

Filling Bellies, Warming Hearts

The Winnipeg Jewish community continues to show its care for the most vulnerable – whether emotionally, physically, socially, or spiritually. JCFS was delighted to work, once again, with B’nai Brith in providing multiple Rosh Hashanah baskets, filled with holiday goodies and treats. A taste of the holiday brought the warmth and caring of the new year to 82 homes.

JCFS was also incredibly grateful for the generosity shown by the community. Our synagogues supported JCFS with High Holiday Food Drives, and individuals like Jacob Tenenbein helped JCFS by donating food items from his bar mitzvah.



Warm Welcomes



Alexis Wenzowski
Director of Operations

JCFS is proud to welcome Alexis to the role of JCFS Director of Operations. Coming to us by way of Hamilton, Alexis previously served as Executive Director for Hamilton Jewish Family Services. She has extensive experience with

community engagement, strategic development, and program implementation. She's presented at Children's Mental Health Ontario, the National Conference on Peer Support, and was a 2020 YWCA Woman of Distinction nominee. Alexis is delighted to join the JCFS team and is looking forward to her first Winnipeg winter.



Nira Diamant
Mental Health Social Worker

Nira is excited to join to the robust JCFS Mental Health Program. Born in Israel, Nira moved to Winnipeg at a young age. She joins JCFS with experience working with families and children in the community. We are thrilled to have Nira here!



Meghan Dick
Social Work Assistant

We are delighted to have Meghan on our Child Welfare Team. In her role, she will be supporting children and families. Meghan has worked with JCFS in the past. She is known for her commitment, kindness, and enthusiasm.



Carla Greenberg
Administrative Assistant

We are happy to have Carla on the JCFS Team. Carla joins us from the City of Winnipeg, where she spent almost 20 years in various administrative capacities. You can find her supporting the staff and administrative team with the day-to-day operations. Carla is community-minded and volunteers in her spare time for various organizations.



Josh Lewco
Older Adults Social Worker

Josh is a recent graduate from the University of Manitoba where he completed his Bachelor of Social Work degree with a focus in the Interfaculty Option in Aging. He is looking forward to supporting older individuals and their families in our Older Adult Services department. Welcome, Josh!



Charmayne Shmon
Support Worker

Charmayne is thrilled to join our Mental Health Team. Charmayne comes to us with experience working with children and families. She is a life-long learner and looks forward to making a difference in the lives of JCFS clients.

Seniors and Elders Month 2022



October is internationally known as Seniors and Elders Month. Our Older Adults Services Team was proud to draw awareness to issues Older Adults face, along with supports the Team offers for those in need.



FOLLOW JCFS:



To follow JCFS Happenings, please visit us on Facebook, Instagram, or LinkedIn. We can be found @JCFSWinnipeg. You can also search our hashtag: #jcfscares. By following us, you'll get a sneak peek at our upcoming projects, events, and initiatives.

Say it with a TRIBUTE CARD

Whatever the occasion or sentiment, let your friends and family know that you are thinking of them by sending them a tribute card from JCFS. All tribute card donations support the work of the agency, helping it strengthen the lives of community members in keeping with Jewish values.

To send a tribute card contact the office at 204-477-7430 or jcfs@jcfswinnipeg.org or visit www.jcfswinnipeg.org

SHERUT STAFF:

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Jewish Federation of Winnipeg



United Way of Winnipeg



The Winnipeg Foundation



Claims Conference



Cummings Centre



Immigration Refugees and Citizenship Canada



The Asper Foundation



Alfred Landecker Foundation



And the support of people like you! Thank you!



SHERUT

JCFS Continues to Innovate Post-Covid

The Talmud, in the tractate of Rosh Hashana, teaches that the centre of the world is exactly where you stand. In this new normal, we seem to be standing in the centre of a new world – a world even now that may be hard for us to recognize, and, three years ago, would have been harder for us to even fathom. And yet, this world is still our world.

JCFS has always been mindful of the times. Whether caring for Jewish orphans after World War II, in the guise of the Jewish Children's Home and Aid Society of Western Canada or launching our Substance Use and Addictions Programming in 2010, JCFS has been at the forefront of ensuring community members are cared for now and in the future. We pride ourselves on being responsive to the needs presented by the world.

As we come out of the pandemic, JCFS is examining intently where we stand today. There are many areas in our world that have changed: funding models, client needs, service delivery models, and more. We must be purposeful and mindful as we adapt. Our actions will shape the centre of this new world.

The pandemic has taught non-profits to diversify their funding sources. Across Canada, Jewish and non-Jewish non-profits are examining how to fund their core operations, and how they prepare their agencies for the future. At JCFS, we are moving to diversify our funding base so that it is from a healthy mix of donations, different levels of government, private foundations, grants, our endowment fund, and the Jewish community. We are also placing a greater emphasis on the in-kind donation of time provided by volunteers. Our volunteer contributions assist JCFS by enriching the services offered, while helping us to be mindful of the budget. As we

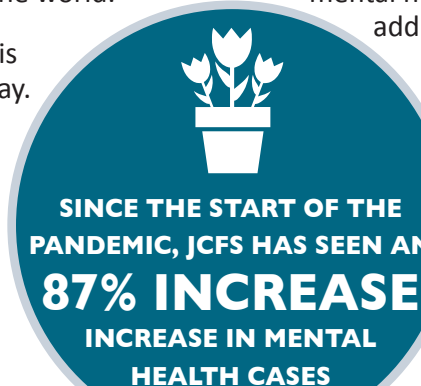
stand in the centre of this world, we continue to innovate in how we fund the invaluable work we do.

Like all communities across Canada, the pandemic exacerbated already existing mental health and addictions challenges. According to a recent 2022 Angus Reid Poll, 1 in 3 Canadians report that depression and anxiety are major problems within their social circles. The same report stated that 40% of Canadians, ages 8-34, feel they are at a breaking point mentally. These facts are startling and unignorable. Our Jewish community is not immune. At JCFS, we see this every day. In response, JCFS is working with partner agencies in the Network of Jewish Human Services (NJHSA) to provide increased staff capacity in treating youth mental health, and to engage community partners in addressing youth mental health needs.

How we deliver our services changed during the pandemic. The level of care taken for clients and the vulnerable remain the same, but we operate differently. JCFS offers a mix of in-person and remote services to meet needs. We continue to balance that need for physical human connection with safety and well-being.

It is a new world, and all of us are at the centre. This world is a place where we work together, we innovate to create new opportunities, and are all stronger because of our shared sense of purpose. It is our duty and responsibility to fill the centre of this world with our good actions, our thoughts, and, most importantly, our care for one another.

Thank you JCFS for keeping in touch and arranging delivery of the generous food package. This heartwarming gesture is much appreciated! – JCFS Client



JCFS is located on Treaty 1 territory, the ancestral lands of the Anishinaabe, Cree, Oji-Cree, Dakota, Dene People, and the homeland of the Métis Peoples.

We support calls by Indigenous peoples and Canadians alike for the implementation of the Truth and Reconciliation Commission's Calls to Action.

Executive Director's Message



"There is no community where everyone is rich; neither is there a community where everyone is poor." (Jerusalem Talmud, Gitten 3:7)

There is no question that the world is a challenging place and life can be hard. One of the foundational principles and measure of a fair and just society is how we care for the vulnerable among us. This is also one of the deepest tenets of Judaism. No other Mitzvah, commandment, is repeated as frequently as our obligation *to care for the poor, the widow, the orphan, and the stranger*.

We are a fortunate community with so many members that are blessed with success, happiness, family, friends, and good health. But as we all know, life is fragile and it doesn't take much to throw the gentle balance of our lives into turmoil. Sometimes briefly and sometimes for longer periods.

Just as no community exists where everyone is rich or everyone is poor, there is also no community where everyone is healthy, optimally connected, emotionally sound, or happy at all times. One thing is certain, dealing with the turmoil and curveballs that life can throw at us can be daunting, isolating, and scary. Even the smallest gesture of support can make all the difference in the world.

Those are the times when our strong community is so vital, with its many open doors, long reach in, and various safety-nets to catch those that are falling or have

fallen. Strong communities have ways of supporting, caring, and connecting people with what they need, who they need, and the services they need to get back on their feet, build resiliency, and improve quality of life.

Its comforting to know that JCFS is a safety-net in the fabric of our strong Jewish community - the boots-on-the-ground for assisting *the poor, the widow the orphan, and the stranger....* and many more.

Strong communities are not just born - they are made. They require commitment, planning, people, time, and most of all, funding. Every positive action, no matter how small, has the potential to make a difference. JCFS and our community are blessed with such supportive and giving community members, and I thank you all for always generously helping JCFS help those who need more. We could not do what we do without you. Your partnership and your support are essential for JCFS to deliver vital services for those in need.

May we continue to be blessed with only good things and success, so that we may always have a caring and just community. May each of us always be in a position to be the helper rather than the one in need of help. Let's make 5783 even better than 5782.

Please consider a gift to the JCFS Annual Support Campaign.

With Thanks,

Al Benarroch
Executive Director

President's Message



I hope you are doing well. In these uncertain times, your physical and mental health are of prime concern. If you feel you need help do not hesitate to reach out to us at JCFS, to see if we can assist you in some way. That is what we are here for.

I am pleased to report JCFS is continuing to follow the best practice protocols concerning Covid-19. Our staff have returned to the office on alternating days, so that no more than 50% are working remotely at any one time. As well, staff are also seeing approximately 70% of our clients in-person, something to celebrate! We've learned to be flexible and adaptable should Covid-19 rates and risks rise again. We continue to monitor and make decisions based on public health measures and what is best for our clients, our staff, and our community. We thank our staff for all that they do.

During this season we will also begin our Annual Supporters Campaign. In the past, you, our supporters, have been very generous. We hope that your generosity and the impact you've made can continue. We've made

JCFS exemplifies everything that makes me proud to be a member of this community. We assist those who are less fortunate and require assistance. We help young and old, those with financial resources and those without – everyone is welcome. We provide a wide variety of services and deliver them with professionalism and kindness. When I tell people I am associated with JCFS, I only hear positive feedback. That tells me the stellar reputation JCFS has within our community. I am proud to volunteer with such a fine organization and help any way I can. – Al Shpeller

it easy to participate in our campaign. You can take action through our phone calls, mailouts, website, social media, or visit us in person at our office.

At this time, I also want to thank all of our core funders for their continued and vital support. A special shout out to the organized Jewish community, especially the Jewish Federation of Winnipeg, the Jewish Foundation of Manitoba, and others for your ongoing commitment to the work we do.

It is important to highlight the important leadership of our Board of Directors, and their hard work, insights, guidance, and wisdom. In this coming year, two priorities of focus will be our Strategic Plan, and the importance of Diversity, Equity, and Inclusion in our agency.

Along with our Board of Directors, I extend my heartfelt thanks for your generous and unwavering support of JCFS.

Wishing you and your families a good year and good health.

Sincerely,

Al Shpeller,
JCFS Board Chair

Our New World: Using Technology to Tell Stories



On Tuesday, November 15 at 1:30 p.m., Jewish Child and Family will host *Our Digital Storytelling Journey*. *Our Digital Storytelling Journey* will highlight an innovative technology project for Seniors run throughout 2021-2022.

Held at the Berney Theatre, *Our Digital Storytelling Journey* promises to be an interactive event. JCFS will share digital stories, speak to the project's vision and its implementation, share participant feedback, and offer resources to help both individuals and organizations create their own digital stories.

Digital storytelling encapsulates an individual's story using narration and visual mediums, such as family photos, maps, and video clips. It's a powerful medium for sharing one's story.

Sonja Iserloh, Older Adult Services Worker, explains, *"This project provided an opportunity to connect on a deeper level with clients through the gathering of their story and personal photos which brought about even more stories and experiences to share. The product is gifted to the client and provides them with a testimony of their lived experience and the significance of this specific time in their life. What has been touching is seeing the clients come alive as they remember specifics about their experience that they may not have thought of in a long time and, that they will continue to have these heartfelt moments with their family and friends as they share their unique video."*

Digital Storytelling was spearheaded by the dedicated Older Adult Services (OAS) Team at JCFS. The project came about when a staff member, Margarita Iskijaev attended a presentation on Digital Storytelling by Teresa Allison, Instructor from the University of Manitoba's Department of Occupational Therapy Rehabilitation Services. It seemed like the perfect fit for JCFS. Cheryl Hirsh Katz, Manager of Older Adult Services, explains, *"Our staff are always on the lookout to find new ways to engage clients, and this sounded like an interesting program for us to try."*

Upon securing a grant from the Government of Canada's New Horizons for Seniors Program, JCFS partnered with Jacquie Ripat, Associate Professor in the Department of Occupational Therapy, to develop and implement this program. The OAS Team also utilized the knowledge of the Occupational Therapy Team to create a step-by-step

Guide to Digital Storytelling to share with others. And, of course, the OAS team worked with our seniors to help record their digital stories.

It is the OAS Team's hope to grow digital storytelling across the community and ensure more vital memories and stories are captured.

We encourage you to attend *Our Digital Storytelling Journey*. To learn more about the JCFS Digital Storytelling Project, you are invited to contact either Sonia Iserloh, Older Adult Services Worker (phone: 204-477-7502 e-mail: siserloh@jcfswinnipeg.org) or Cheryl Hirsh Katz, Manager of Adult Services (phone: 204-477-7436 e-mail: chirshkatz@jcfswinnipeg.org).

IRCC Welcoming Week 2022

JCFS joined organizations and communities across Canada during Immigration, Refugees, and Citizenship Canada's (IRCC) Welcoming Week. This was a time for JCFS to highlight and share the good work being done by our Settlement Team. Please see the images below or visit our Instagram and Facebook pages which speak to the care and kindness JCFS shows to all newcomers.



WAYS TO SUPPORT JCFS:

Support our Annual Support Campaign. Donations can be one-time or can be ongoing. We accept cheque, VISA, MasterCard, or cash. You can also donate through our website (www.jcfswinnipeg.org) or by QR code.



Say it with a Tribute Card! Let your friends and family know that you care about them by sending a tribute card from JCFS (Note: a minimum \$10 donation is required). To send one, call 204-477-7430, jcfs@jcfswinnipeg.org, or visit www.jcfswinnipeg.org.

Volunteer with JCFS. We are always looking for new helpers – from friendly visiting, helping at the front desk, food drives and more – we are happy to have you on board. To learn more, contact our Manager of Volunteer Services, Einat Paz (epaz@jcfswinnipeg.org or call 204-477-7430).

Leave a legacy gift in your estate or insurance planning. To learn more about this, please contact Al Benarroch, Executive Director (abenarroch@jcfswinnipeg.org, 204-477-7430).

Drop off non-perishable food items, including cereal, tea, coffee, canned goods, and more, to our JCFS Food Pantry.

Do a social media birthday fundraiser! We are one of the charities you can choose from on Facebook!

DONATIONS OVER \$10 MADE IN THE CALENDAR YEAR WILL RECEIVE A CHARITABLE TAX RECEIPT

JCFS PRESENTS



Tuesday, November 29, 7:00 pm
Berney Theatre - Asper Jewish Community Campus

This November join JCFS for the Winnipeg premiere of *Orchestrating Change*.

Details about this acclaimed mental health film can be found at:

www.orchestratingchangethefilm.com

Providing Spiritual Comfort

Rabbi Yitzchok Charytan knows the importance of one's spiritual journey. Rabbi Charytan noted the need for more spiritual supports for incarcerated Jews, whether at the Remand Centre, Headingly, or Stony Mountain. He decided to do something about it. Working with the Aleph Institute, whose head office is in Florida (<https://aleph-institute.org/wp/>), Rabbi Charytan procured 3 brand new pairs of tefillin for Jewish inmates in our Manitoba jails. As the Rabbi says, *"This gives people the opportunity to daven and pray on their own. A prisoner may not be religious, but this allows them the opportunity to participate in their own spiritual journey independently and in their own way."*