



Dear Friends,



As I talk to people in our community, I can feel how much pain there is, especially lately. But when I think about just how much JF&CS does to help, it gives me hope. We look for where the pain is, and we go there, unafraid, to heal it.

The Talmud teaches that "whoever saves one life, it is as if they saved the entire world" – words that JF&CS takes to heart. This year, JF&CS touched the lives of nearly 14,000 people. In this report you'll read the stories of ten of them. These are people who faced incredible pain in their lives and – with the support of our community – showed incredible resilience. As the Talmud teaches us, each of these ten people are lives that truly matter.

Of course, these stories represent just a few of the many lives JF&CS impacted during this often-trying year. We impacted lives when we delivered our services with quality and care, launched new services, expanded our reach, innovated new approaches, and showed up for the people who need us.

We have been able to touch these lives because of the unwaveringly generous support of you, our donors. I couldn't be more grateful for this community.

Gail Schulman

Chief Executive Officer

Lal Schulman

Dear Friends,



I've supported JF&CS for many years, but these last two years have reinforced the notion of how important it is to help people who need it – and to do my own small part in saving the universe.

I know I'm not alone in feeling this way, because the entire JF&CS community stepped up in so many ways this year. Donors stepped up to provide higher levels of support, enabling the organization to be nimbler and more responsive. Volunteers stepped up, including a huge number of new Family Table volunteers who enabled us to get emergency grocery deliveries and more to needy families. Community leaders sought out JF&CS to support their communities.

That support has allowed the organization to step up—to expand services to meet new needs and innovate in creative ways. In fact, one of the things I most appreciate about JF&CS is that the organization is big enough to have a significant impact, but small enough to adjust nimbly. That means that every dollar goes a long way.

Gail and I talk about our approach to joint leadership of JF&CS as being like co-pilots, working in tandem to accomplish organizational goals and show up for the Jewish community, and beyond. Over the last year, I have felt the support of so many of you in helping to fly the plane. It has truly been a communal effort. Thank you all.

Andrew Pearlstein

andrew Bearlote's

President, Board of Directors



I was born and raised in Odessa, Ukraine. I met friends on the playground there who would turn on me when discovering I was Jewish. When World War II started, my family tried to escape by boat. When we arrived at the pier, there was a bomb – we had to flee. The boat was bombed by Nazis. Had we boarded, I would've died. We escaped to Russia.

I came to the United States in the 1980s and worked until I was almost 80 years old. My husband was an engineer, but six years ago, he became sick. He fell, broke his hip and developed severe dementia. He needed care. The money we'd saved was enough only for one year.

I reached out to JF&CS for Family Table groceries and financial assistance and support through JF&CS Schechter Holocaust Services. I can't even describe to you: it was such a big relief. They said, 'Don't worry. We'll try to help you. It was like they gave me a second life.'

-Credit to Kara Baskin for her reporting on Frima in JewishBoston



JUDY FELDMAN Why do I volunteer for Family Table and donate to JF&CS? I was a primary care doctor for 40 years. When I was in medicine, many times I consulted social workers to find support for my patients.

As I was getting ready to retire, I started thinking about the new model for my life. JF&CS was looking for volunteers, and the food bank felt like a good fit for me, especially being able to deliver in person.

One memory that stays with me was a special Passover delivery. It was two days before Passover, and one of the lovely older men I delivered to already had his table set, his seder plate out, the Haggadah and wine glasses, waiting for Elijah to come. It was so beautiful to see that. We were enabling people to observe a holiday in the traditional way. All they needed was that box of food.

I gave a legacy gift to JF&CS in my will because I asked myself, why should my support stop when I die? The needs will persist. I can do more, so I feel that I should. With JF&CS, it was a no-brainer.

COMBATING ECONOMIC INSECURITY

From job losses to inflation, the pandemic and other crises have exacerbated the economic pain already present in Greater Boston. To meet the challenge, JF&CS has provided an integrated approach to combating economic insecurity: helping people feed their families, heat their homes, bury their loved ones, keep roofs over their heads, and more so they can make positive changes in their lives.

This year, we embarked on the physical expansion of our **Family Table** food pantry space to support more families — tripling our cold storage capacity, expanding our dry storage area, and adding private space for case management.

As the utility and eviction moratoriums ended, we boosted our Bet Tzedek free legal services to help more families navigate the social service ecosystem and **gain government benefits.**

MARIA LEVY

one life

Many years ago, I had major surgery. I turned to JF&CS for financial assistance as I was unable to work full time as I recovered. I'm a single mother – I left my abusive marriage after my son's bar mitzvah.

Then I was diagnosed with breast cancer. I once again turned to JF&CS for help. My case worker helped me in so many ways. She helped us find a scholarship for my son's first year at Amherst College. When my child sent me the transcript from the first semester at school, I started crying. I called him and said I'm very proud of you.

All along I lived in Brookline so Jeremiah could go to Brookline schools. This year, my landlord wanted to increase the rent by \$250. JF&CS helped me work with my landlord and the Brookline Community Foundation Safety Net to keep me in my home. It may not be a lot of money to some, but for us it is.

It takes so much worry and stress off my plate, and it really impacts the whole dynamic in the household.

60%

Increase in our Family Table capacity, enabling us to serve 350 new families.

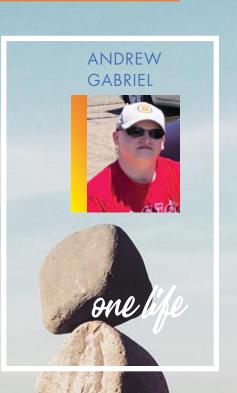
\$2M

Financial and food assistance provided since the start of the pandemic.

22

Hebrew Free Loans given for moderate income people to assist with a range of financial needs including lifecycle events, housing repairs, and more.





My dad died suddenly and unexpectedly in his sleep in 2015. Then in 2017, my fiancé went back home to the Cape and was hit by a drunk driver and died. After that, I moved in with my mom full-time to take care of her. She had a liver problem and passed in 2019.

I'm an only child and after all this happened, everything got crazy. Even before all of this, I had depression. It ran in the family. Because of all the craziness I came down with alopecia, which is where you lose 100 percent of your hair. I was in a state of trauma and shock, and I needed guidance.

JF&CS helped me with everything: getting full social security disability benefits, finding housing, getting food benefits, and, ultimately, improving my mental health. I was in an all-over-the-place state of mind. It gave me a very stable and calm feeling knowing that I had someone who would call me every Tuesday to help me with everything.



one life

ROBERT NAGLER MILLER

My 93-year-old mother, Betty, with whom I had a deep yet complicated relationship, died on New Year's Day last year. There was no one who'd had a greater impact on me—intellectually, politically, ethically, biologically, and emotionally—than Betty.

This sense of utter despondency and aloneness was exacerbated by Covid, which didn't allow for any of the palliative forms of Jewish mourning, including an in-person funeral and shiva.

I knew I needed support. Within an hour of my email to JF&CS, I became a full-fledged member of their bereavement support group. There is no hyperbole or exaggeration when I say that the group has been the lifeline that I've needed through my mourning. The group has opened me up to my grief, allowed me to gain and give needed comfort and support, and enabled me to grow emotionally.

IMPROVING MENTAL HEALTH

We face a mental health crisis in Greater Boston. A recent study found that more than one in three Massachusetts adults reported needing mental health care for themselves or a close relative, while more than half of those people had difficulty finding that care. Since launching Mental Health Connect last year – our free, confidential information and referral service – we have received hundreds of calls from people seeking help.

To meet the need, in addition to launching the help line, we expanded the dozens of support groups we offer. We launched a new group for **suicide loss survivors** in the Jewish community and a six-week cognitive behavioral therapy group and turned our twice-monthly **bereavement group** into four separate weekly groups.

We also continue our **one-on-one coaching** to address the challenges in people's lives that impact their mental health. Our coaches support clients to identify and work towards specific goals, such as combating social isolation or improving workplace relationships.



1,200
Mental health calls across al
JF&CS help lines.

92%

Goals our one-on-one coaching clients achieved or are on their way to achieving.

50

Synagogues we regularly provide mental health support to via the Caring Community Resource Network.



I am 40 years old. I have chronic hypertension and recently gave birth to my first child, a boy named Bryson.

At 35 weeks pregnant my blood pressure was through the roof. I had to be induced and had multiple, torturous bedside procedures that lasted five days. Then, I had to have an emergency C-section.

I just remember you're on this gurney and doors are being pushed open, people are yelling and there are a ton of people in the room and they're all touching you, and you don't know what's going on. Everything happened in seconds. I truly thought at that moment that I was going to die, or something was going to happen to Bryson. My breaths were getting shallower and far between. There was nothing happy.

As Bryson and I recovered in the hospital, they mentioned the idea of seeking help because of my traumatic birth experience and told me about JF&CS. I can't say enough about my experience with the Fragile Beginnings program. I look forward to speaking with my social worker weekly. Her line to me all the time is to be gentle with yourself. And that stuck. I have a lot of anxiety about going to the doctor. It brings up a lot of fears. With upcoming appointments that I have, she'll give me things to think about. I've learned that my body created a human and it's OK to take time to heal mentally and physically.



I was a wound care specialist nurse. I had a client who had a very bad leg wound. He had Parkinson's Disease. I would see him weekly to follow up on the progress of the wound, and I became aware of his involvement as a client in the JF&CS Parkinson's Disease support groups.

Then, my husband Vin was diagnosed with Parkinson's. How providential. We participated in the Parkinson's dance classes because Vin and I loved to dance. I then became involved with the Care Partner Support Group for several years. My husband is such a highly intelligent man. He had three masters and was finishing up a PhD when he decided to leave the priesthood. To see him now be so passive is very hard. In our group, there may not be answers but there is the sense of support you can give to someone else who is living the life you are living.

JF&CS has helped me live my life with a Parkinson's partner much fuller than I thought was possible. Because of JF&CS I feel that I can continue to go right on.

CARING FOR THE CAREGIVERS

These last two years have been particularly stressful for those in our community who are caring for others – whether for children, older adult parents, or partners.

For families navigating complex issues of aging or chronic illnesses, JF&CS offers a range of support, from **one-time consultations** to **ongoing care management** to **support groups** and social opportunities. Our Dementia Friends initiative led training of 10,000 people across Massachusetts who are prepared to understand and **support people with dementia.** Our Tremble Clefs choir, which **helps strengthen the voices of people with Parkinson's,** was featured on Channel 7 news for their driveway choir performance during the pandemic.

We offer a **space for parents** to learn and express themselves with other parents on a variety of topics, such as postpartum depression, raising toddlers, or raising an adopted child. Our clinicians provide services for parents facing specific challenges – **trauma, immigration, substance use disorder and premature birth,** among others – in addition to the lonely difficulties of pandemic parenting.

866Calls from caregivers to a JF&CS help line.

2,425
Active volunteers this year, including 67 Lauren & Mark Rubin Visiting Moms.

Hours of personal support from Your Elder Experts for families navigating the complexities of aging.



ELLIE SVENSON one life

I'm a clinical psychotherapist and have had many clients who were helped by JF&CS. I joined the JF&CS board in 2004. At that time, my late husband John Svenson was also serving on the board of Horizons for Homeless Children. Together we decided to facilitate a collaboration between the two agencies, which aimed to establish a program where JF&CS would provide consultation for teachers at Horizons.

After my husband passed away in 2007, my children and I remained committed to giving together as a family. To formalize and better organize this long-term commitment, we created the Hawk Foundation. I spoke with someone at the Center for Early Relationship Support at JF&CS and asked them what population was most vulnerable at that time. The answer was newborns exposed to substances. Together we created a program that responds to the profound needs of children who are deeply affected. The JF&CS approach appreciates the potential of the relationship between mother and child. We believe that all people should have opportunities to achieve sustainable lives of promise.



I'm on the spectrum. It's just a part of me. I'm always determined to do the best I can. I don't think of my autism as the biggest part of me.

I've been living in the JF&CS Aliyah house with a roommate for a year and two months. I was hoping to move out of my parents' house. I didn't want to feel like I always needed support for everything. I want to be able to live on my own.

One thing that I'm amazed that happened was I felt like psychologically it was a new start. As we got my schedule worked out and daily routine, we realized I needed to get back into the habit of certain things like brushing my teeth. We made it part of my nightly routine. Having the support of the staff really motivates me and helps me see that it's for my benefit.

JF&CS is always trying their hardest and they help you to come up with goals. They are always supportive of anything that comes up. Always trying hard to make sure I get help whenever I need it.



PAT NUZZI ONE life

My stepson came into my life about 17 years ago. At the time I was an active police sergeant. I had never had a close relationship with anybody who was autistic. So, it opened a lot of doors for me to have a better understanding of someone with this challenging disability.

When we got the call that the JF&CS CHAI Works day program was slowly integrating people back into the program in person during the pandemic, we were ecstatic. We can tell when my stepson is in a bad mood, and we can tell when he's happy. He has certain sounds and mannerisms. We would ask him every day what he did at JF&CS, and he enjoyed telling us what he did.

When I started driving him to the program in Waltham during the pandemic, I realized there was a lot more to JF&CS when I saw the food bank in full operation. I saw the outreach into the community, and we thought it was a wonderful thing, and that is why we started to contribute to JF&CS. My wife, Molly, is Jewish and I am Catholic and probably, like most people, there is a misconception that JF&CS is geared to help the Jewish community. This couldn't be further from the truth. Their outreach is to all in need, no matter your religious belief, race, or position in life.

I also would be remiss if I didn't mention anything about the remarkable men and women who work directly with Sam's program. They are so dedicated and have truly made an impact on Sam's life.

PROMOTING INDEPENDENCE FOR PEOPLE WITH DISABILITIES

CHAI Services stands for promoting Community, Housing, Access, and Independence for people of all abilities. It is very fitting that CHAI means "life" in Hebrew because our goal is to enable every person to live a meaningful life, with as much independence as possible.

Throughout the pandemic, we have focused on helping the **residents of our six JF&CS apartments** and houses for clients with disabilities to go beyond just coping with the new reality and continue to build independence. When our residents were unable to leave at the height of the pandemic, we offered programming to keep them engaged and happy: sewing classes, six-foot dance parties, and more.

Starting this past fall, participants in our Waltham and Cantonbased **day programs for adults with intellectual and development disabilities** have been able to safely return to contributing to the community as volunteers for places such as Meals on Wheels.

As the need for connection increases, we have deepened our **support for children with disabilities,** including the launch of our new Musical Book Club, now our most popular offering for this group. The club helps children with disabilities develop and deepen friendships and skills through literature, music, and movement, and provides respite for their parents.

130

People with disabilities that we supported to work in the community.

100,000

Hours of programming and services delivered since the start of the pandemic to residents of our community-oriented homes for people with disabilities.

62

Children with disabilities with more friends and skills from our respite and recreation programs.



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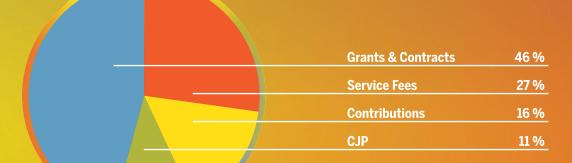
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FINANCIAL REPORT 2021

JF&CS 2021 Revenue: \$25.3M



JF&CS 2021 Expenses: \$25.3M

| | Personnel | 64 % |
|--|---------------------|------|
| | Other Operating Exp | 13 % |
| | Client Assistance | 10 % |
| | Contracted Services | 9 % |
| | Occupancy | 4 % |



It is with deep gratitude that we recognize our good friends in the community who have contributed \$1,000 or more to Jewish Family & Children's Service between October 1, 2020 and September 30, 2021, our Fiscal Year 2021. These contributions, along with those from all our supporters, provide critical funds that enable our agency to provide the greatest breadth of social services under one roof throughout New England and to be a source of support to the thousands of people we serve each year.

\$25,000+ - Kavod Society

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