

INTOUCH

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JFS 
OTTAWA
JEWISH FAMILY SERVICES

**CELEBRATING
40 YEARS**

EXECUTIVE DIRECTOR'S MESSAGE

As we wrap up 5779 and celebrate JFS's 40th anniversary I would like to take this opportunity to thank our staff, Board of Directors, volunteers and supporters who make it possible for JFS to do the good work we do.

I am proud of the commitment, energy, professionalism and client-focused care that our staff brings to the agency, whether they are a clinical therapist, a receptionist, a program coordinator, a settlement worker or any other position at JFS. And, I am grateful for the tremendous care given to both our clients and community. I would especially like to thank Andrea Gardner, our Associate Executive Director for her hard work and dedication.

With appreciation I would like to acknowledge the support and commitment of the Board of Directors who volunteer their time and expertise, which contributes to the success of JFS. Many thanks to Jack Shinder for his leadership over the past 3 years as the Chair of the Board, and welcome to our incoming Co-Chairs, Steven Morgan and Dr. Mark Luden.

JFS plays a critical and dynamic role in our community and throughout our 40 years we have continually demonstrated this with our innovative programming including (to name a few): Somali Youth Mentorship program, our Walk-in Counselling clinics, our Jewish Adult Day Program, and our Shalom Bayit program.

It is important for us to listen to community needs and find ways to respond. We are thankful to our funders and donors who have provided us with the opportunity to respond to these needs, allowing us to create programs for both Jewish Community, and for the community at large.

The Jewish New Year offers a chance to be introspective and with that, a sense of renewal. It is through this lens that I will reflect on the past year and move forward with excitement and intent. With our amazing staff and programs at JFS I am filled with optimism for our future. As we move forward, we will build on what we have created and continue to develop new and innovative ways to support our community.

To you and those you care for, may this year be filled with sweetness.

L'Shana Tova!

Sarah

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1978

Jewish Social Services Council recommends the formation of the Jewish Social Services Agency (JSSA) the following year.

1979

JSSA starts with 3 staff members. Initial programs: Jewish senior support, an information and referral service and services to children and youth.

1988

Home Support Services launched, including Kosher Meals on Wheels, Palliative Care, Homemakers and Teleshalom.

1990

Immigration services for Jewish immigrants from Russia ramp up. JSSA creates support programs for the Somali community, eventually becoming the Somali Centre for Family Services in 2009!

JFS OTTAWA'S IMPACT



Social Skills Group

A small, specialized multi-family group designed to help your child grow in a number of key areas:

- Breaking down barriers in making friends and socializing
- Conflict resolution strategies
- Anxiety and stress-reduction techniques
- Engaged listening and problem-solving skills
- Recognizing and managing emotions
- Enhancing self-esteem, assertiveness and confidence
- Self-care and coping

For more information about this program, contact: Gabrielle Wilson at gwilson@jfsottawa.com or 613-722-2225 (ext. 395).

WHAT INFLUENCES OUR PROGRAMS

Building an Inclusive Community

With 20% of our community living with some form of disability, JFS is committed to providing an inclusive and accessible space for its clients, staff and program partners. Reinforcing our commitment to create equality, equity and inclusion, means that JFS also provides guidance and support to community partners who share these same values. We are pleased to act as an 'incubator' for JOIN (Jewish Ottawa Inclusion Network) and to have participated as a partner organization for the *Pushing the Boundaries: Disability, Inclusion in the Ottawa Jewish Community* conference held earlier this year. To honour one of the commitments coming out of this successful conference, JFS, Tamir and Jewish Federation of Ottawa along with committed volunteers and families with lived experience, are creating an 'inclusion committee' to investigate best practices of how to advance the cause of inclusivity in our community.

Donor Survey

Our donors are our lifeblood and we're always interested in hearing from you. Please take a few minutes and tell us how we're doing. The survey can be found online at:
www.surveymonkey.com/r/YQZBQ2Q

1991

Name change to Jewish Family Services of Ottawa-Carleton.

1993

Number of clients reaches 1,000+ for the first time.

1996

Launch of the Tikvah Fund offering immediate support for 100 vulnerable Jewish clients.

1997

Expansion of JFS Ottawa counselling services into Jewish day schools.
Launch of the Kosher Food Bank.

THE DIFFERENCE WE MAKE

OTTAWA GROCERY BUS

Our Diverse Seniors Support Services team recently launched its Ottawa Grocery Bus program to support its Arabic speaking and Somali senior clients. This program consists of staffed transportation to and from Billings Bridge once a month with the support from volunteers and staff.

This grocery bus is more than just a means of transportation for our clients--it serves as a social activity for marginalized immigrant seniors. The program connects these seniors with staff and volunteers that are linguistically and culturally appropriate.

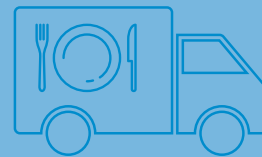
JFS Ottawa delivers many programs and services such as this to remove barriers so our clients can live independently and with dignity.

SHOAH PROGRAM

JFS assists survivors of the Shoah (Holocaust) to age with dignity in their own homes.

Last year 72 survivors were provided with almost 3,000 hours of homecare services including personal support workers, house cleaning, and assistance with errands, grocery shopping, accompaniment to doctor appointments and medical tests, etc. In addition, low income Survivors are provided with goods and services such as: rent assistance, hearing aids, dental care, groceries, safety equipment, walkers, orthopedic wear, etc.

To support this work directly, donate online or by cheque and designate your money to the 'Shoah Case Management Fund'.



Meals on Wheels

Do you know of someone who is unable to manage grocery shopping or preparing meals? Or, just need an occasional break from cooking?

Get freshly prepared Kosher meals delivered through Kosher Meals-on-Wheels. KMOW is under strict kosher supervision, and also meets Hallal dietary requirements.

For more information, current menus, or to place an order, please contact the Kosher Meals on Wheels (KMOW) office at **613.722.2225, ext. 315** or **kmow@jfsottawa.com**

1998

Russian Drop-In Centre opens.

1999

Tikvah clients surpass 500!

2001

Street Smarts launches.

2003

JFS Ottawa moves its offices to its current location on Carling Avenue.

STAFF MEMBER SPOTLIGHT



RITA DRESSED UP AND HAVING FUN WITH HER GROUP ON A VISIT TO A HISTORIC FORT.

In this issue our Staff Member Spotlight shines on Rita Bourianova. For the past 20 years, Rita has coordinated the Thelma Steinman Seniors Support Services program for our Russian Seniors community.

Rita started with JFS in 1999, just as the Russian-speaking seniors' program started. The program's goal was and continues to be: helping newcomer seniors to integrate into their new community.

Of all the programs she's helped develop for our clients, she says she is especially proud of the theatre program. Since 2016, 14 senior clients have staged theatrical performances. On the whole, 12 performances have been staged and attended by about 70 people each time.

Over her time with JFS, Rita has easily impacted the lives of 400+ clients, not including their family members, friends and visiting relatives.

Summing up Rita is embodied in these words from Lisa Rossman, Manager of the Thelma Steinman Seniors Support Services:

"When I think about a team member who 'goes above and beyond', I picture Rita Bourianova. Whether it's getting ready for a program, a play or a day trip, Rita puts in 150% so that the activity is executed perfectly. Rita has an innate ability of bringing clients together, of putting smiles on their faces and always surprising me with new program ideas (sometimes after they already happen!)."

ARCHIVES613

When many of us hear the word 'archives' we think of words like 'dusty' and 'inaccessible.' In today's digital world, this is certainly not the case! Bringing archives alive has been a goal of Zoe Thrumston, archivist for the Ottawa Jewish Archives. She has teamed up with James Gutman to present *Archives613*, 20-30 minute long audio archives telling the history of Ottawa's Jewish community. Their easy to access stories bring to life and add colour to our community's rich history. Join *Archives613* and JFS Ottawa on an upcoming podcast. [Listen at www.jewishottawa.com/ottawa-jewish-archives](http://www.jewishottawa.com/ottawa-jewish-archives)

2005

Funding received for a dedicated Shalom Bayit counsellor.
Miriam's Well launched.

2006

Thelma Steinman Seniors Support Services Unit is named.
Inez & Joseph Zelikovitz Settlement Unit is named.

2008

Diverse Seniors Support Services Unit is launched.

2009

JFS Ottawa counselling services re-branded as The Counselling Group.
Somali Centre for Family Services is spun off from JFS Ottawa.

JFS OTTAWA'S PAST AND PRESENT BOARD MEMBERS

Since its beginnings in 1979, JFS Ottawa's Board of Directors has played an integral role in our success. Acting as strategic visionaries, sage counsel and advocates in the community, these volunteers have shaped the agency into what it is today. On behalf of our team and Ottawa's Jewish community, thank you!

Janet Abramovitch
Ira Abrams
Christopher Adam
Murray Ages
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Adam Aptowitz
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Steve Aronson
Sam Asher
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Cecily Bregman
Danny Cantor
Barry Cantor
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George Caplan
Alf Chaiton
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Eric Cohen
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Riva Levitan
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Freda Lithwick
Arthur Loeb
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Ruth Radbill
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Elissa Resnick
Brenna Rivier
Shelley Rivier
Margo Rosen

Saul Ross
Esther Rossman
Linda Rossman
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Anita Wyczynski
Joel Yan
Toby Yan
Corinne Zagerman
Marina Zeldin
Ed Zeligman
Percy Zelikow
Lawrence Zinman
Richard Zuker

Caring for a Jewish Senior with mild cognitive impairments? Consider Binah, our Adult Day Program.

In a supportive, Jewish environment participants engage in cognitive stimulation activities and reminiscence therapy. The program provides for socialization, lots of laughter, and respite for caregivers.

For more information, please contact:
Jewish Family Services of Ottawa
613- 722-2225 ext. 392
seniorservices@jfsottawa.com
www.jfsottawa.com



2014 2015 2016 2019

Mental Health Walk-In Clinics open across the city.

Syrian refugee sponsorship program launched.

JFS Ottawa re-brands itself with its current logo.

JFS Ottawa celebrates 40 years with a staff of over 80!

DONOR RECOGNITION

Special thanks goes to our corporate sponsors:



JFS OTTAWA'S EZRA CAMPAIGN

The two highest forms of charity, according to Maimonides, our great philosopher, are those that aim to move someone out of poverty and that provide support with complete anonymity. Our clients represent a spectrum of needs--some need our help with short-term support allowing them to get back on their feet. Others need our full range of programs (financial relief, case management, counselling, advocacy and referral, holiday support and food security programs) to help them remain stable.

Later this fall, please watch your mail and inboxes for our annual Ezra Campaign appeal.

BOARD:

Jack Shinder— President	Christopher Adam
Steve Morgan— Vice President	Mitch Charness
Dr. Mark Luden— Vice President	Harvey Goldberg
Leslie Siegman— Treasurer	Riva Levitan
David Weinstein— Secretary	Cynthia Powell
John Jackson— Past President	Brenna Rivier
	Esther Rossman
	Hugh Shewell

JFS Annual General Meeting

Join us
on October 30th to help us celebrate 40 years of nurturing a stronger and supportive Jewish community and a more inclusive Ottawa!

October 30th, 2019 | 7-9 pm
Elaine Rabin Award presented to JOIN. Volunteer of the Year Award presented to Shelli Kimmel. Reception to follow.
Bayview Yards, 7 Bayview Station Rd., Ottawa
Please RSVP by October 23rd Online: bit.ly/JFS40years
By phone: 613-722-2225 x300

JFS OTTAWA
JEWISH FAMILY SERVICES

IS A BENEFICIARY AGENCY OF

- The Azrieli Foundation
- Immigration, Refugee and Citizenship Canada
- City of Ottawa
- Community Foundation of Ottawa
- Conference on Jewish Material Claims Against Germany
- Employment and Social Development Canada
- Jewish Federation of Ottawa
- JFSO Tzedakah Foundation
- Ontario Ministry of Citizenship and Immigration
- Ontario Ministry of Community and Social Services
- Champlain Local Health Integration Network (LHIN)/Ontario Ministry of Health and Long Term Care
- Ottawa Jewish Community Foundation
- United Way/Centraide Ottawa