



MANY HANDS

JF&CS
Jewish Family & Children's Service

ANNUAL REPORT 2022-2023

2022-2023 HIGHLIGHTS

The challenges facing our community—from social isolation to antisemitism to poverty to mental health crises—are pervasive, and often seem to compound one another.

Perhaps before the pandemic and the crisis in Israel, we looked at people struggling with challenges like these and thought, "That will never happen to me." Now we are all too aware that everyone is vulnerable—that any one of us might find ourselves in a situation where we need to rely on others for help.

Thankfully, no one has to go it alone. Thousands of people come together every year through Jewish Family & Children's Service to help our neighbors in need. Our staff, volunteers, and donors share a deep compassion, a commitment to the highest level of professionalism, and an integrated approach that combines services across multiple dimensions—psychological, logistical, social, legal, financial, and more. Their many hands come together to bear a burden no one can carry alone.

ISRAEL CRISIS RESPONSE

While this report covers the work JF&CS has done over the past two years to improve thousands of lives, we also note the emerging work over the past few months in the wake of the October attacks in Israel. We've helped more than double the number of callers to our Mental Health Connect helpline, launched new support groups, partnered with synagogues and university campuses to host gatherings, helped Israeli families relocate to Greater Boston, and more. Our ability to quickly launch new services is made possible because of philanthropic support—thank you!

Provided **566,424** HOURS OF PROGRAMMING and services for adults with disabilities

Provided **\$7 million** in client assistance

Galvanized **~2,500** volunteers annually

Improved **14,000+** lives per year

Served **2,280** people in **1,121** households with healthy food through Family Table—**15%** of whom are Holocaust survivors

Assisted **420+** Holocaust survivors with home visits, economic support, and socialization—**3x** the number of clients we served 10 years ago

Delivered **6,000+** Passover meals to people in need

Supported **50+** synagogues with mental health and wellbeing efforts

Provided in-depth, trauma-informed expertise to improve the mental health of **460** preschoolers at **6** schools

Helped **1,779** people navigate complex systems to find resources through our free helplines

Provided **9,000+** hours of bereavement support

Helped **549** new parents form healthy parenting attachments through home visits

Directly supported **1,048** older adults to age with dignity

Assisted **165** survivor households of domestic violence, including safety planning, and access to resources

Empowered **6,013** people to understand dementia in **9** different languages

LETTER FROM THE CEO



Dear Friends,

Every day at Jewish Family & Children’s Service, we hear from members of our community in real need. These are our neighbors, who are facing challenges from poverty, isolation, neurological diseases, and loss—just to name a few. In recent months, even more of our neighbors have sought mental health support in the wake of the crisis in Israel and the trauma of antisemitism at home. Our work at JF&CS is to be there for each of them.

In my role, I’m privileged to speak with many people that JF&CS has cared for. One consistent theme they share is that we see the human beings behind the problems, and we help people accordingly. That requires a commitment to our core Jewish values of caring for one another, along with broad and deep social service expertise.

It also requires many hands working together under one roof to tackle complex challenges. If someone comes to us needing food for their table, we provide that, but we also make sure their living situation is free from abuse, their parenting journey is supported, and their mental health is attended to. Our staff join hands across services and departments every day to offer an integrated set of supports to get folks on the right path.

And then there are the many hands that make up our unstoppable network of supporters. Our volunteers visit new parents every week, drive Holocaust survivors to medical appointments, and deliver food to those in need. Our donors make sure there’s a place to call when you don’t know where to turn to help an aging parent. Our community members offer a kosher 24/7 residence for adults with disabilities who want to live independent, Jewish lives. And so much more.

At JF&CS, many hands come together to carry out the constant work of improving lives. And your hands are chief among them. The vast well of generosity from you, our donors, enables all our work. Thank you for joining us to care for the community.

Gail Schulman
Chief Executive Officer

LETTER FROM THE PRESIDENT



Dear Friends,

As I look back on my three-year term as board president, I’m astonished by the number of people we’ve helped in truly life-changing ways. I got involved with JF&CS because I wanted to give back to the community. As my fellow board members will attest, you get far more out of serving this agency than you can ever give.

The work of this agency is near and dear to my heart, as it is to so many of you. Many of you know that my brother is deaf, so serving those with disabilities is very important to me. I’ve often thought how beneficial it would have been to participate in the support groups JF&CS offers for siblings of children with disabilities. Over my years as board president, I’ve heard from many in our community how grateful they are for the support this agency provides to clients, family members, and caretakers alike.

The diversity of services JF&CS provides directly to clients—by people who are so skilled, so dedicated, and so committed—is truly awe-inspiring. Our staff are the people who pick up the phone when someone is struggling with aging, parenting, financial pressures, mental health, and so much more. We respond nimbly to the real needs we see in the community, as evidenced by our work in the wake of the October 7 attacks in Israel. And then we hold people’s hands through it all. This is where the work happens.

To our loyal friends who understand how important JF&CS is to the health of both the Jewish community and the community at large, and who step up year after year to provide both the donations and volunteer service needed to continue this work: thank you.

Andrew Pearlstein
President, 2021-2023



Welcoming our new board president, STEVEN WEIL!

Steven Weil has been volunteering with JF&CS for the last thirty years. He has continued his hands-on work—in Bet Tzedek Legal Services as well as Family Table—while also serving on a host of JF&CS committees and as vice president since 2016. “To me there is no more important work than the work we do here,” says Steve. “And we do it all under one roof.”

As a partner in the law firm Doherty, Dugan, Cannon, Raymond & Weil, P.C., Steve specializes in civil litigation and family law. The son of a Holocaust survivor and a social worker, Steve has worked hard to marry these influences in his work as an attorney.

PUTTING PEOPLE ON A PATH TO ECONOMIC STABILITY

MANY HANDS

Claire's Story*



Claire, at age 71, has lived a difficult but joyous life. She raised her son as a single mom, participated in the sisterhood at her synagogue, and is now retired from her job at a department store in the same North Shore community where she's lived for over 40 years.

Without any savings, Claire was getting by on Social Security and government food stamps when her building was unexpectedly sold and her rent skyrocketed.

Claire's Rabbi introduced her to JF&CS Family Table, and the monthly delivery meant that she could count on a predictable balance of fresh fruits and vegetables, healthy proteins, and kitchen staples.

Deborah, a friend from her synagogue, helped Claire find a more affordable apartment, but the landlord required first and last months' rent up front in addition to a security deposit. Plus, the moving costs were significant.

Renée, Claire's caseworker at Family Table, connected her to the JF&CS Emergency Financial Assistance Program, which provided the funds that allowed Claire to move into an affordable apartment in her community.

JF&CS Mental Health Connect listened as Claire shared her struggle with the depression and isolation she felt during the pandemic, and connected Claire with a support group and a cognitive behavioral therapy program.

Claire came in the JF&CS door to Family Table to fill her pantry. Ultimately, her ties to Family Table led to economic stability, mental wellness, and fulfillment that she once thought she'd never feel again.

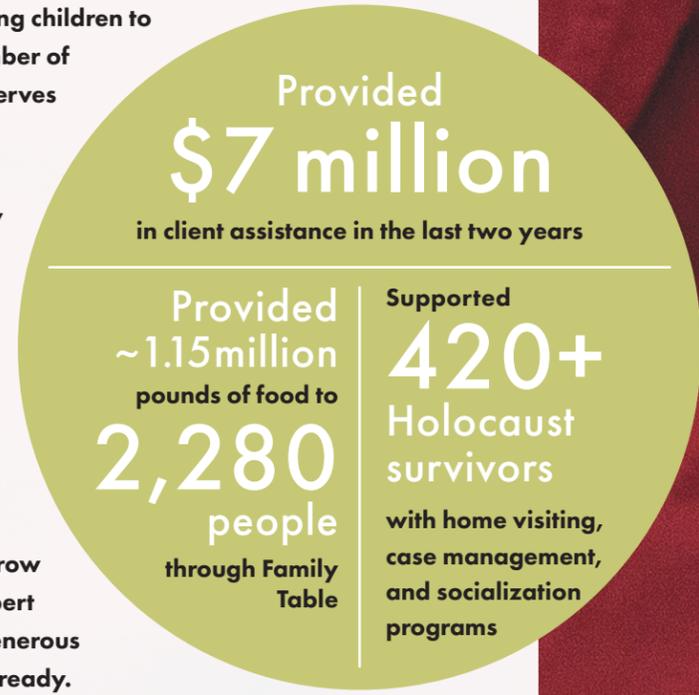
BECAUSE MEETING A PERSON'S BASIC NEEDS TURNS OUT TO BE ANYTHING BUT BASIC.

When a person is struggling to pay rent or buy groceries, navigating the complex systems through which essential resources flow can seem impossible. Without enough to eat, a safe place to live, and money for life's essentials, everyday inconveniences turn into emergencies.

JF&CS offers an integrated approach to helping people facing economic instability. We offer our clients emergency financial assistance, food aid, help accessing government benefits such as food stamps, legal aid, housing guidance, mental health support, and more. A major expansion of our Family Table Food Pantry has enabled us to serve many more families and will do so far into the future. We've also helped people navigate the end of pandemic-era increased benefits, counseling them on how to maximize their government benefits and providing guidance to partner organizations in this area.

Our clients are families with young children to older adults, and a growing number of Holocaust survivors. Our work serves the unique needs of the Jewish community—providing kosher food, overcoming cultural stigmas, marking lifecycle events—while also recognizing and serving the needs of the diverse populations that need our help throughout Greater Boston.

As COVID-19 emergency support measures expire and communities feel the pressure of inflation, this support will only grow in importance. Thanks to our expert staff, expanded facilities, and generous donors and volunteers, JF&CS is ready.



* Name and photo changed to protect client privacy.

ADDRESSING THE MENTAL HEALTH CRISIS

MANY HANDS



Mental Health Connect*

Elyse Nava, LICSW, Director of Community Resources and Mental Health Supports, oversees the JF&CS helplines. Through empathic, skilled conversation, our staff often uncover a constellation of needs and thoughtfully collaborate both internally and externally to help callers receive the help they require.

Sally called seeking help for her teenage daughter, who had experienced escalating mental health symptoms after moving cross-country right before the COVID-19 pandemic lockdown. Mental Health Connect staff educated Sally about what self-harm and crisis could look like and provided crisis-intervention resources.

Rob, bereft from loss and seeking human connection, called after his adult son died by suicide. Multiple staff collaborated on meeting his needs, from individual and group mental health support, to legal assistance with probate court, to transportation resources and home meal delivery, and a referral for help filing taxes.

Jane, a woman in her 60s, was looking for a new psychiatrist after her long-term provider retired. We helped her find a psychiatrist who took her MassHealth and Medicare health insurance. When she had trouble completing her new provider's online intake form, Mental Health Connect staff provided additional support.

Susie reached out when her adult son was experiencing active delusions and psychosis. After listening with compassion, JF&CS helped Susie call the local psychiatric mobile crisis team and get her son psychiatric inpatient treatment. She also connected with her local elder abuse agency to receive support when her son threatened violence.

"Nobody else believed me." —Susie

781-693-5562 | mentalhealth@jfcscsboston.org

ISOLATION. LONELINESS. STRESS. ANXIETY.

The COVID-19 public health emergency has left an unprecedented mental health crisis in its wake. Though our society has begun acknowledging the importance of mental health, stigmas remain—and crises are mounting fast.

Yet finding mental health resources is hard. JF&CS has deep expertise in mental health, with dozens of social workers and services to address anxiety, social isolation, postpartum depression, bereavement, persistent mental illness, and more. Mental Health Connect, our confidential helpline, connects people with expert advice and appropriate resources. It is a gateway to an array of supportive services at JF&CS. We now receive an average of six new calls a day to Mental Health Connect alone.

We run hundreds of support group sessions in a year—an enormous increase since pre-pandemic times. Guided by expert facilitators, these groups help people through different challenges of life: new, expectant, and adoptive parents; domestic abuse survivors; people who have lost a parent, partner, or a loved one, including to suicide; and people living with Parkinson's or Alzheimer's disease.

JF&CS will continue to be there for our community, enhancing supports to meet changing mental health needs.

Helped **3,000+** people navigate a mental health need

Led 468 bereavement group sessions, including specialized groups for partner loss, parent loss, and loss by suicide

Provided therapy matching services for **485** individuals, parents, and children

* Names changed to protect client privacy.

HELPING PEOPLE WITH DISABILITIES FLOURISH

MANY HANDS

Elias's Story

Elias has been a client of CHAI Services since 2020, the year he turned 22. A beloved member of the CHAI community, he loves playing the drums, taking boxing lessons, and going out to lunch with his friends from the CHAI Works day program. In coming to JF&CS, his family sought to continue and expand Elias's access to community activities, volunteering, and vocational opportunities, with the goal of seeing Elias get a part-time job.



Craig, a JF&CS employment coach, worked with Elias on developing his skills while forging a trusting relationship. As a volunteer at Food Link, a local hunger-relief organization, Elias had the opportunity to practice a variety of tasks with Craig's support. When Elias was ready to take on a job at Marshall's, Craig worked with him to prepare for his interview, coached him through the routine steps of the job, and helped him navigate his schedule and transportation. Now that Elias is settled into his job, Craig checks in regularly and provides helpful feedback.



Trish, Elias's mom, is his biggest fan. Through the JF&CS Adult Family Care program, she receives skilled support and funding to help meet Elias's needs at home. JF&CS trainings have helped her guide and support Elias day to day while allowing him to develop greater self-determination. And JF&CS accesses state funds to enable her to provide a variety of enriching experiences for Elias to promote his health and fitness, to develop his talents, and to make community connections and new experiences.



Elias has grown tremendously since starting at JF&CS, according to all who know him. He advocates for himself, is motivated to improve, and takes feedback well. He is more responsible for his belongings, for his schedule, and in his commitments. He is also growing in his friendships and social awareness. Through a fruitful collaboration between Elias, his family, and JF&CS staff on common goals, Elias is learning to navigate adult life with joy, meaning, and independence.

COMPREHENSIVE SUPPORT FOR PEOPLE WITH DISABILITIES AND THE PEOPLE WHO LOVE THEM.

What goes into a fulfilling life for a person with disabilities? Many interconnected pieces: A supportive community. Independence. Housing and employment. Coaching and therapy. A plan for the future. Support for family and caregivers. And a Jewish identity, if desired.

CHAI Disabilities Services supports clients in achieving all these aims. And that starts with navigating the complex maze of disability needs and service options to achieve Community, Housing, Access, and Independence (CHAI). JF&CS experts help families obtain educational supports for younger children, and then later to structure meaningful days when they age out of the school system at age 22.

Our CHAI Works community-based day program provides high quality programming to help people with disabilities develop their skills, build a social life, and become proud contributing members of the community through meaningful volunteer work.

Our CHAI residences are places where adults with disabilities can live as independently as possible while still part of a meaningful community. We offer the only kosher residential living option for adults with disabilities in the state, as well as opportunities for Jewish life such as group Shabbat dinners. On a recent high-stakes audit from the Commonwealth of Massachusetts, JF&CS received a perfect score.

Living our values of inclusion and caring, JF&CS is committed to going above and beyond in enriching the lives of people with disabilities in our community.



CARING AT ALL AGES AND STAGES OF LIFE

MANY HANDS

Juliet's Story*



Juliet, a hardworking and resourceful woman, came to the United States to escape persecution

in her home country in East Africa. Her asylum case had been pending for nearly a decade when her baby was born during the pandemic. As a healthcare worker, she faced both safety concerns and a childcare shortage that would jeopardize her ability to return to work and support her family. Reluctant to apply for economic assistance out of fear it would impact her asylum case, she realized such assistance would be key to staying afloat.

Maria, a volunteer Lauren & Mark Rubin Visiting Mom, supported Juliet as she navigated new parenthood far away from her own family and support network. Seeing

Juliet's difficulties making ends meet, she reached out to JF&CS professionals for help.

Ellen, JF&CS's Family Resource Coordinator, showed Juliet how to apply for the child tax credit, as well as income-eligible childcare, fuel assistance, low-income discounted utility rates, and low-cost internet. She also helped Juliet get groceries through Family Table and rent payments through the JF&CS Emergency Financial Assistance program.

Hannah, a Public Benefits Advocate with JF&CS's Bet Tzedek Legal Services, investigated and resolved an error in Juliet's government record that was preventing Juliet's daughter from receiving food assistance. She also helped Juliet identify further benefits for which she could apply without negatively impacting her immigration status.

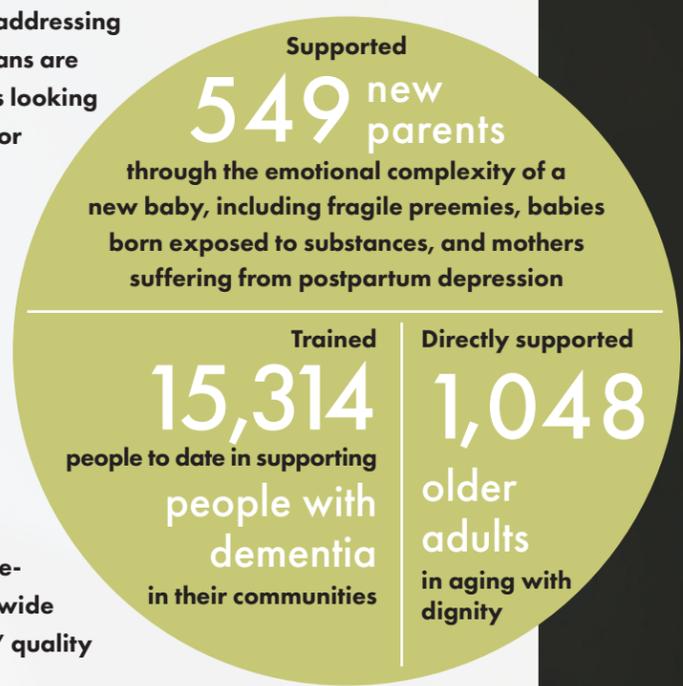


EACH STAGE OF LIFE BRINGS CHALLENGES—AND JF&CS BRINGS SOLUTIONS.

Across each of our lives, there are acute moments where we need help. In those moments, from welcoming a new baby to preparing for end of life, JF&CS is there to help people meet the challenges.

Does anything compare to the emotional, physical, and psychological complexity of becoming a parent? Through parenting groups, home visits, child-parent therapy, and more, JF&CS's Center for Early Relationship Support helps parents form healthy attachments with their children and provides practical strategies for addressing parenting challenges. Our clinicians are sought after by leading hospitals looking for early relationship expertise for their patients and providers.

As people grow older, we help them and their families navigate the complexities of aging. The need for support for older adults facing life transitions is increasing as the population ages. JF&CS has stepped up to meet this need. Through individualized consultations, training, support groups, and one-on-one services, JF&CS is a statewide leader in enhancing older adults' quality of life.



* Name and photo changed to protect client privacy.

AGENCY LEADERSHIP

BOARD OF DIRECTORS

Andrew Pearlstein <i>President, 2021-2023</i>	Steven Weil <i>Vice President, 2016-2023, President, 2023-</i>
Robin Gross <i>Vice President</i>	Alexandra Simes <i>Vice President</i>
Lewis J. Pearlson <i>Treasurer</i>	Kimberly Creem <i>Clerk</i>

Susan Abraham	Sunitha Das	Michael Levinger	Lori Shaer
Hedy Adler*	Jose Fridman*	Ginny MacDowell^	Jack Swartz
Matthew Appelstein	Nora Friedman*	Patti McWeeney*	Wayne Ushman
Stephen Bernstein	Joan Wasser Gish	Dale S. Okonow^	Susan Wilk
Michelle Black	David Goldstone*	Shirley Sperling Paley	
Shari Cashman	Penny M. Goodman	James Rabb, MD^	*new member as of June 2023
Jill Cohen	Jamie Adess Grossman^	Karen Rosenberg	^member through June 2023
Morea Cutler*	Steven Kaitz	David Schechter^	
Danielle Darish	Scott Krentzman	Larry Schoen	

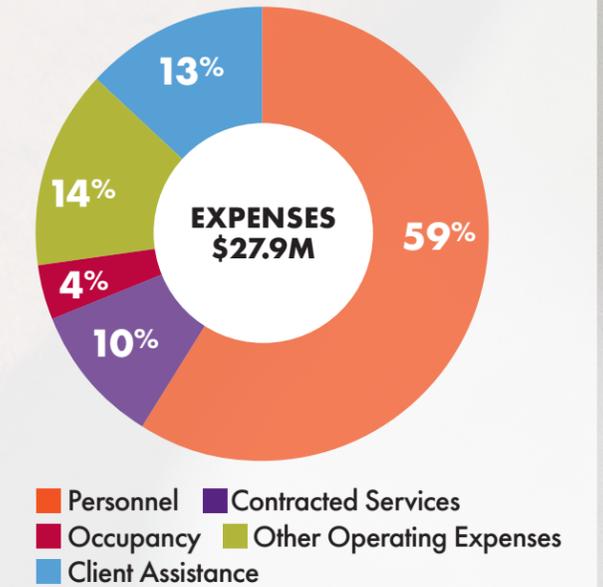
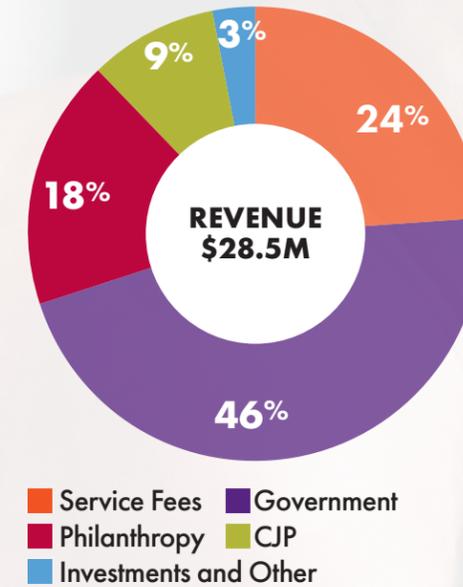
EXECUTIVE TEAM

Gail Schulman <i>Chief Executive Officer</i>	Sara Freedman <i>Senior Director, CHAI Disability Services and Agency Initiatives</i>
Elayne Weinstein <i>Chief Financial Officer</i>	Noah Feldman <i>Director, Center for Early Relationship Support</i>
Karen Silverman <i>Chief Advancement Officer</i>	Renée Markus Hodin <i>Director, Services for Older Adults</i>
Betsy Kelder <i>Chief People & Operations Officer</i>	Meredith Joy <i>Director, Center for Basic Needs Assistance</i>

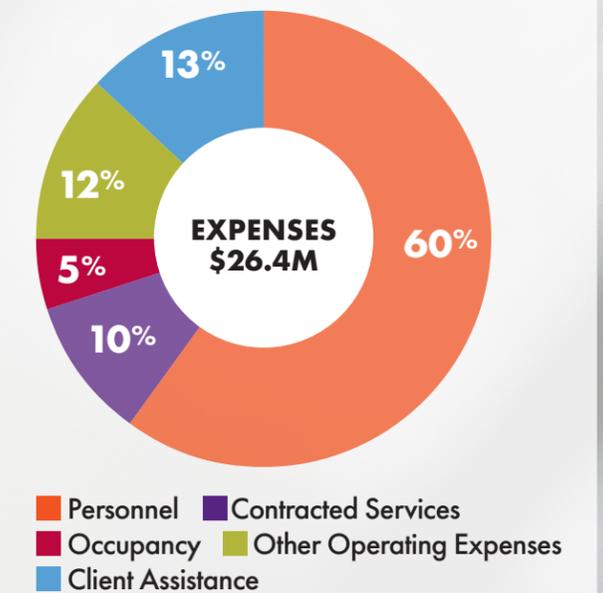
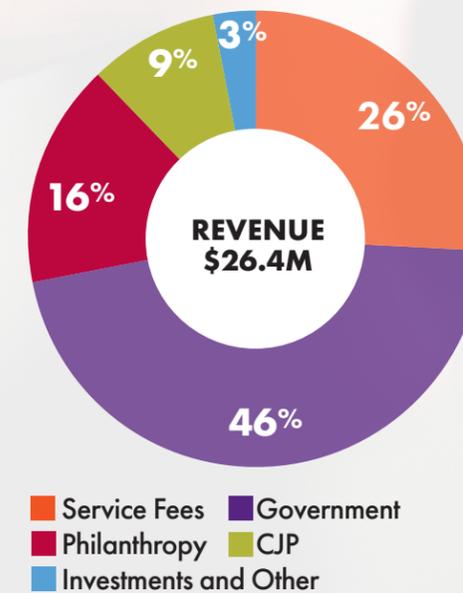


FINANCIAL REPORT

FY 2023*



FY 2022



*FY 2023 figures are preliminary.

FY 2023 revenue includes a large bequest that will enable JF&CS to continue to invest in our mission in future years.

THANK YOU!

It is with deep gratitude that we recognize our good friends in the community

who have made an annual contribution of \$1,000 or more to Jewish Family & Children's Service between October 1, 2021, and September 30, 2022, our Fiscal Year 2022, and/or between October 1, 2022, and September 30, 2023, our Fiscal Year 2023. These contributions, along with those from all our supporters, provide critical funds that enable our agency to provide a wide breadth of integrated social services under one roof and to be a source of support to the thousands of people we serve each year.

\$25,000+ Kavod Society

Anonymous (4)
 The Abbey Group
 The Beker Foundation
 Janis Robbins & Edward Bell+
 The Berlin Family Foundation
 Botwinick-Wolfensohn Foundation
 Ronald G. Casty Family
 Combined Jewish Philanthropies
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\$10,000 - \$24,999 Tikkun Olam Society

Anonymous (9)
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 The Lassar & Fanny Agoos Charity Fund

Hedy & David Adler / The Kangesser
 Foundation+
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 Nova & Peter Biro
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 Rosalyn & Richard Slifka
 Sandy & Jack Swartz+
 Suzan & Wayne Ushman+
 Julie & Steven Weil+
 Lorre Beth Polinger & Donald Wertlieb
 Marla & Jeffrey Wolk
 Y & R Charitable Trust
 Lisa Y. Rourke
 Victoria & Marc Zissman

Marlene & Gary Perkins

Marlene is a longtime **Lauren & Mark Rubin Visiting Moms** volunteer while her husband, Gary, is a regular participant in the **Ride for Food** benefiting **Family Table**.

"We were both brought up to believe it's important to give back to the Jewish community and organizations because if we don't, who will? Being a Visiting Moms volunteer has meant so much. As the years go by, we meet more and more people who have been touched by JF&CS. We hope our endowment will grow and support more families into the future."



\$5,000 – \$9,999 Chessed Society

Anonymous (6)
 Matthew Amico
 Deborah Freedman Belt & Erik Belt
 The Hy & Greta Berkowitz Foundation
 Bernard G. & Nancy J. Berkman Foundation
 Harvey Berman
 Jean Levitt Birnberg+
 Michelle & Darren Black+
 Margot & Kurt Bloch
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 Ginsberg/Kaplan Foundation

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\$2,500 – \$4,999 Tzedakah Society

Anonymous (13)
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 Deena & Michael Baker
 Monique & Jonathan Bamel
 Dr. Laurie Hammer & Dr. David Bear
 Bruce Bell & Judith D. Feins+
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 Bethesda Lodge #30
 Bruce & Sandra Beutel
 Barbara Blauer
 Jordana & Scott Bluestein+

Rachel & Laurence Chafetz+
 Rebecca & Matt Cohen
 Peter S. & Jane Coleman
 Tina & Harvey Crosby
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 Dorit Harverd & Richard Dale
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 Sarah Pearlstein Fentin & Michael Fentin
 Laura & Cary Feuerman
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 Stephanie Elkind & Jay Freedman
 Tracy Fischer & Cary Geller

Sandra & William L. Rosenfeld+
 Marilyn H. Ross & Mitchel S. Ross+
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 The Saul Family
 Jill Cohen & Michael Savit+
 Seyfarth Shaw
 Barbara & Edward Shapiro
 Sisterhood Temple Emanuel
 Stephanie & Brian Spector+
 Elizabeth & Adam Stavisky
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“Around the time of the Newtown massacre, my dad and I were trying to wrap our minds around how something like that could happen. In the face of school shootings, teen suicide, and growing anger and depression, most people don't know what to do. We were excited to see JF&CS delving into the issue of **youth mental health**. JF&CS does an incredible job of getting people to the right people, finding ways to help—and we're just **proud to be a part of it.**”

Julie & Anthony Goschalk

“As a clinician working with Jewish women in unsafe home situations, I was aware that until the creation of **Journey to Safety**, there were barely any Jewish resources for these women,” says Julie. “These are the cases that brought me to my knees. I have loved seeing the program develop and grow and am proud to be able to support it.” Julie and Anthony also support **Family Table** and **Schechter Holocaust Services**. “The fact that you have people who have gone through unimaginable horrors and at this age struggle to put food on the table is unthinkable,” says Anthony. “The whole Jewish community owes them.”



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▲ JF&CS Schechter Holocaust Services receives financing from the Claims Conference (the Conference on Jewish Material Claims Against Germany) and also from the Emergency Assistance Program for Nazi Victims at the direction of the United States District Court supervising the lawsuit in Re: Holocaust Victim Assets Litigation (Swiss Banks). Social services for Jewish Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany.

+ Denotes donors who are also volunteers in fiscal year 2022 and/or 2023.

(z”l) Of blessed memory

Every effort has been made to ensure an accurate list. If you have questions or concerns, please contact Jill Snider, Director of Donor Engagement, at jsnider@jfcsposton.org or 781-693-5059.



We are honored to list the following individuals who have created a legacy by naming JF&CS as a beneficiary in their will or estate plan.

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**“AS MY
ANCESTORS
PLANTED FOR
ME BEFORE I
WAS BORN, SO
DO I PLANT FOR
THOSE WHO
WILL COME
AFTER ME.”**

-Talmud, Ta’anit 23:a

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