

Upcoming JFVS Programs

ACT Preparation Workshop - meets for the fall session at JFVS Mondays and Tuesdays Nov. 7 - Dec. 6 from 7 to 9 p.m. The cost for the workshop is \$150 (including textbook). Limited to 20 students.

Cancer Support Group - meets at JFVS the 2nd Wednesday of each month at Noon. Please bring your lunch.

Caregiver Support Groups - meet at locations in Jefferson and surrounding counties. One group meets at JFVS the 4th Thursday of the month at 7 p.m. These groups help adult children of aging parents learn about community resources and ways to balance their needs with those of aging relatives.

Choosing Your Child's School - Parents of children entering kindergarten will meet at the Temple in the fall (Date and Time to be announced soon!) This program includes a school fair with representatives of local, private, public and parochial schools and a presentation by a JFVS educational counselor.

Family Mitzvah Event - meet at Four Courts on Oct. 30 from 3 to 4:30 p.m. for a Fall Harvest Parade. Wear your costumes and come to share time with the residents. Snacks provided.

Now I am a Parent, Where is the Instruction Book? - Parents of infants will meet at the JCC Sept. 12 from 7 to 8:30 p.m.

Parenting 911 Workshop: Child Development - Parents of children from birth to 18 months old will meet at the JCC on Nov. 9 from 7 to 8:30 p.m.

Parenting 911 Workshop: The Hurried Child - Parents of preschoolers will meet at the JCC Sept. 26 at 6 p.m.

Parenting Seminar - Parents of middle schoolers will meet at the Temple on Nov. 6 from 10 a.m. to noon.

Parkinson Support Group - Friends of and people with Parkinsons will meet at JFVS the 2nd Wednesday of each month at 11 a.m.

Retirement Support Group - meets at JFVS the 3rd Thursday of the month from 11 a.m. to Noon. Participants will explore and share experiences of retirement while finding ways to enrich it.

SAT Preparation Workshop - meets for the fall session at JFVS twice a week Aug. 29 - Sept. 27 from 7 to 9 p.m. The cost for the workshop is \$150 (including textbook). Limited to 20 students.

Surviving Middle School: Looking Toward High School, College and Beyond - Parents of middle schoolers will meet at JFVS on Oct. 27 from 7 to 9 p.m. This program addresses issues parents face in helping adolescents transition into high school.

For More Info Call JFVS (502) 452-6341



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SEASONS
The JFVS Newsletter

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JFVS is a non-profit human services organization that has provided services to the general and Jewish communities since 1908. Programs include:

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

Did you know?

JFVS Klein Older Adult Services worked with over 300 caregivers in 2004.

JFVS Klein Older Adult Services helped 25 older adults with their perscription expenses in 2004.

JFVS Senior PALS Services can help older adults get to medical appointments or around town.

Everyone Gains with New *Volunteers Invest in People* Program

JFVS is pleased to announce that it has received a grant from the Retirement Research Foundation (RRF), based in Chicago, IL. The purpose of the grant is to expand volunteer opportunities for senior adults in our community, while enhancing the quality of their lives, through a new program entitled JFVS VIP Program (Volunteers Investing in People).

"The needs of older adults in our community are great and the resources for services are limited," stated Mauri Malka, Director of JFVS Klein Older Adult Services. "This grant will enable us to provide volunteer-staffed services that our clients would not otherwise receive. Additionally, it will help seniors gain access to meaningful volunteer experiences in our community. Everyone gains with this program."

RRF is the nation's largest private foundation devoted solely to serving the needs of older Americans. RRF strives to ensure that today's seniors remain vibrant, vital participants for our society.

"We are gratified that the RRF has the confidence and commitment to recognize this innovative program that will have such a positive impact on older adults," said Judy Freundlich Tiell, executive director of JFVS.

Seniors 65 and older are the major focus of the

volunteer project; however, anyone 21 and older is eligible and encouraged to volunteer.

Program staff are assessing community and organizational needs to identify meaningful volunteer opportunities. Currently, volunteers are needed at JFVS to serve as friendly visitors, Senior PALS drivers, shoppers, phone buddies, and bill organizers. As the program evolves, the volunteer opportunities will increase and vary by categories including fulfilling specific needs for recipients, and by fulfilling special interests of the volunteer.



All volunteers will receive training for their position and ongoing supervision. Time commitments may vary from a few hours each week to a few hours each month, or even a once per year specific job, such as a gardener willing to create a flower garden, a computer savvy person teaching a senior to e-mail, or a friendly visitor

sharing his/her travel experiences.

Shelley Kahn, formally of Four Courts Senior Center, is the new volunteer coordinator. Shelley has been an active volunteer in the Louisville community for 30 years and has extensive experience working with senior adults.

Please call JFVS at (502) 452-6341 and contact either Shelley Kahn to volunteer or Mauri Malka to receive our volunteer services.

JFVS and JCC Raise Over \$75,000 at Republic Bank & Trust Golf Challenge

The Jewish Family & Vocational Service and the Jewish Community Center of Louisville will net more than \$37,000 each from the second Republic Bank & Trust Golf Challenge, held June 20, 2005 at Chariot Run, the golf course of Caesars Indiana.

"The weather was perfect, the course was in great shape, and we raised a lot of money for our two organizations," said Jay Klempner, chair of this year's joint, 47-member planning committee.

Republic Bank was the title sponsor, with Chairman of the Board Bernard Trager and his wife, Jean, acting as honorary chairs.

Bank President Steve Trager was instrumental in securing a number of major sponsorships. Congratulations to the winning team of Howard Markus, Dr. Ron Levine and Ed Rothschild.

There were 45 sponsoring businesses and individuals who gave \$250 - \$5,000. Volunteers garnered another 130 contributions from businesses throughout the community for door prizes, auction items and raffle prizes. JFVS is most appreciative for their generous support and encourages members of the community to patronize the businesses listed on our website, www.jfvs.com.



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 President ...



At our Annual Meeting in June, we celebrated many of the accomplishments of our clients, Board, volunteers and staff. It was wonderful to hear how JFVS services have made such a positive impact on so many people.

Our Board Development Committee, chaired by past president, Steve Shapiro, presented a strong slate of candidates for new officers and Board positions. Debbie Friedman was also named an officer and I look forward to her growing leadership.

I am pleased to welcome the following new members, each of whom brings specific expertise and talents to help JFVS move forward. Caren Carney has experience in marketing and sales and is presently working in hotel sales at Hawthorne Suites. Amy Wisotsky returns to the JFVS Board, bringing expertise in human resources, training and development. She is presently a manager of human resources at Brown Forman Distillery Company. Sandi Friedson, past president of NCJW, brings to JFVS experience in strategic planning and marketing. Martin Margulis, retired CEO, will lend his expertise in business planning. Bernie Sweet, a retired business owner, adds knowledge and talents in small business development, marketing and fundraising. Marsha Beck Roth, Courier-Journal columnist and storyteller, joins the JFVS Board bringing expertise in programming and the Jewish Community.

In addition, we are pleased that four Federation Young Leadership interns will join us on the Board: Stephanie Mutchnick, Brian Segal, Debbie Rowe and Melissa Shuster. I am proud of the team of Board members who will serve JFVS this year and work closely with staff to ensure that our programs and services are mission driven, fiscally responsible and meet the needs of our clients.

Sincerely,

Lowell D. Katz, M.D.

New Program Helps Young Adults with Career Options

College students and graduates should plan to attend a free workshop on September 20 at 7 p.m. in the JFVS Louis and Lee Roth Family Center introducing a new JFVS program, *Stop the McJob Cycle*.

The program will educate and coach young adults on how they can advance in the job market. Those who will find the most benefit from the program include college graduates who have been unable to break into careers within their field of study, or who are in college but are unclear about the road to get to the jobs they aspire to and thus have turned to low-wage, low-prestige jobs.

JFVS Therapist Lauren Kehr and Career Counselor Leslie Sanders will lead this program, which will help clarify the steps to take in order to reach an individual's goal.

From our Executive Director...



Every non-profit agency faces challenges and changes to ensure that its services meet the community's needs and are provided in the most fiscally responsible way. In response, JFVS continues to evaluate and improve services and is exploring new ways to involve the community in programs as

volunteers, collaborators and donors. However, we are competing for fewer dollars to fund our services and rising demands by funders and donors. In this competitive environment, JFVS is facing these challenges directly. Our revenues fall in the following categories: 24% - private and government grants; 22% - Metro United Way; 17% - fees for service; 13% - the Jewish Community Federation; 9% - fundraising; 5% - investments; and 10%- other revenue sources. We strive to provide high quality services that are both mission compatible and financially sound. This will require new efforts to increase fundraising income and to diversify our funding sources.

Serving the elderly is a key component of our mission. We received our latest grant from the Retirement Research Foundation in Chicago, which allows us the opportunity to establish a new program providing meaningful, innovative volunteer activities for seniors and to match the elderly who need volunteers with appropriate people. I am very excited that Shelley Kahn has joined the staff of JFVS to implement this program. She brings a wealth of experience and knowledge in volunteer development and community resources. This project meets the criteria established above and will help us to secure the future of JFVS.

If you have any questions about this project or any JFVS service, please contact me at jftiell@jfvs.com or (502) 452-6341.

Sincerely,

Judy Freundlich Tiell

"Often young people know they want a better job that will be more rewarding both emotionally and financially," said Kehr. "The problem is not the desire, but rather the focus and direction to get the desired outcome."



The *Stop the McJob Cycle* program will help individuals clarify career goals, overcome road blocks to independence, and enhance job search skills. Fee-paid options include group workshops, individualized counseling, and/or career assessments.

For more information about this or other career management, college advisement or counseling services call JFVS at (502) 452-6341.

Jewish Family & Vocational Service is always here...

JFVS Annual Campaign Helps Thousands in Louisville Community

In 2004, JFVS served over 6,000 people from diverse backgrounds. Each had different needs but with one thing in common – they all came to JFVS seeking change, support and information.

To raise the funds that will help meet the ever challenging circumstances that our clients confront, JFVS holds an annual membership campaign. This year the goal is a Triple Chai (\$54,000). This is a 35% increase over last year's contributions. In Judaism, giving money in multiples of \$18 is symbolic of giving "chai" or life.

"We see increased needs that give us impetus to develop new and innovative programs in areas such as parenting, life coaching, and care-giving for older adults," said Judy Freundlich Tiell, Executive Director. "Reaching our goal will allow us to better serve the human needs of our whole community."

Watch your mail for our correspondence in August and please support JFVS with your generous membership contribution.



Your important gift to the annual campaign can help...

- A family in need of emergency food supplies.
- A senior adult in need of transportation.
- An elderly couple struggling with the aging process.
- A recently divorced mother in need of life/career options.
- A childless couple realizing their dream of adopting a child.
- Parents looking for ways to reach a teenage son suffering from depression.
- A Bosnian refugee wanting business and financial advice to open a restaurant.

...throughout every season of your life.

Testimonials Highlight of Annual Meeting

During the JFVS Annual Meeting held on June 21, representatives from the Metro United Way and the Jewish Community Federation offered words of praise for the achievements that JFVS has accomplished in the last year. Throughout the evening thanks was given to staff, volunteers, Board members, and financial supporters for all the effort that went into these improvements. In addition, four JFVS clients provided testimonials about how JFVS helped to improve their lives.



Josephat Sebuduga
JFVS Client

JFVS Summer Scrapbook

JFVS Brings Generations/Cultures Together

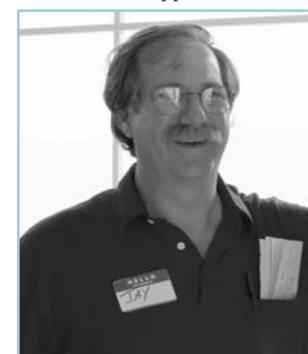
Multiple generations gathered together to share stories, sing songs, and have snacks at Shalom Tower on June 29 for the 2005 JFVS Summer Family Mitzvah event. Special thanks goes to Sally Davis and Julie Ciriano, who co-chaired the event.



Norma Nieman reads to Elizabeth Davis and Rebecca Ciriano



Henny Witzer reads to Emma Kronenberg and Greg Schwartz



Jay Klempner



Mindy Needleman and Patti Schiller



Bernard Trager, Carolle Jones Clay, and Judy Freundlich Tiell



Reed Weinberg



Special thanks to Stock Yards Bank & Trust for sponsoring the Summer 2005 issue of *Seasons*. For more information about Stock Yards Bank & Trust, contact Cheryl Carl at (502) 625-9167 or visit their web site at www.syb.com.