



## The Sweet Smell of Success

Hardworking. Positive. Punctual. These are just a few of the words Joey's colleagues at Ambrosia Treatment Center (now known as Pinelands Recovery Center) in Medford, NJ use to describe him. Diagnosed as a child with a variety of developmental delays, Joey, now 25, has come a long way since he began working at Ambrosia in 2015, as a recent graduate of the JFCS Soups and Sweets culinary training program. When he first arrived at Ambrosia, Joey struggled with his daily tasks and was unsure of his own abilities. No one—including Joey himself—was sure he was up to the challenge. "The job was a little more advanced than we expected. That first month was tough," recalled Joey's mom, Denise. "I really thought it wasn't for him." But Denise quietly encouraged Joey to persist, telling him at the end of each week to "give it another week."

With a suggestion from Denise, Joey's supervisor, Chef Victor Martin, reached out to the JFCS Supported Employment Program for guidance. Joey was paired with a job coach and given ongoing follow-along coaching. Little by little, he became more comfortable in his role and developed relationships with his colleagues. With the proper support in place,

Joey began to thrive in his duties: preparing and serving food, washing dishes, and putting away inventory. Eventually Joey became such an asset in the kitchen that Ambrosia enlisted him to help train and support another JFCS client.



"Joey's growth as not only an employee, but as a person, has been amazing to watch," says Chef Martin. "We have given him opportunities to succeed and his confidence has improved exponentially. Now Joey is just a regular part of the staff. He's not the same person who first walked into my kitchen... I really don't think anything is going to stop Joey," he said.

For Joey, success isn't just about what he does in the kitchen. It's about being part of something. "Whatever they need me to do, I'll do," he says. "I like the camaraderie." A few years ago, Joey took the initiative to begin helping with inventory in the Ambrosia kitchen. As a result, his reading and writing skills improved tremendously, which helped enable him to become more independent in his personal life.

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"I always encouraged my kids to go after what they wanted in life, and Joey was no exception," said Denise. "From a young age, he always wanted to cook, so we helped him to make that happen." As Joey's self-reliance grew, he began talking to his mother about moving out of the family home—something he had wanted for years but hadn't been ready for until now. This



dream became a reality earlier this year, when Joey moved into his own apartment, aided in part by subsidies from the New Jersey Division of Developmental Disabilities. Although Joey does have direct support with buying groceries, clothes shopping, and transportation, he is creating a life of his own—including inviting friends from the JFCS SAIL (Supports to Achieve Independent Living) program over for movie nights and game nights. "I didn't sleep for the first month," said Denise. She is slowly getting used to Joey living on his own. "He thinks he's a rock star," she said, and we're inclined to agree!



The JFCS Soups and Sweets special needs culinary training program prepares young adults for employment in the food service industry. Sample some of the delicious Soups and Sweets offerings at your next family gathering or professional event—all sales support the program!

**To place an order, call  
(856) 533-8090 or email  
soupsandsweets@jfedsnj.org.**



## Why employ individuals with special needs? WHY NOT?

Everyone has the right to seek a real job—for real pay—and live a meaningful, productive life by working within their community. Join the ranks of the 120 employers in South Jersey who provide opportunities to adults with special needs through our Supported Employment Program. You'll be in great company!

**To find out how your company can bring promise and possibility to potential new employees, contact Supported Employment Manager Karen Marks at (856) 424-1333 or [kmarks@jfedsnj.org](mailto:kmarks@jfedsnj.org).**



# Bringing “Hope and Healing” to our Most Vulnerable Holocaust Survivors

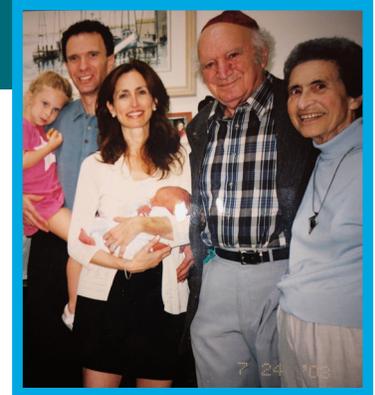
It's undeniable that Holocaust Survivors witnessed the worst of humanity. But their resiliency has shown us the best. JFCS considers it our sacred duty to improve the quality of life for the 160 Survivors living in Southern New Jersey by offering our support, care, and compassion. Our services for this unique population have grown exponentially in the past two decades, and we now provide comprehensive case management, reparation and benefit assistance, in-home nursing support, monthly social opportunities through Café Europa, and much more.

This year, JFCS will be taking our support for our local Holocaust Survivors to the next level. Thanks to a generous grant from The Jewish Federations of North America's Center for Advancing Holocaust Survivor Care, along with matching funds from the Jewish Federation of Southern New Jersey, we will be launching a series of six Hope and Healing workshops in Vineland. This innovative monthly program will address participants' physical and emotional well-being through trauma-informed workshops ranging from Tabletop Gardening to Chair Yoga. Among other things, the goal is to empower Survivors to make choices by focusing on their abilities rather than on their disabilities and on making human connections.

For Ronda Manders of Cherry Hill, being part of Hope and Healing feels like coming full circle. “I first came to JFCS as a Shabbat Hospice volunteer, bringing challah, candles, and company to terminally ill patients. From

there, I was introduced to Café Europa, and I absolutely fell in love. It felt like I was going home.” Ronda already knew many of the Café Europa participants through her in-laws, the late Fred and Ilse Manders—both of whom were Holocaust Survivors who settled in Vineland after World War II and remained there for over five decades. “My husband's parents had a chicken farm, raised four boys, and become a vital part of the Jewish community,” Ronda recalled. Through her volunteerism with the agency, Ronda was invited to join the JFCS Board, which ultimately led to her becoming a staff member charged with planning and coordinating every aspect of the Hope and Healing workshops. “These clients are so appreciative. I get so much more out of working with them than they do from me,” she said.

As the Holocaust Survivors in our area grow older and more fragile, many now need help just getting through their daily lives. These vulnerable individuals face challenges—poverty, mental health issues, psychological and physical trauma, medical conditions, language barriers, and isolation—that many of us could not begin to comprehend. Unlike their counterparts who live in Camden, Burlington and Gloucester counties, many of the few dozen Survivors residing in Vineland, Cumberland County, are extremely isolated, without the support of Jewish social service agencies nearby. Due to their age and poor health, many are unable or unwilling to travel to the JFCS offices in Cherry Hill to receive services. The Hope and Healing program will address these challenges by bringing our services directly to our Vineland clients.



**Manders family**

**“JFCS helps me stay in my home and in the community where I've lived for 65 years. The social workers and volunteers are so special. I can't say enough good things about them, and I am so grateful.”**

**-LR, Holocaust Survivor & JFCS Client**



**Cafe Europa Attendees with Nechama Rapoport of Jewish Federation of Cumberland County.**

**The monthly Hope and Healing workshops will begin in June 2019 in Vineland. To learn more about how JFCS supports our local Holocaust Survivors, visit [jfcssnj.org/holocaust-survivor-support](http://jfcssnj.org/holocaust-survivor-support).**



# Five Tips for Connecting

Being a teenager in today's world may be more challenging than ever before. Many teens experience anxiety driven by self-imposed expectations and a world shaped by ever-present technology, social media, academic concerns, and pressure to experiment with drugs and alcohol. All teenagers face challenges that require parental guidance. Parents who assume their teens are okay because they are not actively asking for help may be missing the big picture. The key to building a positive relationship with teenagers is keeping the lines of communication open. The way parents communicate with teens about everyday concerns—from homework and soccer games to babysitting and boyfriends—can make it easier (or harder) to work through the big issues when they do arise.



“Parents play the most powerful role in helping their children navigate the rocky waters of the tween and teen years,” says Carlos Bermeo, LCSW, NBCCH, JFCS Director of Clinical Services. Bermeo recommends five key strategies to help parents connect with their teens.



## The Evolving Teenage BRAIN

The human brain continues to develop throughout adolescence and well into early adulthood—in fact, it doesn't reach full maturity until age 25! According to the American Academy of Child & Adolescent Psychiatry, teenagers differ from adults in the way they behave, solve problems, and make decisions. Their actions tend to be guided more by emotion than by logic. Teens are more likely than adults to act on impulse, misinterpret social cues and emotions, get into accidents of all kinds, get involved in fights, and engage in risky behavior. They are less likely to think before they act, consider the consequences of their actions, or change their dangerous or inappropriate behaviors.

### 1. Listen Reflectively

This communication strategy involves two key steps: seeking to understand the speaker's idea, then offering the same idea back to the speaker. When you respond to your child by reflecting their thoughts, feelings, tone of voice, and body language, you create an emotionally safe environment where they feel free to express themselves.

### 2. Use “I” Statements

The bread and butter of communication, “I” statements help people take responsibility for their own feelings without blame or accusations. A father might say to his daughter, “I feel so worried when you come home late without calling” instead of demanding, “Why are always late?”

### 3. Appreciate Sincerely

Accept your teens for who they are—not who you want them to be. Take the time to figure out what makes them tick, how they relate to you and others, and how they are different from you...then nurture each child's unique talents and interests.



# with Teens

## 4. Set Healthy Boundaries

Boundaries are a crucial part of life and an important aspect of self-care, teaching teens that respect is a two-way street, boosting their confidence, and helping them develop self-control.

## 5. Model Self-Care

Positive and proactive parenting requires energy, patience, and optimism. The way parents model self-care teaches children how to care for themselves. Basic self-care includes getting enough sleep, exercising, and eating healthy meals. But it can also mean finding the time to nurture our own emotional, social, creative, and spiritual needs.

Connecting with your teen may seem daunting, but it doesn't have to be. JFCS is here to help. We offer an array of community-based programs that help families open the lines of communication, build support systems, and access resources. These include **Right in Our Backyard**, a community awareness program that aims to stop drug addiction before it starts; **This Life Counts**, a youth suicide awareness and prevention program; **Project Rainbow**, a monthly social group for teens in grades 7 through 12 who identify as LGBTQ and their allies; and **Building Healthy Relationships**, which educates students in grades 8 through 12 about dating violence and promotes an understanding of healthy versus unhealthy relationships.

In addition, the JFCS Counseling Department offers individual therapy for tweens and teens struggling with everything from depression and anxiety to sexual or gender identity and behavioral issues. With daytime and evening hours and a large roster of on-site counselors, clients can enjoy greater scheduling flexibility. We accept most insurance, including Medicare and Medicaid, and offer a sliding payment scale.

To learn more about JFCS counseling services and community outreach programs, please call (856) 424-1333 or visit [www.jfcssnj.org/counseling](http://www.jfcssnj.org/counseling).

# Samost JFCS Support Groups



Support groups bring together people who are going through similar experiences, providing a safe space to connect, share one's feelings, and receive validation. This ability to connect with others can lead to a host of benefits, including feeling less isolated, reduced depression and anxiety, enhanced coping skills, and a newfound sense of hope. Just a few of our current offerings include **Addiction: Families In It Together**, a supportive group for family members and loved ones of individuals struggling with substance abuse; **Café Connection – A Memory Café**, a monthly social gathering for people affected with memory challenges and their care partners; **Parental Bereavement**, where parents who have lost a child of any age can help each other on the path to healing in a warm, kind atmosphere; and **SibShops**, a therapeutic group for children ages six through twelve who have siblings with disabilities. JFCS is responsive to the needs of our community, and we develop new groups as the need arises.

To learn more about our support groups, please visit [jfcssnj.org/support-groups](http://jfcssnj.org/support-groups).



# Hunger Hits Close To Home

Food is one of life's essentials—something that many of us take for granted. We simply don't think about how fortunate we are to have access to the foods we want and need. Sadly, there are many people in our own community who don't enjoy that sense of security. Hunger is often hidden in plain sight, but it is a painful reality for thousands of people living in South Jersey. The U.S. Department of Agriculture (USDA) defines food insecurity as "a lack of consistent access to enough food for an active, healthy life." Children in food-insecure homes suffer from higher rates of asthma; a greater likelihood of being anemic; increased likelihood of behavioral problems as preschoolers; and lower physical and psychosocial functioning.

Our pantries are stocked with a large assortment of non-perishable foods, as well as personal care products that many families could not otherwise afford. During each visit, clients are given three bags of non-perishable "essentials" like pasta, canned tuna, cereal and peanut butter, which can be customized to meet specific dietary or medical needs. Beyond that, clients may receive fresh breads, produce, and refrigerated foods donated by local retailers including Whole Foods, Trader Joes, Wawa, Classic Cake, and Mom's Organic Market.



**The three Betsy and Peter Fischer Food Pantries helped 4,381 individuals in need last year!**

Clients can visit the pantries once a month, with hours by appointment. "We take our clients' dignity very seriously," explained Donna Broecker, JFCS Food Pantry Coordinator. "It can be embarrassing for many people to walk into a food pantry. We strive to make each visit as private as possible."

**As hunger continues to rise in our area, so does the need for food to stock our pantries' shelves. Community members can help by donating food, or by creating fundraisers or food drives to benefit JFCS. To find out how you can get involved, visit [jfcssnj.org/howtodonatefood](http://jfcssnj.org/howtodonatefood).**

## Food Insecurity Rates for South Jersey

### Burlington County:

**9.9% or 44,400 individuals**

### Camden County:

**12.2% or 62,480 individuals**

### Gloucester County:

**9.9% or 28,730 individuals**

\*According to the 2016 Hunger in America Report.

In partnership with community members, donors, and local organizations, JFCS is committed to alleviating hunger for our neighbors in South Jersey. Last year, the agency's three Betsy and Peter Fischer Food Pantry locations distributed food and personal care items valued at over \$225,000 to 4,381 individuals in need. This number includes 223 families new to JFCS.

"More often than not, the food pantry is the point of entry for people who need assistance. That first meeting is a stepping-off point for us to build a deeper relationship with the client and address any other issues that need attention," said Meredith Seligman, Director of the Rhona Fischer Family Assistance Program. The need for food can be a symptom of underlying struggles in a family. That's why everyone visiting one of our pantries undergoes an intake with a JFCS professional, who performs a comprehensive evaluation to assess the family's overall needs. Seligman adds, "As we get to know the clients better during their monthly visits, we are able to help them in truly meaningful ways."



## Most Needed Items for the JFCS Betsy and Peter Fischer Food Pantries

**Fresh Produce • Cereal • Pasta  
Prepared Tomato Sauce • Boxed Milk  
Juice Boxes • Peanut Butter  
Jelly • Snacks • Canned Fish  
Canned Fruit**



# Give the Gift of a Lift... and Turn Miles into Smiles!

For many older adults, the inability to drive represents a loss of freedom, independence, and control. Sadly, without access to transportation, many seniors simply don't go to the doctor when they need to. JFCS helps to bridge this gap by offering vetted, reliable volunteers to drive clients to medical and wellness appointments. We are actively seeking new volunteer drivers (age 18+) to put the wheels into motion for our clients. Most rides requested are Monday through Friday between 8:30am and 4:00pm. Whether you can provide one ride a week or one ride a month, we can use your help. All new volunteers must complete a vetting process, which includes an application, background check, reference check, and a brief training session.

To learn more, please contact Sherri Jonas, Director of Volunteers, at (856) 424-1333 ext. 1180 or [sjonas@jfedsnj.org](mailto:sjonas@jfedsnj.org).



**"No matter what is going on in my life, these clients have more challenges, more needs, and more stories. I love being involved in their lives. This experience has helped me become a better human being."**

**-Marty, longtime JFCS volunteer driver**



JFCS participates in the Life & Legacy program, which enables community members to remember JFCS in their estate plans. The program is brought to our community through a partnership with the Harold Grinspoon Foundation and The Jewish Community Foundation. To learn how you can become a Life & Legacy donor, contact Beth Wynne at (856) 424-1333 ext. 1179 or [bwynne@jfedsnj.org](mailto:bwynne@jfedsnj.org).

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## AWARD-WINNING LGBTQ PROGRAMMING



JFCS is the proud recipient of the Network of Jewish Human Service Agencies' 2019 "Pillars of Excellence" Award for best practices in addressing the needs of LGBTQ+ individuals, their families, and the broader community!

### Project Rainbow

A supportive and inviting environment for teens in grades 7 through 12 who identify as LGBTQ and their allies.

For more information, contact Nancy Lubars at [nlubars@jfedsnj.org](mailto:nlubars@jfedsnj.org).

*A collaboration with the Katz JCC. Grant funding provided by the Camden County Board of Freeholders and the Jewish Community Foundation.*

### Aging With Pride

A welcoming space to share resources, build relationships, and discuss unique issues affecting older adults who identify as LGBT.

For information, contact Reva Farenback-Brateman at [rfbrateman@jfedsnj.org](mailto:rfbrateman@jfedsnj.org).

*Sponsored by Timothy Rice Estate and Elder Law (TREEL).*

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For more information on sponsorships, legacy giving, or other giving opportunities, please call Beth Wynne at (856) 424-1333, Ext. 1179 or email [bwynne@jfedsnj.org](mailto:bwynne@jfedsnj.org).

\* Of blessed memory



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1301 Springdale Road, Suite 150 | Cherry Hill, NJ 08003  
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#### Family Assistance Center

1309 West Route 70 | Cherry Hill, NJ 08002  
Phone: (856) 433-8225 • Fax: (856) 685-7570

#### Special Needs Department

Weinberg Commons  
1721 Springdale Road | Cherry Hill, NJ 08003  
Phone: (856) 424-1333 • Fax: (856) 424-2840

#### Burlington County Office

Tall Oaks Corporate Center | Building One, Suite 100  
1000 Lenola Road | Maple Shade, NJ 08052  
Phone & Fax: (856) 793-7710

[www.jfcssnj.org](http://www.jfcssnj.org)

JFCS is part of the Network of Jewish Human Service Agencies (NJHSA).  
Accredited by the Council on Accreditation for Family & Children's Agencies (COA).



## MARK YOUR CALENDAR!

### JFCS ANNUAL MEETING AND RECOGNITION OF BOARD, STAFF, AND VOLUNTEERS

September 24 at 7:30 pm  
Katz JCC Social Hall

### HIGH HOLIDAY FOOD SORT

October 13 at 9:00 am  
Weinberg Commons

### 14<sup>TH</sup> ANNUAL DUBROW VOCATIONAL CELEBRATION BREAKFAST

November 22 at 8:00 am  
Katz JCC Social Hall

### STEPPING OUT WITH JFCS

February 8, 2020 at 7:00 pm  
Congregation Beth El

For information on these events, and many more throughout the year, visit [www.jfcssnj.org/calendar](http://www.jfcssnj.org/calendar).