



The Asper Helping Hand  
INITIATIVE

TAHHI offers interest free loans to Jewish individuals and families who are experiencing a temporary hardship. These loans are available for a variety of different purposes such as educational, medical needs, immigration, vocational, life cycle events, first time home buyers, family emergencies and debt consolidation. For further information on how to apply, please contact the Administrator of the TAHHI program, Shelley Garfield, at 338-7132 or email [sgarfield@jcfswinnipeg.org](mailto:sgarfield@jcfswinnipeg.org).

### Limited Time Sale - JCFS Greeting Cards: \$10

JCFS is selling beautifully designed greeting cards in packages containing six unique cards. The images on the cards were created by students from Gray Academy of Jewish Education. Last year the Agency held an art competition in which the youngsters were asked to depict the supportive role of the agency in assisting individuals and families in our community.

Proceeds from the sale of the cards will be used to support programs for children. JCFS currently has twenty-six Jewish children in foster care. JCFS strives to ensure that these children develop a strong Jewish identity and connection to their Jewish community. Cultural programming for our kids in care helps to ensure that this chain is not broken. Card sets were \$18 but are now on sale for \$10. Call the JCFS office to order your cards at 477-7430.



### Passover Assistance - Mois Chitim Help Those Less Fortunate Celebrate Passover

*"Mois Chitim" is defined as "Wheat Money", which traditionally meant a collection made before Passover to ensure a supply of flour for unleavened bread (matzah) for the needy.*

"Mois Chitim" is distributed to needy families who have requested help to meet the financial burden of purchasing Passover goods. Jewish Child and Family Service clients who need this help are identified by their social workers. People in the community are notified of this assistance by ads in The Jewish Post & News. Everyone who requests assistance is eligible to receive help from this program.



As you prepare for Passover, please do not forget the less fortunate in our community. Your contribution will help single parents, the frail elderly, the unemployed, new immigrants or adults living with mental health differences. In the true spirit of "Tzedakah", please make your contribution so that every Jewish individual enjoys and participates in the Passover holiday.

Last year the agency received requests for over 120 hampers with Passover products. Past recipients of these hampers have expressed their heartfelt appreciation for the generosity of the community in helping them to fully participate in the celebration of the Passover holiday. The agency is grateful for the assistance it has received from the Gwen Secter Creative Living Centre and the Manitoba Transit Heritage Association in packaging and delivering the hampers to those in need.

JCFS acts as the central agency for collecting funds to support the Passover Assistance program. Contact JCFS at [jcfs@jcfswinnipeg.org](mailto:jcfs@jcfswinnipeg.org) or phone 477-7430. You can also donate online at [www.jcfswinnipeg.org](http://www.jcfswinnipeg.org).

A yellow flyer is enclosed with this newsletter.

### GIVE A SENIOR A LIFT!

Drivers to accompany seniors to medical appointments in the north end and the south end are urgently needed. Honorariums are provided.

Contact Jewish Child and Family Service  
Einat Keynan 477-7452 or [Ekeynan@jcfswinnipeg.org](mailto:Ekeynan@jcfswinnipeg.org)

### JCFS Passover Cookbook

Cookbooks are available for \$18.00 again this year. Call the JCFS office at 477-7430. They can also be found at Myer's Deli, Desserts Plus, Gwen Secter Creative Living Centre, Sharon's Gifts, Congregation Shaarey Zedek, Congregation Etz Chayim and the Rady JCC.

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Jewish Child and Family Service is committed to protecting the personal information by following responsible information handling practices in keeping with the privacy laws.

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JEWISH FEDERATION OF WINNIPEG



# SHERUT

MARCH 2010



JEWISH CHILD AND FAMILY SERVICE  
*Strengthening lives in keeping with Jewish values*

## When Push Comes To Shove...It's No Longer Love *Talking To Teens About Building Healthy Relationships*

"We were an upper middle class Jewish family and Jewish people don't do this...." This is the voice of Adam, a young man who is describing his parent's abusive marriage that ended with his father murdering his mother. Adam's words convey a strong message about the myths surrounding domestic abuse in the Jewish community. Research indicates that Jews are not immune to the problem of domestic violence. Domestic violence actually occurs in Jewish homes at the same rate as it does in the general population. Yet Jewish women tend to stay in abusive relationships longer than non-Jewish women. Trying to maintain the outward illusion of *shalom bayit* — peace in the home, is often a barrier to keep her in an abusive relationship.

As part of The Winnipeg Jewish Community Task Force to End Violence Against Women, JCFS has partnered with Jewish Women International Canada to launch a new program. The new initiative is geared at teens who are reported to be "uninformed about the nature of dating abuse, often having little dating experience and feeling isolated and unaware of who to talk to and where to go for help when things go wrong."

"When Push Comes to Shove...It's no Longer Love" is an exciting training initiative developed by Jewish Women International and designed to open up discussion with teens on this very important topic — building healthy relationships. Under the leadership of Al Benarroch, JCFS Clinical Director, and Mary Ann Rosenbloom, former JWI Canada board member, JSA-Hillel student volunteers are being trained to lead discussions with teens using this program. The idea of peer to peer dialogue is seen as an effective way to engage teens and raise awareness about what being in a healthy relationship feels like; what to do if you think your friend is in a bad relationship and what to do if you are uncomfortable in your own relationship. Samantha Loxton, Jewish Student's Association/Hillel Director, reported that it was not difficult to recruit

volunteer peer leaders to be trained to facilitate this program. The interest was there as soon as it was announced at a meeting. We are thankful for the input of JWI members, Ahava Halpern and Andrea Leibl-Hochman, who were very instrumental in planning the training sessions.

Most teens are experiencing dating for the first time and have a great degree of pressure placed on them socially to engage in this activity. For many teen girls, a high degree of self esteem is

derived from attention from boys. Having a boyfriend brings with it a great amount of social status. For teen boys, there are many pressures to conform to stereotypical male gender roles which may include being tough or macho, suppressing emotions and feelings and "getting the girl". Taken together, these social dynamics can contribute to male teens being at risk for inappropriate behaviour in a relationship; and for teen girls to be at risk for accepting negative behaviour from males.

Groups of high school teens will meet with the student peer trainers to discuss these important issues. After viewing a documentary in which Jewish teens talk about their real life experiences in an abusive relationship, the counsellors will guide the group through a discussion of some of the important themes in the movie.

As an agency, JCFS welcomes the opportunity to partner with the youth group and the school to help ensure that youngsters have the skills to build healthy relationships. JCFS hopes to teach healthy relationship building skills as a regular part of the grade ten curriculum by next year. Since healthy dating in adolescence is a training ground for healthy adult relationships, this program will help stimulate discussion so that youth will be better equipped to experience positive relationships now and eventually strong marriages in the future.



# JCFS Happenings

## REACHING OUT TO OUR KIDS IN CARE

Insuring a strong connection to the Jewish community with children in foster care is very high up in our list of agency priorities. Twenty-six Jewish children in our community are presently in foster care. During December they were invited to a Chanukah party. Rabbi Heidingsfeld put a new spin on the story of Chanukah by introducing a variety of spinning toys to his attentive group of guests. The youngsters were shown how to use a diablo and were each given a gyroscope to take home as a souvenir gift of this entertaining social. In February they were invited to a Purim pancake breakfast party where delicious treats were served and a variety of creative activities were prepared for them to partake in.

## SUPPORTING OLDER ADULTS

The **Social Connections** group for people with early onset dementia or memory loss continues to meet each week. The group is conducted on Monday afternoons at the Gwen Secter Creative Living Centre. The focus of this group is to provide intellectual and social stimulation in a supportive environment. Word exercises, reminiscence and cultural activities are regular components of this group. If there is interest, this group may also be offered in the south end of the city as well. Contact Older Adult Service Supervisor, Cheryl Hirsh Katz, at 477-7436 for further information.

**Reaching Out Lunch Program:** A specialized social group for survivors of the Holocaust takes place at the Gwen Secter Creative Living Centre every second Thursday afternoon. Entertainment and lunch are provided at a minimal charge. JCFS staff, Krista Zipper and Adeena Lungen, have arranged an interesting list of activities and entertaining afternoons.

Students from the Gray Academy of Jewish Education will be returning to interview many of the participants in this program, in preparation for their trip to Washington, DC where they will tour the Holocaust Museum. The students will also spend an afternoon with the seniors when they return from DC.

**Important Information For Holocaust Survivors Who Did Work In A Ghetto:** The German Federal Social Court has recently liberalized the requirements for Ghetto pensions. You may be eligible to apply if you did work on a voluntary basis in a German-occupied ghetto during WWII. For more information and/or to find out if you are eligible, please contact Adeena Lungen, Older Adult Service Worker at 477-7454.



Seniors' Choir performs at Etz Chayim for the New Horizons group.

**New Horizons for Seniors Program** has provided a grant to assist our community in reaching out to isolated seniors. The project, entitled Generations Together: Enhancing Mind, Body and Spirit, is

conducted in partnership with Congregation Etz Chayim. A series of intergenerational programs which are educational, social and cultural are taking place. Transportation is provided for this program.

## SUPPORT FOR THOSE WHO HAVE LOST A LOVED ONE

JCFS continues to offer support groups for individuals who have experienced the death of a loved one. An eight-week bereavement group was started in February and will continue until April. The group was facilitated by Shelley Levit who has had thirty years experience in individual and family counselling. As a group facilitator, Shelley brings many skills and sensitivity to those who are dealing with difficult transitions in their lives. In the spring, Shelley is scheduled to be leading a support group for individuals who have survived the suicide of a family member. Contact JCFS to inquire about this group at 477-7430.

## SUPPORTING NEWCOMERS TO OUR COMMUNITY

**CHAT** is a new conversation group that was started on January 27th. Immigrant newcomers, who have a relatively high level of English proficiency, were looking for opportunities to practice conversing about topics of current interest. This new initiative takes place once a week in a relaxed social setting at the Asper Jewish Community Campus. Two volunteers work with two staff in facilitating this group. Approximately fifteen participants are involved. This is a joint initiative of JCFS and the Jewish Federation of Winnipeg.

## JCFS CHOIRS PERFORM IN THE COMMUNITY



Junior Choir Chanukah Concert. Shown in front (L-R) Emilya Krichevskiy, Sofia Schoichet and Mischele Kleitman

The word is out about our JCFS choirs! This past year we launched two choirs, one for seniors and one for children. Both choirs were introduced at their premiere concert at the Annual General meeting held in June. Since then they have received a number of invitations to perform.

The idea of organizing these choirs came about when a group of newcomers approached JCFS Integration staff, Anna Schoichet, with an unusual request. They wanted to create an outlet for both children and seniors to sing.

Our choirs currently consist of 20 children and 9 seniors — ages ranging from 4 to 87 years old. The Seniors' choir has held a number of concerts in the community, performing for programs related to the Jewish holidays or for specialized groups. The Children's choir performed two 30 minute Chanukah concerts in December. One took place at the Asper Centre and the other at Congregation Etz Chayim. Over 300 people enjoyed their performances. They performed in

*continued on next page*

## Happenings (continued)

February for a group of seniors and have plans to perform in June for another JCFS organized group. Both choirs have been the recipient of invitations for them to perform for Yom Ha'atzmaut and other community events.

We would like to thank the conductor, **Lina Streltsov**, and piano accompanist, **Tatiana Smolyaninov**, for their hard work and dedication. The Junior choir is a joint initiative of Congregation Etz Chayim and JCFS.

## JCFS INVOLVES GRAY ACADEMY STUDENTS IN NEW COURSE



(L-R) Haley Rabb, Aviva Cramer & Marlee Yusim

A brand new course is being piloted at Gray Academy of Jewish Education. As part of the Judaic Studies course offerings for students in Grades 11 and 12, the **Jewish Community Internship** course is being piloted for the second semester in January 2010. The goals of this course include the following: Educating and informing Jewish youth on the organized Jewish community in Winnipeg; Providing students with a practical internship experience with a mentor; Leadership development

The course is being coordinated by Gray Academy teacher, Andrew Kaplan. He commented on the intent of this new initiative. "Currently we are partnered with a variety of professionals from Jewish Organizations in our community that are interested in community development. We are hopeful that this program will be a benefit to our community. In addition, we anticipate that the Jewish Community Internship program will contribute to the pro-active growth of our future leaders."

Grade 12 students Marlee Yusim, Haley Rabb and Aviva Cramer have chosen to intern at Jewish Child and Family Service.

## JCFS STAFF TRAINED IN CRITICAL INCIDENT STRESS MANAGEMENT

Critical Incident Stress Management is an intervention protocol developed specifically for helping those affected deal with traumatic events. It is a formal, highly structured and professionally recognized process for helping those involved in a critical incident to share their experiences, vent emotions, learn about stress reactions and symptoms, and be provided with referral for further help, if required. It is designed to assist people in effectively processing the resulting psychological impact that can occur when "normal people have normal reactions to abnormal events".

JCFS Staff have completed the training and are available to assist individuals, families and organizations in the event of a critical incident within the Winnipeg Jewish Community.

# Emily's Corner

(a word from our Executive Director, Emily Shane)

As a Jewish social service agency, Jewish Child and Family Service (JCFS) is very much aware that we are the 'descendent' of many institutions and organizations set up by Kehilahs or communities over generations, fulfilling the axiom Kol Aravyim Zeh la Zeh (all of us are responsible for one another).



Balancing the need to offer a variety of services that respond to societal stresses while ensuring the services are accountable along with the efforts to ensure adequate funding, is a challenge for an agency such as ours. The balancing act appears less daunting with the promise of the arrival of spring and welcoming the Passover holiday. Knowing that winter is being banished and that Passover is around the corner a sense of hope and renewal envelopes us. At JCFS we find ourselves looking to ensure that all who want, can attend seders and have appropriate Pesach food in their homes for the holiday. We look to community for support and we are always touched by the range of the response. We are truly appreciative of the generosity of those committed to engaging in the mitzvah of Mois Chitim— ensuring that the most vulnerable among us are able to participate fully in celebrating Passover. Thank you for ensuring that communal responsibility continues to be a cornerstone of life in our community.

On behalf of the board, staff and clients of Jewish Child and Family Service, I wish you and your family a Happy Passover!

*Executive Director,  
Emily Shane*

## Mazel Tov To Emily Shane

Macdonald Youth Services (MYS) is honouring JCFS Executive Director Emily Shane, as the recipient for the 2010 Sir Hugh John Macdonald Memorial Award.

"This award is presented to an individual who demonstrates values of respect and fairness towards youth and practical assistance for youth," said Dr. Erma Chapman, Executive Director at MYS. Emily was chosen because of her "wonderful track record of caring and fostering hope in the community."

"For the past 38 years, Emily has worked extensively with people of all ages and origins, especially children," said Philipa Caplan, Donor Relations at MYS. "She was nominated for this award by a large number of people, and there is no question why. Emily is known for her humanity, her sensitivity and her profound empathy for those in need. She goes above and beyond in helping every child realize his or her optimum potential."

MYS will proudly present Emily Shane with this award on April 15, 2010 at Delta Winnipeg during MYS' third annual Gala Dinner Under the Big Top.