

Sunday Social Strolls

This past May, the therapists at Schoke Jewish Family Service stumbled upon a need that was common for many of their clients. Therapists working with widows and widowers noticed these adults no longer needed to just talk about their grief; they needed to get back out in the world and learn to socialize without their partners. An exciting new idea was born. Starting in June, Schoke JFS began Sunday Social Strolls, group that meets each week in a different park around Fairfield County. Hosted by Hannah Pollack, one of our agency's clinicians, the group is offered specifically to widows and widowers. The strolls give these folks a place to talk and laugh with others who understand what they are going through and also want to move past their isolation and grief. Each week the group has attracted new members who in turn bring friends and make new ones.

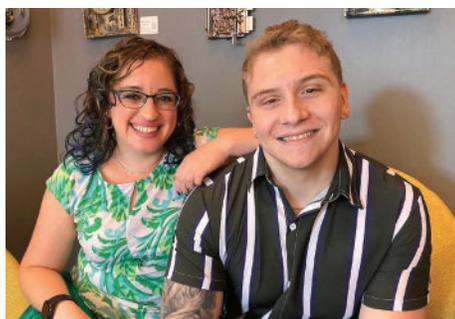
We have received a lot of positive feedback, including gratitude for the opportunity to gather in person and the judgment-free space to talk about the real burdens of widowhood. One new member contacted the agency to say "Hannah did a great job on Sunday. It's not easy but she has the knack." Another called in to say, "I love to go out with the group and I always enjoy my time with them."



Though the summer is wrapping up and this walking group is coming to a close, Schoke Jewish Family Service is excited to announce that we will bring everyone back together this fall. With dates still to be determined, widows and widowers can expect more opportunities to spend time together with Hannah and Schoke JFS. We are planning the next round of activities as less movement-based so more people feel comfortable and capable of attending.

If you or someone you love is interested in joining Sunday Social Strolls or its next iteration, please reach out to Brooke Davidson, LCSW, Director of Clinical and Family Life Services, bdavidson@ctjfs.org or 203-921-4161.

Jewish 20s & 30s Events Are Back!



One of Schoke Jewish Family Service's priorities is to respond to the needs of overlooked populations. As this pandemic endured, we noticed adults in their 20s and 30s lost many outlets for socialization and relaxation. And as working from home has become permanent, the

lines between work and play have become increasingly blurry.

To give young adults more opportunities to join in activities with like-minded peers, we are reinvigorating our Jewish Twenties and Thirties (JTT) events. We know these events have the potential to create long-lasting friendships between young Jews and support a meaningful connection to their Jewish identity.

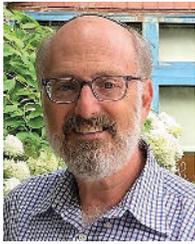
Schoke JFS staff members, Hannah Pollack and Mark Katz, who are also part of the 20s/30s community, will host the upcoming calendar of events. Hannah and Mark are working

hard to collect feedback to plan events that appeal to everyone.

Are you interested in signing up for JTT or know someone who is? Please reach out to our JTT team at jtt@ctjfs.org for more details and to be added to our email list. Learn more about our upcoming events on the JTT Facebook group: www.facebook.com/groups/Jewish2030

Thank you to the Gold family for their ongoing support of the Helen Marksamer Jewish Twenties and Thirties Program.

A Message From the President & CEO and Board Chair



Matt Greenberg
President & CEO



Paul Gordon
Board Chair

What's Next...?

"What's next?" was a favorite line of the immortal President Jed Bartlett of "The West Wing." That was Bartlett's way of saying that, while they were busy, it was time to move on to new matters. At Schoke JFS we are ready for "What's next?"

These pandemic years put us in a defensive position of reacting to our suddenly changing environment. We geared up for an explosive demand for our services and a shift to addressing food insecurity with greater emphasis and urgency. We proactively addressed our staffing needs that accompanied the changing environment. The fabulous additions of Leah Schechter as Chief Program Officer and Amy Goodman as Chief Advancement Officer are highlights of these changes. To make these and other necessary changes, we needed to raise significant amounts of money as well.

implemented and will guide our direction for the next several years.

A task force, led by Ken Neuhaus, our Board Chair Elect, and Amy Goodman, our Chief Advancement Officer, has begun the process of identifying focus areas requiring a deep dive. While no specific focus areas have been finalized, some examples include:

- How do we determine current community needs in our broad catchment area? Once determined, how do we prioritize our resources in addressing these needs?
- Likely, we will review our governance structure. While successful to date, our Board, standing committees, and working relationship between lay leaders and staff were established for an organization we no longer resemble today. What are the changes we need to make in response?
- We plan to explore new methods of community engagement. Some of the critical areas we are exploring are: Are we doing enough to support our volunteers so they will continue their commitment, devoting their personal time and playing an important role in how we deliver our services? How are we partnering with other agencies? Are there others with whom we should partner?

Over the next several months, we will consider "What's next?". The detail work that explores these and other focus areas will involve Board members, staff, and members of our community.

We invite your input. Reach out to either of us with your thoughts, suggestions and recommendations. We will do our best to keep the community informed of our work. Stay tuned for more.

Schoke Jewish Family Service

196 Greyrock Place, Stamford, CT 06901
203-921-4161 Fax: 203-921-4169

www.ctjfs.org

Victoria Parruccini & Rabbi Amy Goodman,
Editors

EXECUTIVE COMMITTEE

Board Chair Paul Gordon
Board Chair Elect..... Ken Neuhaus
Vice Chairs David Brand
Liz Kitay
Ronnie Sichel
Cynthia Steckel
Secretary Chris Maroc
Treasurer..... Bruce Blasnik
Immediate Past Board Chair Beverly Stein
President & CEO Matt Greenberg

BOARD MEMBERS

Jeri Appel	Jeff Lewis
Adam Batkin	Brett Reiner
Alan Freeman	Laurence Sheinman
Elissa Garber-Hyman	Gloria Skigen
Meryl Japha	Michael Stone
Neil Katz	Seth Tobin
Jillian Klaff	Shushannah Walshe
Sally Kleinman	Mia Weinstein

PAST BOARD CHAIRS

Michael Alexander	☆ Martin Manaly
Marilyn Dale	Edith Samers
☆ Rabbi Alex Goldman	☆ Hilde Scheraga
Linda B. Gornitsky	Laurence Sheinman
☆ Marjorie Laff	☆ Sid Stern

☆ – of blessed memory

We have succeeded in meeting these challenges. While we continue to operate in this new environment, now we know it is time to ask "What's next?"

For years, a series of long-range or strategic plans has guided Schoke JFS. At times the plan has been primarily tactical and other times it has leaned more strategic. We have recently embarked on the creation of a new plan with a heavy emphasis on the strategic. This new plan starts with a recognition of all the changes we have already

Shana tovah – we wish you a happy and healthy New Year!

Matt Greenberg, President & CEO

Paul Gordon, Board Chair

The Freedberg Family Kosher Food Pantry Addressing Food Insecurity

The Freedberg Family Kosher Food Pantry is always grateful for the generous donations and outpouring of support we receive from our partners. Because we serve anyone in need, when donations are offered they allow us to continue the vital work of feeding our community.

Imagine how ecstatic we were when we received a brand-new refrigerator! Thanks to a donation from AJ Madison and their Community Fridge Initiative 2022, the pantry now has

extra capacity to continue addressing food insecurity.

We've wasted no time putting the new fridge to work - from delicious dairy products for our pantry clients during Shavuot, Shabbat meals for our Anachnu clients every Friday, organic produce donated by a local CSA and given to our food program clients each week, and distributions of bulk eggs. The new fridge and extra space enable us to expand how we're able to provide for and serve our clients.



Schoke JFS Welcomes New Board Members



Neil Katz



Jeff Lewis



Gloria Skigen

Thank you AJ Madison and
Renovation Angel for your Community
Fridge Initiative donation!

400,000+ residents of CT struggle with hunger

Pull Up Your Seat At The Gathering Table

Your monthly donation to The Gathering Table supports our food insecurity programs including CT's first kosher mobile food pantry!

Please scan QR Code or go to:
ctjfs.org/thegatheringtablemonthly/

HOME COMPANION TRAINING PROGRAM

Learn How Schoke JFS is Caring for Centenarians – Those Amazing People who are 100 Years or Older!



After five weeks of training on Zoom, the graduates of the Spring 2022 Home Companion Training Program celebrated their accomplishment at Latham Park in Stamford, CT. The Schoke JFS Home Companion staff was on hand to congratulate them including Isrella Knopf, LMSW, Director of Senior Services, Vanessa Butler, Administrative Assistant, and Lysa Cannon, Program Assistant.

The fifteen new aides will go out into the community and provide seniors, including a number of centenarians, with companionship and care in their homes.

The Home Companion Training Program provides forty hours of class

work and testing over a five-week period. The course is taught by Isrella Knopf and covers the nutritional and socialization needs of an aging population as well as how to handle medical situations an aide might encounter. All aides must pass this rigorous training program before being eligible to be placed in a home.

Congratulations to the newest graduating class of the Schoke JFS Home Companion Training Program!

If you need a home companion for a family member or for yourself, please contact Isrella Knopf at 203-921-4161 or isrellak@ctjfs.org. Our fees for aides are among the most competitive in the area.

New Around the Agency



Rabbi Amy E. Goodman joins Elayne & James Schoke Jewish Family Service of Fairfield County as the Chief Advancement Officer where she supports developing and implementing the strategic direction of Schoke JFS, to help the organization, leadership, and key community partners take the agency

from where it is to where it wants to be. Previously, Amy served as Executive Director of Temple Sinai in Sharon, MA, Rabbinic Director for Hebrew SeniorLife (HSL) Hospice Care in Dedham, MA and as Associate Director of Development for MJHS in New York, NY. Rabbi Goodman graduated with distinction from the University of Michigan, Ann Arbor and received her rabbinic ordination from Hebrew Union College-Jewish Institute of Religion. "I am thrilled to join Schoke JFS, an organization with a long history of providing invaluable social services to promote the well-being of all families in our community."



Mark Katz, Jr. joins Elayne & James Schoke Jewish Family Service of Fairfield County as the Development and Administrative Assistant. He received his Bachelor's Degree in Public Relations from Quinnipiac University in 2021. Mark believes in service of those in

need above all else as evidenced by his five years working as a mortician assistant and two years as an orientation leader at Quinnipiac University. Mark wanted to continue his path of service in whatever way possible and felt that the Schoke JFS mission fit perfectly with his personal goals. Mark will be assisting in all aspects of development, from planning events such as An Evening with Schoke JFS, to data entry and management, donor relations, and much more. "I'm extremely excited to be part of the Schoke JFS team and I hope to get to know those in the community soon!"

Supporting Children's Mental Health & Wellbeing

Care for the most vulnerable among us

Schoke Jewish Family Service witnessed firsthand how the youngest among us remain the most vulnerable to the negative impact of the Covid-19 pandemic on their mental health.

At Schoke JFS, we work to support our community's most vulnerable. We take steps to ensure access to mental health services for children and their caregivers.

The struggles of attempting to provide these services during this crisis period has been challenging particularly due to a shortage of clinicians able to meet the increased need. In some settings, like schools, other people, like teachers, are often called upon to fill these gaps. Not all teachers have the training and clinical background to identify mental health symptoms and to use social emotional behavior tools in an ongoing way in their classrooms to help support these children. The teachers themselves need support as do the parents of the affected children.

Support for Parents and Caregivers

Recently, we offered two virtual events geared towards supporting parents, and in turn, supporting their children's mental health and wellbeing.

Dr. Catherine Pearlman, author of *Ignore It*, presented tools to parents who encounter challenging behaviors with their children. Dr. Pearlman told the audience

that ignoring undesirable conduct can actually lead to increased parental satisfaction and inspire positive changes for your child.

After the most recent school shooting, Christine Montgomery, a clinician from Clifford Beers Community Care Center in New Haven, who specializes in community trauma response, spoke about how children typically respond to trauma. She provided resources for parents on how to support their children after tragic events. She explained that behavioral concerns in children and teens following a tragedy is normal; they have fewer coping skills and are learning how to process their emotions and responses. She said that those behaviors will typically disappear within 30 days. If they persist longer, it may be helpful to seek professional support.

Schoke JFS is a resource for you and your family.

We continue to increase our efforts to offer support groups and individual counseling to every population. Additionally, we are working to provide better resources for those in the community who support others, such as caregivers, parents and teachers.

Stay tuned for more free virtual events in the future. Reach out to Brooke Davidson, LCSW, Director of Clinical and Family Life Services, bdavidson@ctjfs.org or 203-921-4161, to further discuss how to support your children or if you have ideas for helpful events.



Schoke Jewish Family Service Legacy Giving Circle

We have had the honor to volunteer for and support Schoke Jewish Family Service for over 30 years. Connie's mother lost her parents, brother and twelve other members of her immediate family in the Holocaust so Jewish continuity and the flourishing of the Jewish community has always been paramount to her and we share this commitment. So, it was natural for us to become active participants in Schoke JFS, the champion for the most vulnerable in our community.

An ever-changing, ever-evolving social service agency, Schoke JFS is the community advocate that continuously and empathetically responds to our local societal challenges. Our involvement in Schoke JFS gave us the opportunity to help take care of our Jewish community and the community at large, all driven by the Jewish and American values of fairness, equality and *Tzedakah*.

We want this legacy to continue to flourish into the future for our children, grandson, and others.

That's why we became Schoke Jewish Family Service Life & Legacy donors.

Connie and Alan Freeman

To join, or to learn more about our Legacy Giving Circle please visit our website ctjfs.org/legacy or contact Lisa Rich, 203-921-4161 or lrich@ctjfs.org.



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

List in Formation as of August 2022

- | | | | |
|---|------------------------------------|-------------------------------|-------------------------------------|
| Anonymous | Donna and Ed Fuhrman | Judy and Adam Rin | Sandy Speter |
| Adrienne and Michael Alexander | Mark and Nancy Funt | Betty Roberts | Moshe Speter |
| Jeri Appel | The Estate of Thomas Gilmartin* | Arlene and Carl Rosen | Beverly and David Stein |
| Mark Appel | Marilyn and Irving Goldblum | Natalie and Mark Rosovsky | Betsy Stone |
| Bruce Blasnik | Alicia and Jason Goldstein | Bonnie Russo | Michael Stone |
| Judith B. Block | Judy and Howard Goldstein | Edith Samers | Rabbi Jay and Dr. Julie TelRav |
| Judith Bragin* | Meryl and David Gordon | Leah Schechter | Stephen and Gail G. Trell |
| Amy and Henry Bubel | Nan and Paul Gordon | Hilde Scheraga* | Linda B. Gornitsky and Harvey Weber |
| The Estate of Sheila Carmine* | Pam Ehrenkranz and Matt Greenberg | Elayne and James Schoke* | Lauren Zalis |
| Jeffrey S. Cohen and Malerie D. Yolen-Cohen | Grecia and Ron* Gross | Jessica and Laurence Sheinman | Joseph Zalis |
| Mimi Cohen | Meryl and Ron Japha | Marsha Kaiser Shendell | Renee Zinn |
| Saul Cohen* | Marc and Liz Kitay | Ronnie Ness Sichel | |
| Tracy and Nahum Daniels | Sally Kleinman | Dr. Steven Sichel | ✧ of blessed memory |
| Helen and Martin Donner | Susan Kostin | Greta Solomon | |
| Michelle Fanwick | Scott and Elizabeth Krowitz | | |
| Jay and Esta Feinsod | Chris Maroc | | |
| Sharon and Michael Feldstein | Sandra Mehl* | | |
| Linda Hurwitz and Richard Fine | Marguerite and Kenneth Neuhaus | | |
| Jason and Robin Fischel | Rose* and Bruce Newman | | |
| Howard and Stephanie Fogel | Caryl Ferber Poser and Peter Poser | | |
| Lenore and Ilan Fogel | Lisa and Harry Rich | | |
| Connie and Alan Freeman | | | |



CASE MANAGEMENT

Rethinking *Tzedakah* - How to Make Sure That Your Help Makes a Difference

Ruth*, homeless for some time, battled years of financial insecurity and subsequent mental health struggles. Ruth was referred to Schoke JFS by a local communal partner who had paid for her two-night hotel stay but could not pay for any additional nights. Ruth was now turning to Schoke JFS seeking housing and a hotel extension, begging not to return to the streets.

Sadly, our case manager had the extremely difficult task of telling Ruth the unfortunate truth: our agency cannot pay for her to stay in a hotel, and the wait list for emergency shelters can be days or even weeks long. Tragically, individuals remain homeless on the street during the interim.

Ruth was confused, scared and angry. Unfortunately, she was thrust back into homelessness, now even worse for the wear. The generosity of the communal partner that was so well-intended caused Ruth greater harm, both physically and emotionally.

In 2019, the Schoke JFS Case Management department handled 9 homelessness cases; by the end of 2020, our agency managed 16 homelessness cases, a 78% increase over the previous year.

This data evinces the serious economic struggles in Fairfield County and the awful predicaments many of our fellow community members are facing. For those of us who have been in a situation with someone in crisis, we often initially feel helpless. How much more so when confronted by the horrors of homelessness? It is a terrifying idea to imagine - finding yourself without shelter.

It can be anguishing to confront this plight, the most basic human need for safety and security. Often,

extremely compassionate and well-intentioned people, when experiencing their own feelings of helplessness and fear, may cater to their altruism and understanding of *tzedakah* and take immediate action.

Tzedakah, understood as charitable giving, is a cornerstone of Judaism - whether it be handing food or cash to a homeless individual on the street corner or, in the case of Ruth, putting them up for an evening in a hotel. The very act of helping in a concrete manner creates a feeling of immediate relief for both donor and recipient. Yet, does this kind of *tzedakah* actually benefit the recipient?

When confronted with the tragedy of homelessness, it is important to recognize our own feelings first in order to manage our response to the situation. We can turn to oft-quoted adage, "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime." True *chesed* (kindness or compassion) may not necessarily be placing a bandage on the immediate issue; rather, true *chesed* may require setting in motion action steps that can ultimately heal the larger problem.

When faced with a crisis such

as homelessness, know that you can reach out to Schoke JFS for support. Our trained social workers are equipped with resources and guidance to address the best option or choice for the individual in crisis. Not every case will have an ideal outcome; some of the issues are larger than what our agency is able to handle. However, together we work toward healing the larger problems for an outcome with long-lasting efficacy. In this case, your *tzedakah* can have an enduring impact and make real change.

If our case managers had met Ruth before her eventual thrust back onto the streets, we might have had the opportunity to offer a more robust array of supportive services. We might have connected Ruth with the wide range of resources that walk her down the road of recovery and self-advocacy for years to come, rather than getting her off the streets for just one night.

It starts with making the correct phone call. Next time you confront a tough situation, one that most likely requires social work, first appreciate your own sense of compassion and social justice. Be grateful for your impulse toward *chesed* and offering *tzedakah* stirred within you. Embrace your big heart! Next, call Rebekah Kanefsky, Director of Case Management, at 203-921-4161 or rkanevsky@ctjfs.org. We can help you make your actions effective for both donor and recipient alike.

*Names have been changed to protect the privacy of clients

We take the pieces of your financial puzzle and put them into place.

WHAT YOU SHOULD FOCUS ON

THINGS THAT MATTER

WHAT YOU CAN CONTROL

Using The Intentional Formula™ to help you navigate through life's phases, we work with you to design a plan for your future.

2021
2022
2023
2024

malalexander@holbrookwealthadvisors.com
2777 Summer Street, Ste. 502
Stamford, CT 06905
203.658.8950

HOLBROOK WEALTH ADVISORS

Securities and advisory services offered through Commonwealth Financial Network™, Member FINRA/SIPC, a Registered Investment Advisor. Fixed insurance products and services offered through CES Insurance Agency or Holbrook Wealth Advisors.

Thank You to our First Time Donors January-June 2022

Abraham L. Green and
Son Funeral Home
Emma Adler
Adventure Park
Aesthetic Sense
Jaquelyne and Julius Alexander
Warren and Jill Alper
Aimee Altschul
Julie Assael
Avon Theatre
Bank of America
Bar Rosso
Barcelona
Brian and Linda Barlaam
Bartlett Arboretum
Bartlett Tree Experts
Beach House Cafe
Debi Berger Smilow
Danielle Bergman
Abby Berk
Ron Berman
Shira Berman
Aliza and Seth Bettan
Sarah Bierman
Michelle Bloom
Matt Blumenthal
Board & Brush Creative Studio
Shari Brenner and Alan Panzer
Brotherhood of Temple Sinai
Cafe Silvium
Capital Grill
Catholic Charities
of Fairfield County
Zoe Chiel
CKC Salon
Columbus Park Trattoria
Carol and James Connors
Curtain Call
Darien Butcher
Darien Cheese & Fine Foods
Marc Delman
Diversity Committee of the
DSS Bridgeport Regional
Office
Dominick's On Arthur Ave
Heather Donner
Marissa Emple
Beverly Engel
Marc and Jill Engel
Eliot and Stacey Essensfeld
Erin Failaev
Ryan Fazio
Martha Feedback
Flowers and Flowers
Tammy Foley
Jason Frank
Arielle Freedberg

Lisa Gabor
Lisa Gavronsky
Geo. Zoltan Lefton
Family Foundation
Karen Gilbride
Gofer Ice Cream
Neil and Lynne Golden
Amy Goodman
Monique Greenspan
Greenwich and Delancey
Griebs Pharmacy
Ian Guffy
Scott and Abby Handelman
Heart of Gold
Jennifer Henkind
Karen Herman
Mindy Hersh and Ian Walters
Nathan Janette
Rigel Janette
Susan Jewsbury
Jing Jiang
Marcy and Micah Julius
Jamie Kapel
Kashi Restaurant
Alex and Debra Kaufman
Jamie Kelly
Eric and Karen Koeppel
Shari and Gary Korn
Margie and Robert Labarre
Deena Lamm
Le Rouge
Catherine Leaf
Steve Leifer
Isaac Lemor
Theresa Linsner
Isaana Lioukimson
Manny and Bonnie Lobel
Lucky's
Luxe Nail and Spa
Jackie Madwed
Pamela Maglietto
Austin Makovsky
Bonnie Marcus
Elizabeth Martin
Jade Martincak
Rebecca Matura
Mayflower Inn
Mecha
Meredith Towers
Natalia Meskishvili
Tsachy Mishal
Anne Mongiu
Laura Moreno
Museum of Jewish Heritage
Daniel Newman
Nothing But Bundt Cake
NP Jewelers

On Location Tours
Ouia Products
Shari Brenner and Alan Panzer
Personal Training Plus
PKF O'Connor Davies, LLP
Brian and Lisa Pollack
Maureen and Jon Pollack
David and Lori Popkin
Jeffrey and Lisa Popper
Ellen and Mark Presser
David and Ayelet Rand
Mark Redlich
Carolyn Remlin
Ridgefield Playhouse
Rockrimmon Country Club
Chani and Rabbi Josh Rosenfeld
Kelle Ruden
Roberta Samay
Neil and Wendy Sandler
Carin Savel
Kaili Scherban
Alexandra Schieber
Stacey and Rob Schlissel
Ilene Schreider
Jeffery Schreider
Lauren and Daniel Schwartz
Sandy Seper
Michael Sesnowitz
Alan and Pam Shanker
Mary Shetelman
Shternie Weingarten LMT
Jared Siegel
Jason Silberman
Solo Spa Club
Mihal Spitzer

Springdale Florist
Stamford Museum and
Nature Center
Phil and Eve Steinmetz
Sterling Farms
Larry and Susan Stoogenke
Sugar Bowl
Stephanie Sugin
Mark Sutton
Judy Tannenbaum
Alana and Dov Tepper
Stephanie Tepper
Vivian Terkel
Laura Teton
The Palace
Thomas J. Costello Landscaping
Tieks
Ruben and Joan Torres
Terry Lyn Ullman
Uncle's Deli
Vavalas Deli
Gilda and Stan Vogel
W Kosher Events
Richard and Susan Walden
Rachel and Greg Waldstreicher
Shawn Wang
Watson Adventures
Tedd and Amy Weisman
Neil and Sharon Wessan
Elizabeth Wexelblatt
Williams and Company
Lorri and Robert Zabronsky
Lauren Zirn
Shira and Mitchell Zucker

Thank you to our first time donors for
enabling us to feed the hungry, house
those without shelter, and comfort
people feeling isolated and alone.

Join our committed donors in making a
difference in people's lives by going to:

www.ctjfs.org/friendscampaign

ANACHNU PROGRAM

Bringing Joy to Living Again

In the beginning of the pandemic, Mikhail*, the 85-year-old Holocaust survivor from the former Soviet Union was referred to Schoke JFS by another agency. Being a very active and creative man, Mikhail suffered from a lack of communication and felt lonely and hopeless. He used to write songs and poetry - and now he didn't have an audience. The isolation was killing him.

How did Schoke JFS respond? We invited Mikhail to join our virtual events through the Anachnu program and his life changed! When we organized his personal concert, he made many new friends! When Mikhail and his wife started to receive Shabbat meals, they were very happy. It wasn't only an amazing help but it also let them know we care about them!

Recently, Mikhail contacted us when his hearing declined dramatically and he couldn't afford a hearing aid. He shared his pain and concern, losing his ability to communicate, facing difficulties participating in our programs, and without inspiration to create.

Thanks to Schoke JFS and Kavod SHEF, we were able to help him secure the hearing aid he needed. Mikhail couldn't believe it happened without any bureaucratic delays. He again found joy in living!

**Names have been changed to protect the privacy of clients*



Do a Mitzvah – VOLUNTEER!

ctjfs.galaxydigital.com

Home Companion Program

Home care aides and certified nursing assistants



Are you having **difficulties** performing daily activities?

Are you **struggling** with a debilitating illness?

Are you **recovering** from an injury?

We are here to help...



TO SCHEDULE AN IN-HOME ASSESSMENT
OR FOR MORE INFORMATION, PLEASE CONTACT:

Isrella Knopf
Director of Senior Services

203-921-4161

iknopf@ctjfs.org



DAY AND EVENING
APPOINTMENTS
ARE AVAILABLE.

3 of Our 50 Zinbarg Camp Scholarship Recipients



Harrison and Gabby – JCC Camp



Seth at URJ 6 Points Sci-Tech Academy Camp



Tzippy – Berkshire Hills Eisenberg Camp

For more information go to:
www.ctjfs.org

BECOME A MITZVAH MATCH

“ This has been one of the best opportunities for our family.

It's not enough to just give *tzedakah*, my girls need to know they have to do *chesed*.

It is the most important hour of the month and we are committed to making the time to make it happen.

**-Mother of 3 daughters,
Mitzvah Match Volunteer**

**Volunteer 1 day a month.
Deliver food to your 2-3 client matches!**
203-921-4161 | info@ctjfs.org

DONATE

YOUR VEHICLE TO SCHOKE JFS

Donate your car, SUV, truck, van, motorcycle, boat, ATV, trailer (perhaps your airplane?) to Schoke Jewish Family Service! Your donation will help to assist friends and neighbors who are in need.

**NO HASSLES! Free pick up!
Receive a tax deduction!**

We will take any vehicle in any condition!

Contact Lisa Rich at **203-921-4161** or **lrich@ctjfs.org** to make your donation.



VIRTUAL GROCERY STORE



At the Schoke JFS Virtual Grocery Store you can fill your shopping basket and help feed families in need!

Here are some suggestions of how to use the Virtual Store:

- Pick a night of the week or month that you and your family will fill a shopping cart with the items you are having that week for dinner.
- Fill a shopping cart with your favorite items and make it a recurring monthly shopping trip.
- Pick one item and order enough for one family each day of the month.
- Use with a school, class or group to make a collective gift to the Freedberg Family Kosher Food Pantry.
- Pressed for time? Order a half or full cart, and we will pick the items for you.

WWW.CTJFS.ORG/VIRTUALGROCERYSTORE

Hebrew Free Loan Program

Helping families secure interest free loans

Do you have a financial emergency?

Would an interest free loan help you solve an immediate need?

Do you have someone who can sign for you?

Accredited by the International Association of Hebrew Free Loans



FOR MORE INFORMATION PLEASE CONTACT:

Leah Schechter, Chief Program Officer

203-921-4161

lschechter@ctjfs.org





Dedicated to our community.

Proudly supporting Elayne and James Schoke Jewish Family Service of Fairfield County.



Dignity Memorial® Providers

2900 Summer St. | Stamford
203-327-1313 | LeoPGallagherStamford.com

When local knowledge meets business experience, YOU WIN.

Visit Bankwell for all of your lending and banking needs.



Bank smart. Bank local. Bank well.

Visit mybankwell.com | (203) 652-2940
2704 Dixwell Avenue, Hamden, CT



SCAN ME

Member FDIC

**KNOW
GREATER
VALUE®**



Bruce Blasnik, Partner
203.705.4120
bblasnik@pkfod.com

pkfod.com

**WOFSEY
ROSEN
KWESKIN &
KURIANSKY LLP**

attorneys and counselors since 1915

Attorneys and Counselors

Adam J. Blank
Leonard M. Braman
William Carello
David M. Cohen
William M. Davoren
Stephen A. Finn
Tyler Flynn
Steven M. Frederick
Marshall Goldberg
Steven D. Grushkin

Eric M. Higgins
Laura B. Indelicati
Brian Kluberanz
Edward M. Kweskin
John L. Louizos
Kurosh L. Marjani
Joseph M. Pankowski, Jr.
Zachary J. Phillipps
Edmund M. Remondino
Daniel M. Young

600 Summer Street, Stamford, CT | (203) 327-2300
www.wrkk.com



Jewish Family Service of Stamford, Inc.
196 Greyrock Place, Stamford, CT 06901

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT # 850
STAMFORD, CT



Make your gift today and change lives
Go to www.ctjfs.org or contact Lisa Rich 203-921-4161

