

## BECAUSE WE CARE ABOUT CHILDREN

Purchase a set of greeting cards designed by students to help us support our children in care.



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477-7430

www.jcfswinipeg.org



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

## Chaplaincy Visits Available



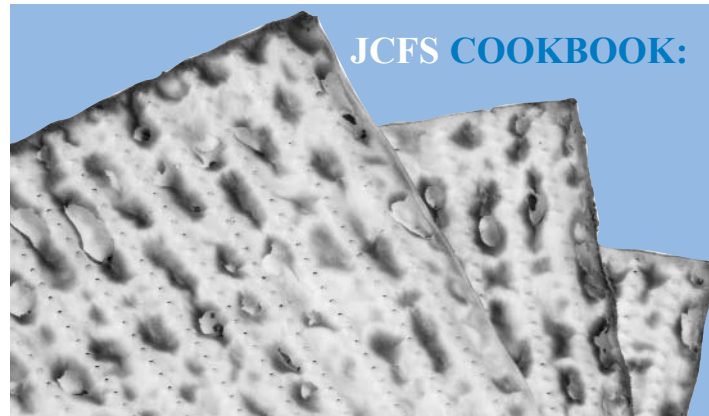
Lighting the menorah at the Health Science Centre at Chanukah

If you or someone you know have been confined to hospital and would appreciate a visit from the Jewish community Chaplain, please notify the JCFS office. Many patients have benefited from Rabbi Charytan's spiritual counsel.

Unfortunately, because of the privacy legislation, we have been limited in our ability to access patients who are Jewish. If a Jewish patient does not sign a request, they will not be placed on the hospital's list marked for a chaplaincy visit.

Call JCFS at 477-7430 and explain that you, or the person you are calling on behalf of, would like to be visited by the Rabbi.

JCFS COOKBOOK:



## A 21<sup>st</sup> Century Passover

If you are looking for some wonderful recipes for Passover or for a gift, Jewish Child and Family Service will be selling its Passover cookbook: "A 21<sup>st</sup> Century Passover" again this year. The treasured collection of taste-tempting recipes has received fantastic reviews from many culinary "mavens".

The cookbook is a wonderful blend of the traditional recipes that have become synonymous with Passover, as well as innovative recipes that will spice up your Seder dinner menu. Many of the recipes have been given to us by some of Winnipeg's finest culinary experts. The books are \$18.00 and are available by contacting our office at 477-7430. They can also be found at Stewart's, Myers Deli, Desserts Plus, Gwen Sector Centre, Sharon's Linens and Gifts, Congregation Shaarey Zedek and Congregation Etz Chayim. In Toronto, it is available at The Israeli Source in Thornhill.

*Proceeds from the cookbook will support the services provided by JCFS to strengthen the lives of individuals and families in our community. JCFS is grateful for the support it has received from the Mark and Dorothy Danzker Perpetual Trust Fund.*

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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



Manitoba

# SHERUT

MARCH 2009



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

## The Haggadah's Message of Community Responsibility

As spring approaches, we begin to feel the warmth in the air. There is an anticipation of the renewal of life, as trees and flowers bloom. It is not coincidental that the Jewish calendar clearly marks this time of year for the celebration of Passover. Chag Ha'Aviv, the Festival of Spring, as it is less commonly known, marks one of four significant new years for the Jewish people. More importantly, Passover marks our birth as the Jewish Nation and with it our acceptance of the Torah, its traditions, values and way of life. Every year, JCFS serves as the community's central agent in collecting funds to ensure that every community member in need is able to participate fully in the Passover holiday and feels like part of that Nation.

Every year in the Haggadah we retell the story of the Four Sons: the Wise Son, the Wicked Son, the Simple Son and One Who Does Not Know How to Ask. On the surface we interpret these sons to be metaphors for the many kinds of Jews who come together from all walks of Jewish life to celebrate at Passover. As told in the Haggadah, the wicked son is the one who questions the traditions and practices:

*"The Wicked Son says: What is the meaning of this practice to you? By saying to you, he excludes himself from the communal group.....had he been there (in Egypt); he would not have been redeemed." (Passover Haggadah)*

In this account, the Haggadah relays a very powerful message. We learn from this metaphor that being wicked alone was not the only sin of the Wicked Son, nor the reason for his downfall. The Wicked Son's self exclusion from the Jewish collective experience results in the Haggadah stating that had he actually been in Egypt, "he would not have been redeemed"! The message of the Haggadah is that excluding or separating oneself from the community is the one unacceptable quality that would have warranted the

Wicked Son unworthy of being freed with rest of the people. There is a fundamental expectation that each and every person plays a role in caring for others.



Our rabbis teach that one principal saving grace of our ancestors which awarded them the merit of being taken out of Egypt and freed from their centuries of slavery was their **unity as a people**. Amidst the depths of their immersion into Egyptian culture and the ongoing hardships of their enslavement, the Children of Israel still cared for one another, supported each other and unified as a Nation during the exodus. Above all else and at its essence, Judaism teaches us the importance of the spiritual and human value of unity and our collective responsibility to care for one another! Even in the case of the Wicked Son, we have an extra burden of obligation to reach out and assist him back into the community fold!!

At JCFS, we are all too often faced with those in our community struggling and grappling with their own internal "slavery". Whether they are faced with the enslavement of poverty, isolation, declining health, the frailties of aging, addictions, mental health differences or domestic and family issues, we all face problems that enslave us with powerful, oppressive forces. Our obligation as a community and as Jewish people is to remain united, connected and supportive of our most vulnerable.

Through our collective strength of unity and support, we work together to help others break free.

Wishing you all a Happy and Kosher Passover.  
*Al Benarroch, Clinical Director*

## Passover Assistance: Mois Chitim

"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.

As you prepare for Passover please do not forget the less fortunate in our community. Your contribution will help single parents, the elderly, the unemployed, new immigrants or adults living with mental health differences. Jewish Child and Family Service acts as the central agency for the collection in the Winnipeg community for those who need help. A yellow flyer is enclosed with this newsletter.



# Emily's Corner

(a word from our Executive Director, Emily Shane)

The economic realities of the world have a very bad habit of intruding — on the agency itself and on the lives of the people we work with.



Regular communications with other Jewish Family Service agencies based in both Canada and the United States depict most troubling realities. Especially in the US, agencies are reporting increases of 50% and more in their emergency financial requests and huge increases in requests for family counselling, vocational service and community outreach from families reeling from the loss of employment, loss of their homes and subsequent loss of their self worth. Coupled with this is a definitive decrease in funding sources, be they government, Federations, or private donors.

Canadian agencies, including our own, are beginning to see this trend, albeit on a smaller scale. Full fee paying clients are asking for subsidies, seniors who supplemented their government pensions with some investment income have seen this income vanish, professionals on contract are finding their contracts not renewed and are unable to access EI, and new immigrants' jobs are not materializing. Yet, in all these situations people need to have their basic needs of housing, food, health, education and transportation met.

It is at times like these that the absolute need for a viable, reactive Jewish Child and Family Service agency becomes evident. As the social service arm of the community, and with your support, we are here to assist those who need the help. Especially now at Passover, JCFS ensures that all who need assistance in celebrating Pesach can do so through the community's Mois Chitim program. Thank you for ensuring that we can do what needs to be done.

Wishing you and your family Chag Sameach!

*Executive Director,  
Emily Shane*

## JEWISH ADDICTION SUPPORTS



### JACS MEETINGS For Recovering Addicts/Alcoholics

EVERY THURSDAY 8:00 - 9:00 PM

JCFS Boardroom, ASPER JEWISH COMMUNITY CAMPUS

123 Doncaster Street

Contact JACS at 478-8591 if you need help.

## Say It With A Card From JEWISH CHILD AND FAMILY SERVICE

**SEND A MAZEL TOV** on a special occasion like a bar/bat mitzvah, a special birthday, anniversary, wedding or graduation. Send a note of sympathy or a note of encouragement to someone who is recovering from a recent illness or hospital stay (minimum of \$10.00 donation).

**COVER OUR KIDS WITH CARE:** Foster families and the children they care for can be supported by sending out a specially designed card (minimum of \$18.00 donation).

To send out either type of tribute card call us at 477-7430 or email us at [jcfs@jcfswinnipeg.org](mailto:jcfs@jcfswinnipeg.org) or send us the information online at [www.jcfswinnipeg.org](http://www.jcfswinnipeg.org).

# JCFS Happenings

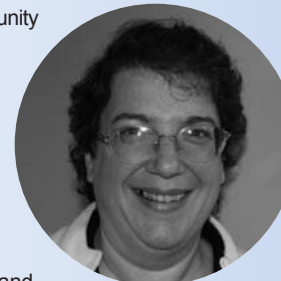
## SUPPORTING NEWCOMERS

**Tax preparation workshop:** New immigrants to our community participated in an important seminar dealing with Income Tax Preparation on February 24th. The workshop dealt with topics such as: explaining the T1 general form requirements, discussing the most commonly used deductions and tax credits and providing various resources to assist in completing a tax return. We are grateful for the ongoing assistance we receive from Avrom Charach in leading this valuable seminar for Newcomers. His extensive knowledge as an accountant and experience in the corporate world has contributed tremendously to the success of the workshop.

**Socializing:** In our ongoing efforts to support the integration of newcomers to our community, we are working with Congregation Shaarey Zedek to develop programming that will be friendly and welcoming to young families. A variety of social and cultural programs have been planned with the synagogue so that new families will be able to make new friends and feel connected to the community.

## LINKING NEWCOMERS TO EMPLOYMENT OPPORTUNITIES

We have many newcomers in our community who are eager to find employment. Carina Melamedoff, Employment Support Worker, has been working with job seekers and employers to assist our new Jewish Winnipeggers in successfully entering the workforce.



Carina assists clients providing information about the local job market and orientation on their job search and in pursuing their employment goals. We currently have newcomers with a wide range of skills and backgrounds, including many highly skilled professionals with extensive experience in their fields. Please, let us know if you would like to receive our monthly CANDIDATE PROFILES of newcomers looking for employment.

Our website [www.jcfswinnipeg.org](http://www.jcfswinnipeg.org) will be updated with job search related information for newcomers. There will be links to websites on employment, resume writing, developing job descriptions, service providers and employers. It will also include relevant areas such as cultural aspects of finding employment in Canada, employer's expectations, workplace culture, job readiness, and understanding the role of support agencies in the job search process.

We would like to express our gratitude to all the employers who have opened their doors to our Newcomers. You are a key factor in facilitating their successful settlement and integration to our community.

## OLDER ADULT SERVICES

**The Social Connections group** for people with dementia or memory loss continues to meet each week. The group is conducted on Monday afternoons at the Gwen Sectar Creative Living Centre. The focus of this group is to provide intellectual and social stimulation in a supportive environment. Word exercises, reminiscence activities and cultural activities are regular components of this group.

**Empowering women:** JCFS has scheduled an empowerment group for older women. *Taking Charge* is a support group that deals with the challenges of life changes, building self esteem, and developing new goals and social networks. The eight week group will take place from April 23rd until June 11th (1:30- 3:30 p.m.). Contact Cheryl Hirsh Katz, Supervisor of Older Adult Services at 477-7430.

**Supporting Caregivers:** If caring for your aging parent(s) or spouse sometimes feels overwhelming and stressful you may benefit from participating in a caregiver's workshop. Share your ideas and concerns, learn about community resources, and benefit from learning from the experience of others. Depending on interest, we are hoping to schedule something for this spring. Contact Cheryl Hirsh Katz, JCFS Supervisor of Older Adult Services at 477-7436 if you are interested in participating in a CAREGIVERS WORKSHOP.

## Reaching Out Lunch Program:

A specialized social group for survivors of the Holocaust takes place at the Gwen Sectar Creative Living Centre every second Thursday afternoon. Entertainment and lunch is provided at a minimal charge. On January 22 songstress, Debbie Maslowsky entertained the group with a wonderful concert which was very well received.

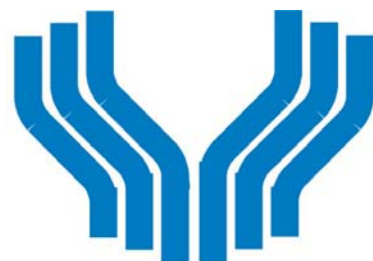
In February, Ariel Posen and Sophie Berkal Sarbit performed a number of familiar songs along with other original songs from their popular jazz repertoire. The group enjoyed meeting with some of the grade 9 and 10 students from the Gray Academy they had met the previous year as part of the Washington DC trip experience. The success of last year's program has prompted the continuation of these multi generational programs.

**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, will be conducted in partnership with Congregation Etz Chayim. A series of intergenerational programs which are educational, social and cultural are planned.

## MENTAL HEALTH SUPPORT

**Chavanim Wellness Group:** This group is for adults living with mental health differences. Historically the group met twice a month and now meets weekly, Friday afternoons. The group has existed for several years and offers social, cultural, spiritual, health and wellness activities and outings based on the participants' interests.

The peer group designs and plans in three month stretches and has now (Nov./08) expanded to include a Fitness instructor - Candice Swick, twice a month for low impact sessions. In the fall at the Gwen Sectar Creative Living Centre, Rabbi Neal Rose and Carol Rose led a very "haimish" High Holiday program which was warmly received and provided the gift of hearing the shofar. Rabbi Shmuly Altein joined the group for its Chanukah party reminding participants of the miracles of light and hope. Transportation is provided for those who require, and refreshments are always available.



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).