



A publication from Jewish Family & Vocational Service ♦ Louisville, Kentucky ♦ Winter 2007



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Jewish Family & Vocational Service is a non-profit comprehensive human services organization founded in 1908, serving the entire community with programs focusing on family, work, education, older adults, immigrants and refugees. Programs include:

- ❖ Adoption Services
- ❖ Career Management
- ❖ College Advisement
- ❖ Counseling
- ❖ Klein Older Adult Services
- ❖ Multicultural Services

99 Years Old and Counting...

Planning already has begun to celebrate the 100th anniversary of JFVS in 2008. We wish to receive any memories, documents, photos, stories, etc., that relate to JFVS through its 100-year history. We need creative individuals to serve on the 100th Anniversary Planning Committee. To donate historical information about JFVS or to serve on the committee, contact Judy Freundlich Tiell at ext 224.

When You Think You Have No One to Talk To, We're Here

Counseling Services at JFVS help resolve personal and family problems that affect individuals and their loved ones. Every year, JFVS therapists see many people seeking guidance and comfort to manage life's many challenges. Through counseling sessions and treatment, JFVS has brought light to once dark circumstances and helped heal the wounds of painful situations.

Reconnecting an Estranged Parent and Child

Brian was a young, irresponsible father who divorced Susan and lost contact with his daughter, Sarah. Susan remarried and brought a responsible, loving stepfather, Sam, into her daughter's life. After a few years, Brian matured and wanted a relationship with Sarah. Through supervised visits at JFVS, Brian apologize to Sarah and reassured her that his absence was not a fault of hers but because he was young and made some bad choices. Brian also learned some general parenting skills and the family developed a plan for having both Brian and Sam in the Sarah's life. JFVS helped minimize the negative effects of this family divide. Today Brian and Sarah are still building their relationship and enjoy spending time together.



Overly-Stressed Child Involved in Too Many Activities

Gail and Paul wanted to give their only child, Matt, every opportunity in life for learning and exploration. Though well intended, they failed to give him one of the most important opportunities – the time to relax and be a kid. Matt became overly stressed and anxious with the full schedule

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Educational Forum Feb 11- Leading Psychiatrist Dr. Edward Hallowell to Discuss ADD/ADHD



Dr. Edward "Ned" Hallowell, leading child and adult psychiatrist and founder of The Hallowell Center for Cognitive and Emotional Health in Sudbery, MA,

will speak at the Jewish Family & Vocational Service Education Forum on February 11, 2007 at Roth-Fuenfer Auditorium at Keneseth Israel Synagogue from 1 - 5 p.m. Dr. Hallowell's topics will be *Attention Deficit Disorder: Celebrating the Strengths & Meeting the Challenges* and *Worry & Stress: Hope and Help for a Common Problem*.

"Dr. Hallowell is an expert in the areas of ADD and ADHD", said Judy Freundlich Tiell, Executive Director at JFVS. "We often see families and their loved ones at JFVS struggling with these disorders and would like to provide our community with Dr. Hallowell's knowledge on how to cope and lead a healthy life."

There will be an educational fair as well as a book signing of Dr. Hallowell's current editions. He has authored many books including *Driven to Distraction, Delivered from Distraction*, and *CrazyBusy: Overstretched, Overbooked and About to Snap - Strategies for Coping in a World Gone ADD*. Dr. Hallowell has appeared on

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JFVS is always here throughout every season of your life.



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JFVS is grateful to be a recipient of
financial support from many sources
including:



*From our Executive Director
and President of JFVS...*



This is a season of giving thanks
and at JFVS we have many peo-
ple whom we would like to thank.

Sonny Meyer donated turkeys so that families
could enjoy a Thanksgiving meal. 45 Jewish chil-
dren are being helped through the Hanukkah Help-
er program. Volunteers throughout the community
have donated new clothing, toys, accessories and
school supplies which are now being organized and
wrapped by Sharon Ran and Joan Sonnheim from
Temple Shalom so that they can be distributed by
JFVS. The Chanukah Mitzvah project participants
created decorations for Four Courts and Chanukah
foods for families in our community under the lead-
ership of Sally Davis. Lowell D. Katz, past presi-
dent of JFVS, emceed an evening at the Comedy
Caravan, providing a lot of laughs while Tom So-
bel, owner of the Comedy Caravan donated much
of the receipts generated that evening. The Lee W.
Robinson Company included JFVS in its charitable
project and donated sales from one day in
November to the Agency.

We are proud that we can offer so many varied
services to so many different people at JFVS.
We have a group who are involved with 12 Step
Recovery programs who are meeting in order to
develop some ways to educate Jews about addic-
tion, as well as find fellowship and connections for

themselves. A family from the
Sudan has purchased their
first home, after saving mon-
ey through our federally funded IDA program.
They attended our financial skills classes and are
on their way to a better life. Thanks to funding
from the Klein Family Foundation, our new van
and driver have increased our capacity to provide
transportation for seniors through the PALS pro-
gram, and the demand grows each week.

Many of us on an individual basis are thank-
ful in our own lives for good health, love and
companionship, a meaningful job. Some of
our clients do not have these benefits and turn
to us for help. At JFVS we help people to iden-
tify their strengths and provide them with the
tools to manage the challenges of their daily
life. We appreciate your partnership with us
to create stronger individuals and a stronger
community.

Sincerely,

Barbara Goldberg

Barbara Goldberg

Judy Freundlich Tiell

Judy Freundlich Tiell

Honorary Chairs Announced for 2007 MOSAIC Awards

David Jones, Jr. and Mary Gwen Wheeler will be
the honorary chairpersons of the 2007 MOSAIC
Awards scheduled for May 15, 2007. "David
and Mary Gwen attended the first event and be-
lieve strongly that Louisville's growth entrepre-
neurially and culturally is linked to welcoming
immigrants and refugees to our community,"
said Terri Bass, co-chair of the event committee
with Jessica Loving. "Their involvement will
raise awareness of the issue and the multicul-
tural services provided by JFVS." Individual
tickets are \$100 per person and numerous levels
of sponsorships are available to individuals and
businesses. Contact Beverly Bromley at (502)
452-6341, ext. 223 for event details.

Nominations Being Accepted Now

The MOSAIC Awards represent Multicultural
Opportunities for Success and Achievement
In our Community and honor immigrants and
refugees who have made a significant contribu-
tion in their field and in the community. JFVS
is seeking nominations now through January
12, 2007, for new or first-generation immi-
grants and refugees who excell in the fields
of medical/health care, education, technology,
business/commerce, entrepreneurs, govern-
ment, sports and the arts. Nomination forms
are available by calling Beverly Bromley or on
the JFVS web site, www.jfvs.com.

KENTUCKIANA WORKS



CRI Now Offering Career Search Services at JFVS

JFVS is now a one-stop career access center via a new collaboration with Career
Resources Inc (CRI). CRI is the federal one-stop career center for Metro Lou-
isville that provides employment search services to the entire community at no
charge. Through this partnership, a CRI career counselor now operates out of the
JFVS computer lab on Tuesday and Thursday from 10 a.m. - 4 p.m., providing
up-to-date job postings and techniques to make the job search easier. Both organizations hope to see
an increase in cross referrals as they have the capability of servicing the same clients in different,
beneficial ways. For more information, contact Bob Tiell at JFVS at 452-6341 ext. 230.

Adoption Fair Jan 21st

JFVS is participating with WLKY-TV Wednesday's Child and numerous other adoption agencies in an Adoption Fair on Sunday, January 21, 2007, from 1 – 4 p.m. on the University of Louisville Shelby Campus.

Workshops include:

- Adoption 101
- Special Needs Children in Kentucky & Indiana
- International Adoptions

For information call 1-800-928-4303 or go to www.wednesdayschild.com



2006 Chanukah Mitzvah Project

JFVS Family Mitzvah Committee hosted its annual Chanukah Mitzvah Project on Sunday, December 3rd at JFVS. Fifty-three parents and children created decorations to donate to Four Courts and collected Chanukah foods to give to Jewish families.



Kenneth Litwak helps his daughter Sarah with her craft



Emma Kronenberg showing her hand-crafted dreidel.

Preparatory Workshop for Duke University TIP Students

Seventh-grade students, chosen by the Duke University Talent Identification Program (TIP), and their parents meet with Ellen Shapira, JFVS Educational Counselor, to learn how early ACT testing can help access the student's abilities in relation to his/her gifted peers and what level of educational challenge is appropriate in the future. Since 1980 over 1.8 million gifted youth have explored the heights of their abilities through the Duke TIP Talent Search.



AARP and JFVS Find A Niche

For the past several months, JFVS and AARP of Kentucky have presented a series of free workshops for people aged 50+ wanting to find employment or improve their job prospects and careers.

"We've seen a dramatic increase in the number of clients who are mature workers," said Bob Tiell, Director of Career Services at JFVS (shown left). "This is a natural collaboration with AARP as JFVS is helping meet the needs of this growing segment of the workforce."

The series has been such a success, JFVS and AARP are planning future workshops. Contact Bob Tiell at 452-6341 ext. 230 for more information.



Ten-Year-Old Chooses Not to Get on her Birthday But to Give

Ten-year-old Emily Wolff, shown here with donations for the JFVS Food Pantry, chose to forego presents for her birthday and asked the sixteen students who attended her party to instead donate food. Our thanks to Emily for this very generous birthday Mitzvah project. For more information about giving to the JFVS Food Pantry, contact Shelley Kahn at 452-6341.



Counseling Services at JFVS

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of activities and events in which his parents had him constantly involved. The family came to JFVS searching for guidance on how to, as a family, balance their lives and learn how to properly choose just a few activities to enrich the Matt's life while leaving plenty of time for "creative boredom." The family decided to participate in only two activities and things changed; Matt flourished in these activities and became an overall happier, healthier child. The parents also learned they were, in fact, very positive role models in their child's life and began to spend more time together as a family.

Marital Counseling

Jane and Chris were married at young age and immediately began having adjustment difficulties. They were from entirely different backgrounds and held opposing ideas and expectations about certain values and responsibilities on how to manage family finances. They began marital counseling at JFVS in hopes of learning techniques for sharing responsibilities, balancing finances, and compromising. Through counseling they learned how to manage this common life stage and therefore grow in their marriage. They learned to talk *to* each other, not *at* each other. Today they are happily married with children.

Those who feel alone or think they have no one who understands what they are experiencing can find support and direction at JFVS. Understanding the sensitivity of these situations, JFVS therapists are cognizant to the clients' welfare and confidentiality. Through Metro United Way, the Jewish Community Federation and donors, JFVS also offers a sliding fee scale based on income so that no one is turned away.

Dr. Hallowell Forum

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many national television broadcasts including *60 Minutes*, *20/20* and *Oprah*.

The general public is invited for \$15 pre-registration or \$25 day of forum with registration beginning at 12:00 p.m. Three hours of Continuing Educational Credits will be offered for \$60 pre-registration or \$75 day of forum for physicians and psychiatrists, psychologists, social workers, therapists, counselors, teachers, principals and school counselors. Contact Beverly Bromley at 452-6341 for tickets or additional information.

Classes, Seminars, Workshops and Support Groups

Educational Forum Featuring Child and Adult Psychiatrist Dr. Edward Hollowell - On Sunday, February 11 at Keneseth Israel Synagogue leading child and adult psychiatrist Dr. Edward Hollowell will speak on the topics of *Attention Deficit Disorder: Celebrating the Strengths & Meeting the Challenges* and *Worry & Stress: Hope and Help for a Common Problem*. Three hours of Continuing Educational Credits will be offered for \$60 pre-registration or \$75 day of forum. The general public is invited for \$15 pre-registration or \$25 day of forum with registration beginning at 12:30 p.m. Contact Beverly Bromley at ext. 223.

Winter SAT Preparation Workshop - Recommended for high school juniors preparing to take the SAT. Classes will meet Monday evenings beginning January 8 through March 5, from 7-9 p.m. Workshop fee is \$160 and includes two textbooks for SAT preparation. Class limit is 20 students. To register, call Janet, ext. 222.

BRAC 1 and 2 Positive Support and Education Group - Monday, January 29 at 7 p.m. at JFVS. Contact Andrea Lewis at 629-4363 at the Genetic Counseling Service at Norton Health Care or Judith Cumbler, LCSW at ext. 231 to sign up or for more information.

MOSAIC Awards - The 2nd annual MOSAIC Awards will be held May 15, 2007. This civic event honors immigrants and refugees who have

made a significant contribution in their field and/or community. David Jones, Jr. & Mary Gwen Wheeler will serve as Honorary Co-chairs. For more information, contact Beverly Bromley at ext. 223. Proceeds from the MOSAIC Awards benefit JFVS.

Caregiver Support Group - meets at locations in Jefferson and surrounding counties. One group meets at JFVS the 4th Thursday of the month at 7 p.m. while many other ongoing groups are available in the community. These groups help adult children of aging parents learn about community resources and ways to balance their needs with those of aging relatives. Contact Mauri Malka at ext. 250 or maurim@jfvs.com.

Parkinson Support Group - 11 a.m. on the second Wednesday of each month at JFVS. Contact Marilyn Bornstein ext. 278.

Job Seekers Resource Group - Every Thursday from 11:30 - 1 p.m. at JFVS. Job seekers will have the opportunity to network, as well as learn basic job search skills from an experienced career advisor. You may bring your lunch. Contact Leslie Sanders at ext. 334 or lesliesanders@jfvs.com.

For more information, call JFVS
(502) 452-6341 or go to our newly
updated website at www.jfvs.com.

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Special thanks to Stock Yards Bank & Trust for sponsoring the Seasons newsletter. For more information about Stock Yards Bank & Trust, contact Cheryl Carl at (502) 625-9167 or visit their web site at www.syb.com.



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Happy Chanukah!

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B'yahad Annual Campaign

Together we can:

- provide hope for families
- support our senior population
- open doors for education & career choices, and
- invest in the lives of New Americans.

Contact JFVS to donate to the Annual B'yahad campaign or donate online at www.jfvs.com