



Annual Report

Jewish Family Service Of Greater Harrisburg 2016/5776



MISSION STATEMENT

JFS helps individuals and families meet life's challenges; we are a forward-thinking mental health and social service agency dedicated to helping people achieve their full potential while honoring choice, diversity and Jewish values through every stage of life.

KEY BELIEFS

As an organization, we are committed to:

- The physical, spiritual, and psychological well-being of our entire community
- Helping all types of families through periods of challenge and difficulty
- Bringing parents and children, of all ages, together
- Supporting people with physical, emotional or psychological needs to cope effectively
- Respecting the dignity and value of all our clients, staff and volunteers
- Making a difference in people's lives through service, for Jews and non-Jews alike

2016 MESSAGE FROM THE BOARD PRESIDENT, KAREN BALL

As my tenure as Chair of the Jewish Family Service Board comes to an end, I am happy to report to you that the state of our agency is good.

The highlight of the past year certainly has to be our event featuring Patrick Kennedy. I want to again thank all of you who were sponsors and individual ticket purchasers. Mr. Kennedy was welcomed by a diverse audience of almost 600 people which included not only members of the Jewish community but also representatives from all of the hospital and health systems in the region, health insurers, mental health providers and organizations. I hope you enjoyed the event and found his presentation as exciting as we did!



As we committed to you that night, we have devoted a portion of the proceeds to expanding our MyndWorks Counseling Program. I am pleased to announce that the expansion includes the hiring of Malinda Myers, LCSW, as its director. Malinda's impact has been immediate; because of the clients she brought with her to JFS, our counseling services have more than doubled. Malinda joins our existing team of Marjorie Koch, Rachel Kuhr and Bryna Sherr, all of whom are LCSWs and Mary Tarbell, LPC, RPT, who focuses on child play therapy.

MyndWorks Counseling will be partnering with the Pinnacle Health Weight Loss Clinic to establish a referral system to conduct bariatric evaluations for patients being considered for surgical procedures. We are also seeking Medicare credentialing so we can more actively engage older adults in therapeutic services. We hope you will consider us if the need arises for you or your family.

I also want to assure you that the staff and Board have remained vigilant in monitoring the financial health of our agency which has allowed us to enjoy balanced budgets for the past few years. While I know this will be a continuing priority for the new leadership, it is vitally important that we make sure JFS remains viable into the future. Nothing is more important in making that come true than the Life and Legacy Program. Thank you so much to those of you who have committed to us. We will work hard to continue to earn your support and encouragement.

Finally, I am thrilled that Marty Rogoff will bring his remarkable skills and creativity to JFS as its incoming Board Chair. He will be working together with a terrific group of current board members who have selflessly devoted their time and talent. They will soon be joined by a number of newly nominated Board members who, by bringing a host of additional skills, will help the agency further enhance its operations. I have served on numerous boards throughout my career and can say without hesitation that this is the best group with whom I have had the pleasure to work.

Again, I just want to say thank you for your support of JFS.

2016 MESSAGE FROM THE EXECUTIVE DIRECTOR, BARRY STEIN



When opening the cover of an annual report, we generally expect to find highlights about who benefitted and in what ways from the good works of the organization being described therein. In the not-for-profit sector, we typically share short vignettes about the beneficiaries and the services they received. The message is usually about change and the difference we make in our society.

In this year's annual report, we want to take a look at the flip side of this equation, mainly the people who make the services happen. It is only through the commitment and many efforts of our loyal employees, volunteers and donors, that Jewish Family Service can have the impact to which we aspire. It is these hard working individuals to whom we pay tribute in our 2016 Annual Report.

More than the "what" or the "how" of our daily operation, it is clearly the "why" that ultimately defines and underlies who we are at Jewish Family Service. Within the pages of this report, you will read about the "why" that inspires those of us who have been drawn to JFS and made it our life's work. And through each profile, you will recognize how the passion of those who make JFS tick serves as a catalyst for the value our Jewish tradition places on making the world a better place.

The biblical book of Micah (6:8) reminds us that "our vocation is to be G-d's ambassadors to the world and to construct a society....for which we all bear collective responsibility." It is this sense of responsibility, captured through the words of this annual report, which continues to inform the important mission of Jewish Family Service in the greater Harrisburg community.

WHY?

I do it because...



Malinda Myers, LCSW, is a newer addition to JFS. She started as a contract therapist and jumped at the chance to head MyndWorks Counseling Services when JFS expanded its services. “They asked me very thoughtful questions with an emphasis on ethics and skills,” Malinda said. “After that, I knew it was a good fit for me.”

Malinda describes her involvement with therapy as a journey. “Initially, I was working solely with homelessness and poverty and individuals affected by these problems. I felt that providing treatment for deeply traumatized, complicated individuals was my calling. I often felt that it demanded things out of my skill set; so wanting to alleviate the pain of the people I was seeing motivated me.” From there, she pursued trauma treatment full force. Her various past experiences with drug and alcohol treatment and exposure to behavioral therapy helped develop her skill set further.

Malinda believes that the most important thing in therapy is the ability to simply be present with a person in the midst of their pain and suffering. It is so important not try to move or change, but to be a support and comfort. The second most important thing is to help that person develop new behaviors that move them into meeting the goals they have for their

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lives. Each person is equipped with remarkable strengths and ability to survive. Malinda is committed to identifying and using those strengths and consequentially, helping individuals learn to trust themselves through treatment.

As our director of the MyndWorks Counseling Services since July, Malinda Myers sees a wide variety of people, typically adults. She specializes in trauma therapy and is certified as a Dialectical Behavioral Therapist (DBT). DBT skills help people stabilize the chaos in their lives through the use of mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. She is also accepting referrals from Pinnacle Health Weight Loss Clinic to perform weight loss evaluations and support for people seeking to lose weight.

MyndWorks offers innovative and effective programs to support social and emotional growth for children ages 4-19. Individual and family counseling, play therapy, and group therapy are a few of the services provided. The environment at MyndWorks is professional and competent. We pursue meeting needs in a compassionate, warm and thorough way. Our therapists come from varied backgrounds, which works to create a rich tapestry of available therapeutic resources.

“Jewish Family Service is not just for those who identify as Jewish. We serve people in all walks and stages of life” Malinda added. Malinda is motivated to grow the program to meet the needs of the neighborhood and greater community of Harrisburg.

WHY?

I do it because...



Marjorie Koch, MSW, LCSW, GCM, is the Director of SeniorLinks. Her roles entail leading her small team, providing care management/POA services to older adults, and doing in-office psychotherapy, with a focus on aging issues.

Marjorie's connection to JFS began in 2007 when she worked here as an intern while completing her Master's degree in Social Work. She interned with both adoption and senior services but fell in love with the latter. "When I was going to school I didn't realize this type of program was out there," Marjorie said. "I knew I wanted to work with older adults, but I wasn't sure in what capacity. When I learned about this very unique program, I knew I had found a great fit." That combined with having the privilege of working with a wonderfully supportive, caring, professional team made for an easy decision to join JFS when a position came available 3 years later, and has kept her happily working in SeniorLinks for over 7 years. Marjorie states "The best part about my job is having the opportunity to make life better for an older adult. It's a privilege to have an opportunity to work with someone who has

“ The best part about my job is making life better for an older adult. It's a privilege to...be part of helping them feel safe, happy, important, and respected. ”

lived a full, long life and be part of helping them feel safe, happy, important, and respected.”

As the Director of SeniorLinks, Marjorie offers a specialized intervention for the senior population. She is well-versed in the specific needs of this population and coordinates many different aspects of care. Her goal is always to help seniors live a life as independently and safely as possible with the emphasis on well-being. SeniorLinks can get involved in situations ranging from clients that have family in the area and need some support/guidance during a health status change to crisis situations in which there is no support structure in place and there is an urgent need for stabilization. No issue is too big or small for the team.

Marjorie hopes that more people become aware of the existence of this amazing program. Because it is so unique, it can be hard for potential clients to truly understand all the ways it can benefit someone. JFS can help both the older adults and their families by coordinating care, providing support, advocating in many settings and transitioning clients to new living settings. In situations where family is out of the area or not available, JFS has many years of experience serving as medical and financial POA and legal guardians for members of the community as well. Though the program is a fee based service, often money can be saved in the long run by extending independence and reducing crisis.

Marjorie is happy that this program has such a positive impact on the senior community. "Almost all clients who use this program tell me 'I don't know what I'd do without you.' The clients become part of our JFS family."

WHY?

I do it because...



Rachel Kuhr, MSW, LCSW developed a relationship with JFS over 15 years ago. She worked with Ellie Rabin (z'l) who was a social worker at JFS for many years and created a very successful adoption program. As the director of the adoption program since 2005, Rachel oversees staff, writes policies, and manages the budget, and provides some direct service to children and families; but more importantly, she gets to make a positive impact on her clients.

Rachel's passion for working with foster and adoptive children and their families stems from her early social work roots, as a child protective service worker. Over the years, she has seen how the social work role with children and families can have a lifelong impact. She also recognizes that to help a child who is struggling with an abusive past, she only has to be a witness to their story, to listen and try to understand their thoughts and feelings about their life. In addition, she knows that being that person may change that child or parent's life, and where they go in the future. One particular client she remembers clearly is the boy whose football buddy recognized that he had no family, and asked his own parents to be his friend's

“ I love working in a place where every day I feel like I'm making a difference. ”

parents. Now this young man has a permanent family, and he and his brother are in college and doing well.

“It's always nice to hear updates from parents and foster and adopted children. It just warms you up,” Rachel commented.

Besides being the director of the adoption and family based mental health programs, Rachel provides high-quality interventions with families in stress. She has provided co-parenting interventions, and specializes in adolescent therapy. She has extensive knowledge and experience, and is an invaluable asset to Mynd-Works Counseling Services.

Rachel loves that she gets to work with kids and families. When asked why she chose this profession, Rachel stated, “I don't know what I'd do if I didn't. I've been a social worker all my life, but I've had my degree for 30 years.” If asked why she has stayed at JFS longer than any other job she has held as an adult, she would tell you that she loves working somewhere that her creativity and energy are appreciated and where every day she feels she is making a difference in someone's life.

Rachel hopes the number of adoption and foster care families continues to grow in the future.

“There is a need for parents who can help children become more responsible and capable adults,” Rachel said. “These children have endless capabilities once they're able to connect with someone who won't give up on them.”

WHY?

I do it because...



Edward “Teddy” Cohen, of blessed memory, was part of a large and close-knit family. His nephew Michael Cohen remembers fondly the values of tzedakah that connected his family and how his grandmother’s commitment to charity “rubbed off” on everybody. Upon his passing in 1994, Teddy left the largest bequest in Jewish Family Service history to further the agency’s life-saving work in the Harrisburg community. JFS subsequently named the Kosher Meals on Wheels Program to honor Teddy’s deep commitment to the Jewish community.

The second youngest of seven, Teddy and his family lived close to each other in midtown and uptown Harrisburg, congregating around Keshet Israel. Teddy and his family gave often to Jewish

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charities, and his sister Rebecca was involved in KMOW. As the last surviving member of his family, Teddy saw the impact of Kosher Meals on Wheels, particularly when his sister-in-law, Michael’s mother Ann, received deliveries during her final years.

The Cohens also had a close relationship with Rabbi David L. Silver, who opened the Yeshiva (The Silver Academy). Teddy grew up with Rabbi Silver, and they remained close throughout their lives. In fact, Michael was part of the first 9th grade graduating class at the Yeshiva, an accomplishment of which his Uncle Teddy was very proud.

Teddy’s contribution to JFS has helped sustain essential social services on behalf of older adults in our community, including the continual delivery of delicious and nutritious kosher meals.

WHY?

I do it because...



By bringing goodness into this world, Jewish Family Service has the capacity to make the seemingly impossible, possible. Although the odds might feel insurmountable at times, JFS embraces a mission which obligates it to pursuing this outcome without compromise.

I have learned over the years that Jewish organizations are determined to put themselves

“ I have long admired how the Jewish Community will always walk alongside its members to ensure that families are stabilized and acclimated to changing environments. ”

out of business. I have long admired how the Jewish Community will always walk alongside its members to ensure that families are stabilized and acclimated to changing environments. As that mission is fulfilled, the Jewish Community opens wide its arms to the larger community with a goal to “fix the world”. That is the work of Jewish Family Service.

Resilience is in the DNA of the Jewish Community. There is so much to be learned from Jewish values: the multi-generational remembrance of their history; prospering in response to horrific trials; and modeling through transformative mission that all communities can heal and rise above even the worst of atrocities to lead lives of wholeness. I am so honored and blessed to be a volunteer with Jewish Family Service, to be a partner in this sacred obligation.

Respectfully submitted,
Yvette Davis
JFS Volunteer

WHY?

I do it because...



Libby Urie is what you can call an equal opportunity philanthropist. Her generosity supports diverse populations and organizations throughout our community. Her philanthropic interests go from educating kids to helping people with financial hardship; from instilling important Jewish values to enabling people of all faiths to find comfort from debilitating illness.

Over many years, Libby has made generous gifts to support Jewish Family Service, Silver Academy, Chisuk Emuna and Vickie's Angels Foundation (VAF), a local nonprofit organization that helps families overcome financial burdens when a loved one is fighting cancer.

Libby's passion for addressing the needs of those with limited financial resources in the Jewish community, was realized when she established the Libby Urie Financial Assistance Fund at JFS. The fund, which is now housed at and managed by The Foundation for Enhancing Communities

Libby Urie's donation serves as a model for others who are interested in investing in the future of our Jewish community.

(TFEC), offers essential resources and a helping hand to people struggling with short-term financial crises. Libby, through her support of the Financial Assistance Fund, exemplifies the strong value that our Jewish tradition places on giving anonymously and selflessly.

Libby's donation serves as a model for others who are interested in investing in the future of our Jewish community. We, at JFS, are proud to salute Libby Urie as a true hero of philanthropy.

Please consider following in Libby's footsteps by creating a fund in support of JFS. The community-wide Legacy Initiative is an excellent vehicle for lending this kind of support. Bequests and planned gifts designated for JFS services can be housed at a the Jewish Foundation of Central PA, The Foundation for Enhancing Communities (TFEC), or another foundation or financial institution of the donor's choice.

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PATRICK J. KENNEDY EVENT

We want to thank all the generous corporate and individual sponsors who enabled Jewish Family Service to bring Patrick J. Kennedy to Harrisburg on April 13, 2016. Over 500 community members and professionals were in attendance as Kennedy addressed the societal inequities and misunderstandings that confront people with mental illness. Throughout the evening, Kennedy spoke about his own experiences and the broader political landscape surrounding mental illness and addiction. The money raised from the event will help JFS expand mental health services.



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of the Foundation for Enhancing Communities

Jewish Community Foundation of Central PA Schein Family Fund
Alan and Caren Schein

Dr. Alfred J. and Marjorie M. Sherman Philanthropic Fund
The Jewish Community Foundation of Central PA

The Second Anonymous In and Out Fund of The Foundation for Enhancing Communities
on behalf of Mr. and Mrs. Conrad M. Siegel

The Jewish Community Foundation of Central PA's
Morton and Alyce Spector Philanthropic Fund

Stephen and Susan Symons Philanthropic Fund
of the Jewish Community Foundation of Central PA

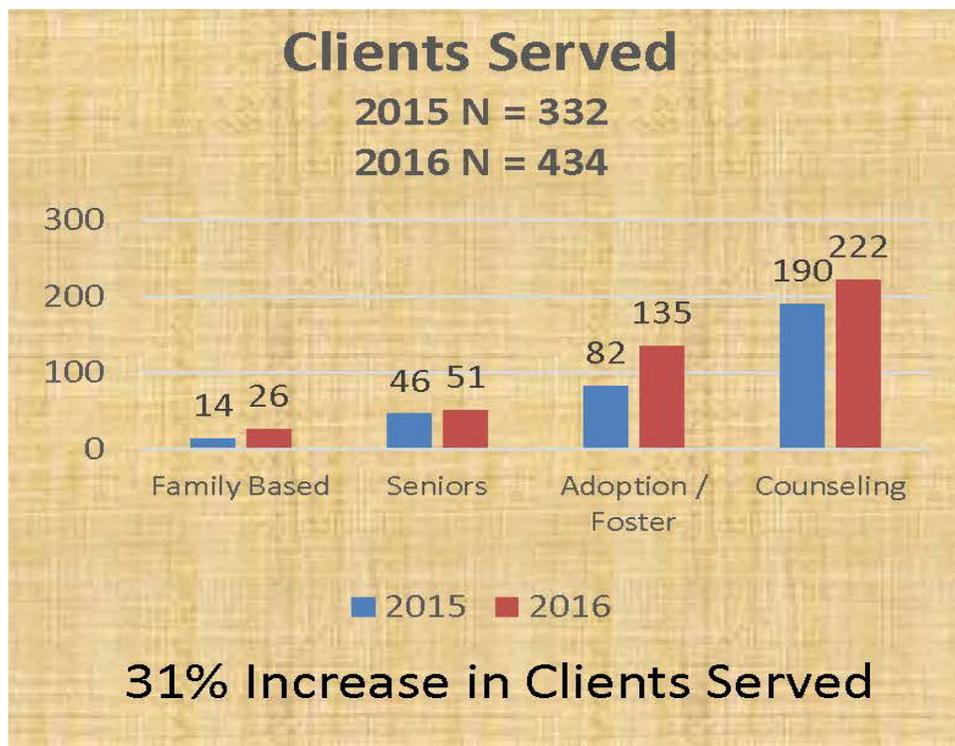
The Jewish Community Foundation of Central PA's Wassner Family Fund

Libby Urie Philanthropic Fund for Jewish Financial Assistance
of The Foundation for Enhancing Communities

United Way of the Capital Region

Women of Vision of the Jewish Community Foundation of Central PA

HIGHLIGHTS THIS YEAR



Adoption and Foster Care

- Increased number of approved foster families
- Served and supported over 25 families in our Post-Permanency program
- Helped three children find permanency with new families

Family Based Mental Health

- Provided services to over twenty children from six counties, including three children on their way to permanency with local adoptive families
- Maintained a high level of clinical expertise regionally for children with attachment and trauma issues

MyndWorks Counseling

- Hired the first discrete director of MyndWorks counseling
- Introduced Sunday hours
- Doubled caseload, laid the groundwork for substantially increasing referrals

SeniorLinks

- Created an easy-to-read two-sided "information card" to increase visibility and knowledge of care management services and their benefits
- Increased the delivery of kosher meals as the result of being more accommodating to special dietary needs including vegetarian, vegan and gluten free options

REVENUES AND EXPENSES FOR THE YEAR ENDED AUGUST 31, 2016

