

An Evening with Schoke JFS - Feeding the Community

Sunday, May 21: Cocktails, Dinner, Honors, and More!

Schoke Jewish Family Service invites you to its annual gala, **An Evening with Schoke JFS**, on Sunday, May 21 at 5:30 PM at the Italian Center of Stamford, 1620 Newfield Avenue, in an outdoor tented pavilion. The theme is **Feeding the Community**, highlighting all our services and programs that support and nourish our community - from responding to food insecurity to counseling to home companion and case management. The gala will honor community leaders with a special celebration of the agency's work across Fairfield County. We are forecasting a fun-filled evening, hosted by David Price, weather anchor for NBC 4 New York, our Host of Ceremonies. The event will be co-chaired by Connie Freeman and Jillian Klaff with Jeri Appel as auction chair and Meryl Japha, Liz Kitay, and Ronnie Sichel serving as advisors.

Schoke JFS will award the 43rd Annual Mitzvah Award to **Mimi Cohen and Rhoda & Avram Freedberg**. The Community Service Award will be awarded to **United Jewish Federation of Stamford, New Canaan, and Darien** and **Jewish Federation of Greater Fairfield County**. The Volunteer of the Year Award will be awarded to the **Mitzvah Match Families including the Bradley, Fischel, Gradman, Katz, Sperber, Speter, Tobin, Yasgur, and Zizmor families**.

43rd Annual Mitzvah Award

Mimi Cohen

Mimi worked in Jewish education for 35 years. Upon her retirement,



Photo: Aviva Maller Photography

she volunteered in inner-city schools and mentored graduate students in education. Though always aware of her family's blessings, the pandemic made her look at the world around her differently. "Food was always plentiful at our house. I never thought that others might not have been as fortunate."

Mimi is one of the founding sponsors of the Schoke JFS Kosher Mobile Food Pantry - an innovative initiative that addresses food insecurity in Fairfield County.

Rhoda and Avram Freedberg

Rhoda and Avram have lived in Stamford for over 45 years.

Over their decades of living in Stamford, Rhoda and Avram have served as leaders, volunteers and board members for many organizations including Schoke Jewish Family Service, Congregation Agudath Sholom, Bi-Cultural Hebrew Academy, the JCC, the Stamford Chevra Kadisha, ARI of Connecticut



Photo: Aviva Maller Photography

and Stamford State of Israel Bonds. In 2019, Rhoda and Avram became lead sponsors for the Freedberg Family Kosher Food Pantry at the Schoke JFS Office in Stamford.

Community Service Award



(continued pages 4 & 5)



Read honoree bios, purchase tickets, and browse online auction.

A Message From the Board Chair



As I look back over these past three years, I shake my head in amazement at how Schoke JFS has evolved. I inherited the position from Beverly Stein and, in July, will pass the torch to Ken Neuhaus and assume the role of Immediate Past Board Chair.

Beverly handed over a healthy agency having adapted to our new home on Greyrock Place and then addressed the onset of the pandemic.

While not as chaotic as in the past, my tenure saw growth like never before, coupled with new positive challenges. How do we react to the sudden dramatic increase in demand for food distribution? How do we better serve our very broad catchment area with both food and our core services? What role can we play providing services to the many Ukrainian immigrants settling in our area?

We reacted with risk and bravery. We decided to go "all in" on a mobile food pantry. After a frustrating one-year delay due to supply chain issues, we rolled out the truck in October 2022 to excitement in the community and to the delight of our food insecure clients not local to our Feedberg Family Kosher Food Pantry in Stamford. We added key new personnel to help us prepare for the

future. Recently we introduced the English Café, assisting Ukrainians refugees with English language skills and orienting them to life in Connecticut. Finally, we proudly announce the opening of a full-service office on Black Rock Turnpike in Fairfield, enabling us to be nearer to many of our clients.

Our strategic plan for the next three years is now complete. It outlines the steps necessary to continue providing services throughout our large catchment area and supporting our investment in the mobile food pantry, our enhanced staff, and our new office.

This remarkable team effort was led by our President and CEO Matt Greenberg and his fabulous staff. Our Board and Executive Committee provided guidance and enthusiasm throughout my tenure. Our wonderful partnership with our two Federations has been crucial to our success as well. Most importantly, you, our donors and volunteers, deserve most of the credit for our accomplishments.

Thank you all, and stay tuned for even better years under the outstanding leadership of Ken and Matt.

Paul Gordon, Board Chair

Schoke Jewish Family Service

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Victoria Parruccini & Rabbi Amy Goodman,
Editors

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✧ - of blessed memory

A Message From the President & CEO



This year's Schoke JFS Annual Gala - scheduled for May 21st at the Italian Center in Stamford - is entitled "Feeding the Community."

We mean for this title to be taken literally, with the myriad ways we provide food for members of our community. On behalf of all of us at Schoke JFS, thank you to those whose generosity has enabled us to do this: Mimi Cohen, sponsor of our kosher mobile food pantry; the Freedberg family,

sponsors of our kosher food pantry; our two Federations, who have generously supported these efforts in dollars and volunteer assistance; and to the many Mitzvah Match families who distribute food each month.

Schoke JFS "feeds the community" in other ways as well. Counseling services support those suffering depression and anxiety. Home companion services aide those needing assistance in their homes. Case management braces those facing possible homelessness. Brain fitness engages those who want to increase their memory. This is only a taste of what Schoke JFS does every day.

Often when I sit down to compose these articles, I am humbled as I reflect on the many ways Schoke JFS supports our community.

Thank you for your generous support and commitment to the clients we serve and to the dedicated, hardworking Schoke JFS staff who make all this possible.

Wishing you a Happy Passover!

Matt Greenberg, President & CEO

Fighting Hunger and Feeding Hope

In October 2022, Schoke Jewish Family Service joyfully announced the addition of our Kosher Mobile Food Pantry (KMFP), a first in Connecticut. Since its launch, the KMFP serves as a safe resource for community members and exemplifies Schoke JFS' values: fighting hunger and feeding hope.

With the ability to stock shelf-stable and perishable food items, the KMFP has limitless potential. The KMFP has grown to include household items that many food-insecure clients also need. Combined with volunteer efforts, the KMFP provides paper goods, household items, and hygiene supplies in addition to food. Food insecurity is a growing concern; Schoke JFS has expanded its bandwidth to improve clients' access to food throughout Fairfield County.



Since its first community food distribution in November 2022, the KMFP has distributed groceries to over 250 households. Individuals who benefit from this service range from those who live alone to families of eight, exponentially increasing access to food for individuals throughout Fairfield County in the communities in which they live, areas which are just as diverse as the families themselves.



Currently, the KMFP hosts monthly food distributions in Stamford, Norwalk, and Bridgeport, at partner sites including First County Bank in Shippan, Stamford, Congregation Beth El of Norwalk, Congregation B'nai Israel of Bridgeport, and Caroline House in Bridgeport. With the addition of the KMFP, Schoke JFS has served scores of new clients throughout the fifteen towns the agency serves including Bridgeport, Norwalk, Fairfield, Trumbull, Shelton, Stratford, Ridgefield, Monroe, and more. Individuals who are unable to attend KMFP distribution events can still receive groceries by delivery

each month thanks to the generous work of our volunteers. All of these clients are in addition to the clients served at the Freedberg Family Kosher Food Pantry at Schoke JFS's Stamford office.

This is only the beginning for the Kosher Mobile Food Pantry. Each grocery bag packed offers more security in the homes and hearts of our clients as Schoke JFS labors to fight hunger and feed hope. Visit www.ctjfs.org/mobilefoodpantry/ to learn more.



An Evening with Schoke JFS - Feeding the Community *continued from pg 1*

United Jewish Federation of Stamford, New Canaan, and Darien

United Jewish Federation of Stamford, New Canaan, and Darien has been building and safeguarding our Jewish community since 1972. Since 2017, Diane Sloyer, CEO, has led a mission-driven team to strengthen connections to Israel and global Jewry by convening and mobilizing our community to invest in Jewish life for today and future generations. We respect and celebrate our diversity by coming together to sustain an inclusive, flourishing, and vibrant Jewish community.

Jewish Federation of Greater Fairfield County

The Jewish Federation of Greater Fairfield County brings diverse Jewish voices together around a common purpose, funding dozens of agencies that work to respond to ongoing challenges and emerging issues. They have reimagined Jewish life in innovative ways, both online and on the ground, offering meaningful programs, including serving as a lead sponsor of the Kosher Mobile Food Pantry. The Federation partners with a caring, compassionate community that unites to celebrate Jewish life together.

Volunteer of the Year Award

Mitzvah Match Families

Our Mitzvah Match Program pairs volunteer families with Schoke JFS clients - homebound seniors, Holocaust survivors, and families in need - to provide grocery deliveries from our kosher food pantry. These committed volunteer families visit the pantry and "shop" on behalf of their matches and deliver groceries each month. We are grateful to our Mitzvah Match families for bringing food, warmth, companionship and connection, all of which is essential to nourishing our community.

The Bradley family returned to



Jessica's hometown of Stamford after living in Jonathan's native England for a number of years. They have two children, Sammi and Grant, and are proud of their involvement with the Mitzvah Match program and find these experiences most rewarding because of the real connection they build with SJFS clients.

The Fischel family reside in Stamford with their two children, Shane and Hadassah. Robin, a former board member, and Jason have been involved with Schoke JFS since 2011. The Fischels proudly participate in the beautiful Mitzvah Match program and are humbled to be honored for this meaningful award.

The Gradman family moved to Stamford in the summer of 2021 with their four children, Yuval, Eli, Lev and Ezra. They are grateful to Schoke JFS for providing dignified support to their fellow community members in need and for giving their family an opportunity to get involved in meaningful ways.

The Katz family moved to Stamford in the summer of 2017. They have four children Elian, Bara, Kaia and Ziv. The Katz family is always thinking of creative ways to integrate the important work of Schoke JFS into their lives, including participating in the Mitzvah Match program and donating organic produce from the Stoneledge Farm CSA to Schoke JFS throughout the growing season.

The Sperber family moved to Stamford in the fall of 2012. Josh and Miriam jumped at the opportunity to join the Schoke JFS Mitzvah Match Program and impart those values to their children, David, Elle and Aria. They hope their children will learn from this experience and continue in a life of kindness, understanding the importance of chesed and service for those in need.

The Speter family has lived in Stamford for eight years. They have three children, Ari, Amira and Moriah. The Speter family is honored to have the opportunity to give back to the community through the Mitzvah

Match program and to be able to make both a meaningful and long-term impact on the lives of Schoke JFS's clients.

The Tobin family moved to Stamford in May of 2010. Seth, Laura, and their four children, Elissa, Hannah, Julia and Jacob, are immensely grateful for their involvement in the Mitzvah Match program and appreciate all that Schoke JFS does to tend to the needs of Stamford families and to provide them with meaningful emotional and physical support.

The Yasgur family moved to Stamford in the summer of 2014. Shushannah, Ari, and their three children, Bess, Naomi, and Gabriel, are grateful to Schoke JFS for providing their family an opportunity to get involved and help people in the community in need with the Mitzvah Match program.

The Zizmor family moved to Stamford in the summer of 2014 and has supported many wonderful local organizations. They have two children, Noa and Gabriel. The family has supported Schoke JFS for many years and most recently enjoy delivering meals through the Mitzvah Match program.

The evening begins with hors d'oeuvres and cocktails, followed by dinner, awards presentation, a paddle raise, and dessert.

General tickets include dinner and dessert for \$250. Contact Lisa Rich at 203-921-4161 or Irish@ctjfs.org to place a journal ad.

Thank You Corporate Sponsors

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Become a Corporate Sponsor!
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Our Community of Volunteers: The Backbone of Schoke JFS

There is no limit to the amount of work individuals with good hearts can achieve when they come together to better their community. No group exemplifies that better than Schoke JFS' volunteers corps. With the rapid growth of many programs, we are grateful to our Schoke JFS volunteers who have met every community need that has arisen. With over 500 registered individuals ready to volunteer, efforts to support those in need have been immeasurably successful.

In response to the quick increase in our Kosher Mobile Food Pantry operations, volunteers have stepped in to assist on-site and deliver groceries throughout Fairfield County. As as the Freedberg Family Kosher Food Pantry outfits both Stamford and mobile clients, more volunteers have happily come forward to help stock shelves and pack groceries for families of varying sizes. These are two regular opportunities, occurring weekly or several times each month, with a consistently strong volunteer showing.

In January 2023 in honor of Martin Luther King Jr., Schoke JFS hosted "Dignity Through Personal Care", a one-day program in which over sixty volunteers came together to pack hygiene kits. Their cohesive work resulted in over 250 hygiene kits for clients in need.

From children writing individual notes for hygiene kit recipients to adults teaching Ukrainian refugees English, every volunteer at Schoke JFS represents the power of what a community can do. There are new faces and many that are familiar after years of volunteering; all play an important role. As community needs change, there is no doubt that the current and future Schoke JFS volunteers will continue to rise to the occasion with humility and generosity.

Visit www.ctjfs.org/volunteer or contact Elizabeth Hinds, Volunteer Services and Programs Coordinator, ehinds@ctjfs.org or 203-921-4161 to volunteer with Schoke JFS.



Announcing The Japha Family Emergency Assistance Program



Schoke Jewish Family Service recently named The Japha Family Emergency Assistance Program in honor of Meryl and Ron Japha and in recognition of their generosity and decades-long involvement. The Japha Family Emergency Assistance Program provides comprehensive assistance to families and individuals needing supportive aid. These services include help identifying housing options and emergency financial support for basic necessities such as food, rent, utilities, and emergency shelter.

The Japhas commemorate their deep appreciation of the work of Schoke JFS with their gift naming the Emergency Assistance Program. Meryl shared, "Ron and I have been supporters of Schoke JFS for the past 10 years. We have recently been inspired to have our donation be more impactful. We were moved by the many stories we have heard about clients whose lives have been changed through the help of Schoke JFS, in particular, the Emergency Assistance Program."

Meryl began her long-time involvement with Schoke JFS in 2012 when she joined the Schoke JFS

Evening committee. Subsequently, she co-chaired the event for many years. Meryl became a Schoke JFS Board Member in 2013 and served on the Executive Committee from 2015 until 2021. Meryl currently serves as co-chair of the Development Committee and continues to serve on the Board of Directors.

Schoke JFS President and CEO Matt Greenberg shared, "The Japha family has demonstrated their commitment time and time again through the many ways in which they participate and join the community efforts to help those in need." He continued, "Meryl and Ron wanted to create a long-term impactful way to further that commitment through The Japha Family Emergency Assistance Program, which helps our community's neediest."

Meryl continued, "This vital program provides economic aid for those people in the most dire of situations. Ron and I agreed this program fits perfectly with our values and the life-changing help we are hoping our gift can provide. We are so excited to be able to support this Schoke JFS program which literally saves lives!"

To make your donation in support of the Japha Family Emergency Assistance program, visit: www.ctjfs.org/japhafamilyemergencyassistance

Zinbarg Camp Scholarship Program Accepting Applications for Summer 2023

Applications are now open for the summer **2023 Joan and Ben Zinbarg Camp - Schoke Jewish Family Service Scholarship Program**. The scholarships are available to Jewish families living in the Stamford, Westport, Bridgeport, and Upper Fairfield County who seek rewarding Jewish summer experiences for their children and cannot afford camp tuition without financial assistance.

The Joan and Ben Zinbarg - Schoke Jewish Family Service Camp Scholarship Fund is supported by the Zinbarg Family, the United Jewish Federation of Stamford, New Canaan and Darien, the Jewish Federation of Greater Fairfield County, and our generous donors.

Through their generosity, Schoke JFS awarded 50 camp scholarships in 2022.

The deadline for applications is **Friday, April 14, 2023** and all information is kept strictly confidential. Application is available to download: www.ctjfs.org/joan-and-ben-zinbarg-camp-scholarship-program.

Contact Erika Gadson at 203-921-4161 or erikag@ctjfs.org with questions.

Support the Joan and Ben Zinbarg Camp Scholarship Program. Make your donation today: www.ctjfs.org/camp-scholarship-donations.



New Around the Agency



Dr. David Andersen

joins Elayne & James Schoke Jewish Family Service of Fairfield County as a psychotherapist. Dr. Andersen was educated at Georgia State University (B.S.), Harvard University (Ed.M.), and the Derner Institute for Advanced Psychological Studies at Adelphi University (Ph.D.) He

is a certified school psychologist and a board-certified clinical psychologist. Dr. Andersen's clinical practice is primarily informed by an emotion focused perspective, and he has extensive training in mindfulness meditation. Dr. Andersen has published three papers in the peer reviewed Journal of Humanistic Psychology on the integration of mindfulness meditation and psychotherapy and he teaches a weekly zoom class for the Jewish community on Sunday mornings at 7:30 AM. "I'm excited to join the team at Schoke JFS because of my wish to help the mental health needs of a community that has provided me with a sense of belonging and purpose."



Elizabeth Hinds

joins Elayne & James Schoke Jewish Family Service of Fairfield County as the Volunteer Services & Programs Coordinator, a role in which she collaborates with Schoke JFS staff and volunteers to implement meaningful, effective, and successful programming initiatives to better

serve both Schoke JFS and its clients. Previously working in multiple roles within higher education, she brings with her experience in programming, communications, and administration. Elizabeth earned a Bachelor of Arts degree in English Literature from Western Connecticut State University in 2022 shortly before joining Schoke JFS. "It is not lost on me that Schoke JFS consists of a community serving each other. I have immeasurable respect for the steadfast effort put forward by staff and volunteers alike, and am so thankful to contribute to that effort in every way I can."



Susan Loomis

joins Elayne & James Schoke Jewish Family Service of Fairfield County as a Social Worker. After having a successful career in dentistry, including as a Registered Dental Hygienist for 23 years, Susan completed her Masters of Social Work from Sacred Heart University in December

of 2022. Susan was drawn to social work as a way to have a greater impact and be able to help people more holistically and fundamentally. She was fortunate to have completed her internship with Schoke Jewish Family Service, where she gained invaluable experience under the supervision of the many talented staff members. "Life can bring many challenges, and it is a privilege for me to be a part of helping someone in a time of need, and I am excited to officially join the team at Schoke JFS. One of my favorite quotes is from Maya Angelou, 'People will forget what you said, people will forget what you did, but people will never forget how you made them feel.' I use this as a guiding principle in my work - to make all people feel valued and respected."

Brian Ullman, APRN

joins Elayne & James Schoke Jewish Family Service of Fairfield County as a Psychiatric Nurse Practitioner. Brian is a Board Certified Psychiatric Mental Health Nurse Practitioner and CT Licensed APRN. He has a master's degree in Psychiatric Nursing from Fairfield University. Prior to joining Schoke JFS, Brian worked in multiple psychiatric settings including hospital inpatient, outpatient, intensive outpatient, substance abuse, and in psychiatric consultation to the primary care physicians affiliated with Griffin Hospital. Brian will be seeing clients that are referred by their clinicians at Schoke JFS for psychiatric medication management. "I am excited to be joining the clinical team at Schoke JFS and providing a critical role with medication management."

Do a Mitzvah -
VOLUNTEER!

ctjfs.org/volunteer

Schoke Jewish Family Service Legacy Giving Circle



Some decisions in life are hard. They require enormous thought and deliberation. Others, like our decision to become members of the Life and Legacy Program supporting Schoke Jewish Family Service, were no-brainers. As long as we can remember, the work of Schoke Jewish Family Service has been a part of our lives individually and then as a family. Perhaps some part of our explanation will resonate with you, and you'll choose to join us as members of this special group.

Growing up in Detroit, Jay was a volunteer with JFS in their special needs vocational program and served as a mentor for a young man in the community with some developmental disabilities. He was motivated by his parents, who made JFS one of their philanthropic priorities, and he volunteered during his time in rabbinical school where he became a volunteer with the NYC branch of JBFCS as a doula for the dying.

Julie's family of origin was even more involved with the Jewish Family Service of Central New Jersey, where her father served as president. She was raised with an awareness of the enormous need in the surrounding community and the Torah's values of social responsibility, making JFS a natural recipient of the family's time, attention, and tzedakah.

Taking our place in the chain of transmission, we learned

and now we teach. As we are raising our children, we hope to embody the values transmitted to us by our own parents. We have encouraged our children to volunteer in the community with Schoke JFS through Temple Sinai programs and in the Freedberg Family Kosher Food Pantry at the main office. It is our deepest prayer that this relationship to Schoke JFS will remain a part of our son and daughter's sense of mitzvah and committing to the agency in our actions and in our legacy feels like an important piece of that. If you are already a member of the Legacy Giving Circle, please be sure you proudly share that with others and invite them to join us! And we hope that, if you have not already done so, you will consider joining us in making sure that Schoke JFS is able to continue to serve the community long after we are gone.

Rabbi Jay and Doctor Julie TelRav

Join our Schoke JFS Legacy Giving Circle,
contact Lisa Rich at 203-921-4161, 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 January 2023

Anonymous	Richard Fine
Adrienne and Michael Alexander	Robin and Jason Fischel
Jeri Appel	Stephanie and Howard Fogel
Mark Appel	Lenore and Ilan Fogel
Jen and Andy Bernstein	Connie and Alan Freeman
Bruce Blasnik	Donna and Ed Fuhrman
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Michael Stone
Dr. Julie and Rabbi Jay TelRav
Gail G. and Stephen Trell
Linda B. Gornitsky and Harvey Weber
Lauren Zalis
Joe Zalis
Renee Zinn
* of blessed memory



ANACHNU PROGRAM

Q&A Interview with Marina Sapir: Schoke JFS Beacon of Hope for Aging Holocaust Survivors and Ukrainian Refugees

1 As full-time Program Director, who are your clients?

Schoke JFS received our first grant from Jewish Federations of North America (JFNA) to serve Holocaust Survivors over five years ago, when we established Anachnu, our program in support of Holocaust survivors. We were surprised by how many Holocaust survivors in our catchment area live below the poverty line. The Holocaust survivors we serve are the most vulnerable group of people, especially if you think about their age: our youngest Anachnu client is 78-years-old and our oldest is 102-years-old. Our clients are not getting younger and they need more and more help; my position grew from part-time to full-time Program Director to respond to this need. The motto of our Anachnu group is "We are all together, so you are not alone" and we work according to this principle.

However, as Jews, we cannot be deaf to someone else's pain. Guided by the well-known principles of Hillel, "If I am only for myself, then who am I," our agency took under our wing another vulnerable group, Ukrainian refugees who came with nothing to America fleeing war.



2 What is The English Café? How has it grown since it was first launched?

The most important part of integrating into life in another country is knowing the language. In July 2022 we created The English Café, a volunteer-run program that helps Ukrainian refugees learn English. Many of the refugees came from Ukraine with no English, so even regular English classes could be a challenge. We offer an absolutely different format: learning English with native speakers in an informal atmosphere at the Schoke JFS office, with a cup of coffee and pastry in our English Café.

Each volunteer works with a maximum of two people according to their language level.

It is very helpful for everyone no matter their level of English proficiency, even a few of our Holocaust survivors have started to come to The English Café to work on their English.

When we first launched the English Café, we had more volunteers than clients. Now, more than 40 people including children and teens, come to our office on a bi-weekly basis. Because of the increasing demand, we created two additional programs - one for children and one for teens. These programs allow the younger generation to share their pain and hope and are so popular that some teens come to The English Café by themselves without their parents.

3 How does Schoke JFS help and support Ukrainian refugees outside of The English Café?

Besides The English Café and the Freedberg Family Kosher Food Pantry, Schoke JFS helps Ukrainian refugees in their everyday lives, providing furniture for their apartments, toys for their children, assistance with paperwork and guidance with job searches.



The Difference Geriatric Care Management Can Make

Mrs. Berg has been supported by Schoke JFS for over five years. When her husband's dementia became more than she could handle alone, she engaged a home health aide through Schoke JFS' Home Companion Program. That support allowed her to be wife and not only caretaker to her husband during his final years. After her husband's death, Mrs. Berg participated in Schoke JFS' bereavement support groups and engaged several sessions of counseling from one of our compassionate psychotherapists.

Reflecting on these experiences, Mrs. Berg shared with Schoke JFS that she wants to build a local support network as she ages. Her loving daughter lives outside Baltimore. "She has her own family, job, and life to care for," Mrs. Berg shared. Managing her finances and juggling her medical appointments have become stressful. "This is so different for me because I have always been able to stay on top of these life tasks. I felt so disheartened."

Fortunately, Schoke JFS was able to offer Mrs. Berg assistance once again. She has engaged our Geriatric Care Management program to have support and guidance as she navigates the complexities of aging.

Our Geriatric Care Manager, Susan Loomis, LMSW, offers her compassion, patience, and expertise as she leverages our network of resources, connections, and internal Schoke JFS agency programs, to support clients like Mrs. Berg manage what she needs at this moment in her life and prepare for what care and services she may need in the future.

We are honored by the reputation and integrity we hold in our community. It is due to our ongoing relationships with our clients, their families and across the community; we are grateful and humbled by the trust you have in our work.

Our Geriatric Care Management program is a private pay/fee-for-service program offering extremely competitive rates. We will consider a sliding scale based on eligibility and ability to pay.

Contact Susan Loomis, 203-921-4161 or sloomis@ctjfs.org, so she can conduct a brief assessment/intake and offer next steps. Visit www.ctjfs.org/caremanagement to learn more.



Schoke JFS is Grateful for the Grants Received!

Schoke JFS is pleased to thank and list the many grantors who assist us in helping those in need throughout Fairfield County. We rely, in part, on the support of these foundations and grantors to provide critical services. The following foundations and organizations have awarded Schoke JFS funding to assist in our mission of helping sustain individuals and families and build strong, healthy communities. The list includes grants received in the past year.

Connecticut Department of Economic and Community Development

First County Bank

Jewish Community Foundation of Greater Hartford

Jewish Federation Association of Connecticut (JFACT) Citizenship Grant

Jewish Federation of Greater Fairfield County

**Jewish Federations of North America
Center on Holocaust Survivor Care and
Institute on Aging and Trauma**

**KAVOD Survivors of the
Holocaust Emergency Fund (SHEF)**

NeighborShare Fund

Network of Jewish Human Service Agencies

Southwestern Connecticut Agency on Aging

St. John's Community Foundation

Stamford Chevra Kadisha

Stamford Rotary Trust Foundation

State of Connecticut, Department of Emergency Services & Public Protection Division of Emergency Management & Homeland Security

The Conference on Material Claims Against Germany

UJA-JCC Teen Changemakers

United Jewish Federation of Greater Stamford, New Canaan, and Darien

United Way of Coastal Fairfield County, Emergency Food and Shelter Program

United Way of Western Connecticut, Emergency Food and Shelter Program

I invite you to RESISTT...

Many of us struggle through the cold weather months with diminished mood, decreased exercise, seasonal illnesses, or perhaps a mental health issue such as seasonal affective disorder (SAD). As warm weather approaches and our bodies and brains prepare for longer days, we can look forward to greater amounts of sunlight and more opportunities for physical movement and time spent outdoors, all of which are incredible mood boosters. We can feel hopeful that Spring season, bringing renewed joy and energy, is just around the corner. Most importantly, we can discover our own critical role in improving our mood and taking control - to the best of our ability - of the way we feel.

Consider this simple and easy acronym - RESISTT - that has the potential for amazing and powerful change, provides new perspectives, and offers lasting change!

Reframe: Think a new thought, something headed in a more self-affirmative direction! Believe that change is possible!

Engage: Engage in an activity mindfully. Think deeply about what you are doing, breathing deeply and focusing intently with each action step.

Someone Else: Do something for someone else; *tikkun olam* (repairing the world) is the greatest elixir!

Intense: Experience intense sensations: splash cold water on your face or hop in the shower for an instant "reboot" for your thoughts and feelings.

Shut it out: Using your imagination, visualize putting the negative thought in a room, closing the door behind you, and leaving the thought shut in the room.

Think neutral thoughts: Count down from ten, sing a song, or utter a chant or mantra.

Take a break: As said often in 12-step programs, "move a muscle, change a thought." Get up and move with quick exercise movements or stretches, take a walk, go for a jog, caress a pet, and so on!

Every human being possesses inherent internal resources for change. Next time you are feeling emotional resistance, I invite you to **RESISTT** instead!

For more information on the Kuriansky Family Counseling program, contact: Rebekah Kanefsky, LPC, Interim Director, rkanefsky@ctjfs.org, 203-921-4161 (office), 203-817-2586 (text).

¹ Van Dijk, MSW, S. (2022). *The DBT Workbook for Emotional Relief*. New Harbinger Publications, Inc.



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Contact: Isrella Knopf, Director of Senior Services
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Contact: Leah Schechter, Chief Program Officer
203-921-4161 or lschechter@ctjfs.org

www.ctjfs.org/hebrewfreeloan/

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