org/kosher-food-pantry)

## **Hirsch Kosher Home Delivered Meal Program**



The Hirsch Kosher Home Delivered Meals Program delivers meals to clients across Fairfield County. Thank you to all our volunteers who bring the food from Jewish Senior Services, our kosher food provider in Bridgeport, to our Stamford office to be re-bagged and distributed to our clients.

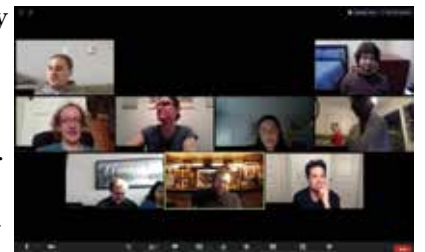
With the support of a generous anonymous donor, Shabbat meals are being delivered, at no cost to the recipients, to our homebound seniors in the Stamford and Upper Fairfield County area.

Visit [www.ctjfs.org/koshermeals](http://www.ctjfs.org/koshermeals) for more information or contact Jill Knopoff at 203-921-4161 or [jknopoff@ctjfs.org](mailto:jknopoff@ctjfs.org).

## **Jewish Twenties and Thirties Meet on Zoom**

A Coronavirus outbreak could not prevent the Jewish Twenties and Thirties group from getting together! Whether they played games online or participated in a happy hour, the singles' group enjoyed each other's company virtually.

If you are a Jewish twenty or thirty-year-old looking to connect with others like yourself, please contact Ashley Mail at [amail@ctjfs.org](mailto:amail@ctjfs.org) or join the Facebook group: Jewish Twenties and Thirties.



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To continue to support our services during this difficult time, please contact Lisa Rich, Associate Development Director at 203-921-4161 or [LRich@ctjfs.org](mailto:LRich@ctjfs.org)

# How to Maintain Mental Health in a Pandemic

Eve Moskowitz, LCSW

According to the World Health Organization, mental health is a state of well being in which every individual realizes her or his own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community.

The journey to optimum mental health, during these trying times, is confronted with several obstacles. Illness and death, creating loss and grief for so many, is the most obvious and impactful. For those who are lucky enough to remain in good health and to maintain financial stability, the major challenges to mental health can be feeling the loss of control, isolation, and fear of the unknown. It is difficult to imagine that under these circumstances, while in self-isolation or socially distancing, it is possible to realize one's potential, work productively and fruitfully, and make significant contributions to the community.

More specifically, the need for social distancing and segregation increases people's anxiety, stress and depression, as does the fear of getting sick and economic down turn. This is all exacerbated by the fact that there appears to be no end date in sight and no consistent guidelines implemented throughout the country for risk management. Additionally, world-wide dread seems to add to people's despair, many expressing a sense of hopelessness regarding a future return to "normal".

Nonetheless, people are resilient and when the need for coping and adaptation are present, people find their strength and ways in which to persevere. Support from family and friends continues to be a major source of comfort for many, the Zoom gathering having replaced many social events. The guidance of professional therapists or counsel of clergy remains an ever-present resource, again, with adaptations and creativity, being provided in alternate venues and by alternate means.

Many insurance companies have taken the opportunity to certify all licensed professionals for teletherapy and waived co-pays and high deductibles in order to ensure their members can receive much needed services. In addition, most social service agencies are offering support groups free of charge to build fortitude and find resilience.

NAMI (National Alliance on Mental Illness) is providing additional resources to the public during the COVID-19 pandemic, increasing free services with a Crisis Text Line (text HELLO to 741741), a Disaster Distress Helpline (800-985-5990) and the National Suicide Prevention Helpline (800-273-TALK).

Finally, we at Schoke Jewish Family Service, continue to provide mental health counseling through teletherapy, as well as a Bereavement Support Group, a Divorce Support Group, and a free COVID-19 Support Group, offered on Thursdays at 4 PM. All major insurance providers are accepted and a sliding fee scale is available.

For further information contact Eve Moskowitz, LCSW, Director of Clinical Services at 203-921-4161, ext. 122.



## SCHOKE JFS LEGACY GIVING CIRCLE

*Schoke JFS extends our deepest appreciation to the following people and their families for their support through a Legacy Gift:*

- |   |                                   |
|---|-----------------------------------|
| Adrienne and Michael Alexander            | Chris Maroc                       |
| Jeri Appel                                | Lisa and Harry Rich               |
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| Grecia And Ron* Gross                     | Linda B. Gornitsky & Harvey Weber |
| Meryl and Ron Japha                       | Renee Zinn                        |
| Marc and Liz Kitay                        |                                   |

☆ *Of blessed memory*



*A program of the HAROLD GRINSPOON FOUNDATION*

In collaboration with the United Jewish Federation, Schoke JFS has joined the Harold Grinspoon Foundation Life and Legacy program. Please consider Schoke JFS in your legacy giving in 2020. Your gift offers hope to families in need across our community. For more information about this community-wide initiative, contact Matt Greenberg at 203-921-4161.

# Do a Mitzvah - Volunteer!

Hundreds of volunteers from across Fairfield County have stepped up to support our community during this unprecedented emergency.



## OTHER WAYS TO SUPPORT SCHOKE JFS

**amazon**smile

Purchase items for the Freedberg Family Kosher Food Pantry on Amazon. Orders are shipped directly to Schoke JFS.

### DONATE YOUR VEHICLE

Donating your vehicle (car, truck, van, SUV, or boat) to Schoke JFS is a great way to support our work. Proceeds from the sale help us provide services to our clients.

Free Pick-Up! Tax Deduction!  
We accept vehicles in any condition!



### SEND A TRIBUTE CARD

Send a tribute card in memory or in honor of a family member, friend or colleague, or to celebrate a special event.

## THANK YOU

to our corporate sponsors who have continue to support our mission during these unprecedented times.

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Just go online to [www.ctjfs.org/supportus](http://www.ctjfs.org/supportus)  
or call 203-921-4161



# Be a Friend to Schoke JFS!



During these challenging times of the Coronavirus pandemic, Schoke JFS is counting on our generous donors to continue their support of our Annual Friends Campaign.

Your gift allows us to continue providing programs and services to thousands of people in our community who turn to us in need – especially this year!

To make your tax-deductible donation, please return the enclosed envelope, call our office at 203-921-4161 or donate online at [www.ctjfs.org](http://www.ctjfs.org)

*Thank you for being part of the Schoke JFS Family!*

# Schoke JFS THANKS

UNITED JEWISH FEDERATION  
of GREATER STAMFORD,  
NEW CANAAN AND DARIEN

FEDERATION FOR  
JEWISH PHILANTHROPY  
of UPPER FAIRFIELD  
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