



COMMUNITY Matters

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Newsletter Sponsored by the Barbara Sapsowitz Memorial Fund

100 Years of Helping

In August 1915, concerned leaders in our community organized to establish an organization to improve the quality of life for individuals and families in our community. Their mission was to form a federation of all charities in existence at the time to have a more efficient and practical charitable purpose to "help relieve pauperism and increase self-reliance of the poor and to perform whatever set or thing that may be necessary or proper in the accomplishment of these ends."

They started with a clearly defined purpose...to help those that are willing to help themselves. The meeting took place at the Y.M.H.A. which was erected at a cost of about \$80,000. The city of Scranton had a population of about 130,000, and was only 50 years old and rapidly growing. The Jewish population was estimated at 7,500. The entire expense budget for the federation was about \$11,000, funding five local agencies and seven out of town to include a hospital in Denver, a farm school in Philadelphia and an orphan's home in Erie. They paid widows pensions, emergency relief consisting of coal, rent, milk, clothing and food. They provided medical care and legal aid. They had a shelter department that took care of transients and organized volunteers to visit people at home, in hospitals or in institutions. Founders in our community names like Sam Samter who presided at the

first meeting, A.B. Cohen, Max Kaplan, Louis Oettinger, Oscar Kleeman, Rabbi Gutterman, J.M. Temko, A.S. Weisberger, Mrs. J. Brandwene, Mrs. Sam Ziman and Mrs. A. Grass to name a few.

Some things have changed but as we look at the past and forward to the future, we see that the JFS mission today and the work we do still embodies this philosophy. Those who pre-ceeded us would be proud to know that their vision and mission remain and that JFS continues to grow to meet the needs of those in our local and surrounding communities. Today hundreds of people turn to JFS every year to achieve health, well-being and stability. JFS is here for them, helping to make a positive difference serving both the Jewish and the broader community for a century. JFS sits on the shoulders of many who came before us and at this historic moment we thank them on behalf of those we serve and will continue to serve as we embark upon the beginning of the next 100 years.

Sheila Nudelman Abdo
Sheila Nudelman Abdo
JFS NEPA Executive Director



JFS Executive Director Receives Distinguished Service Award

The Association of Jewish Family & Children's Agencies (AJFCA) honored JFS NEPA Executive Director Sheila Abdo at this year's annual conference in Miami with the Distinguished Service Award which is awarded to member agency CEO's/ED's who have worked for more than 20 years in the Jewish Communal Service field. Under her leadership, JFS has developed into a comprehensive social service agency serving not only Lackawanna County but expanding into the surrounding regions of the Pocono area, doubling in both staff and revenue. Sheila was responsible for bringing the agency through a total office renovation which professionalized the agency for both staff and clients. Many new programs were developed during this time to include Holocaust Survivors Assistance Service, the Mae S. Gelb Kosher Food Pantry, Guardianship of Person Service and a wellness series that partners with the business community targeted specifically to the Baby Boomer population. The award was presented to Sheila by Lee I. Sherman President/CEO of the Association of Jewish Family & Children's Agencies (AJFCA)



PRESIDENT'S *Message*



As I begin my tenure as president of JFS of NEPA, I am humbled by the task ahead. As you know, JFS is celebrating 100 years of service to NEPA. What an accomplishment. We rejoice in the thousands of lives touched by our wonderful, committed staff.

As we look to the future, the need is ever greater... more families in distress, more people with mental

health issues, more people with dental needs. The list goes on and on. In order for us to meet these needs, we need to "up our game". JFS needs to build its brand in the community at large so that all we serve know where to get help. To that end, JFS needs your help. No Money-No mission. Please help us serve by making JFS one of your most important contributions this year. The need is great, your support is critical.

We look forward to the challenge year 101 brings. All of us here at JFS hope you will join us in serving those in need.

Jay Landau
JFS President



**Get a copy of our
Annual Report online
at www.jfsnepa.org!**

Thoughts from the Heart

By Susan Blum Connors



When I accepted the role of President of the Board of JFS two years ago, the majority of my family and friends were very supportive and proud of me. There were, however, those few individuals

whose first comments were, "Why? Aren't you busy enough? Don't you just want to sit back and enjoy your retirement? Do you have any idea how much time you are going to have to devote to this organization?" My answer to those questions was and still is a resounding "Why not? I would rather spend my time volunteering than just sitting home watching TV. It's a way for me to give back not only to JFS, but to the community at large."

I recently spoke at the volunteer recognition party in our new multi-purpose room. I think the quotes I used about volunteering are worth repeating here.

"Those who can, do. Those who can do more, volunteer." —Anonymous

"It's easy to make a buck. It's a lot tougher to make a difference."

—Tom Brokaw

"Nobody can do everything, but everyone can do something."

—Author unknown

"We make a living by what we get, but we make a life by what we give."

—Winston Churchill

"How wonderful it is that nobody need wait a single moment before starting to improve the world." —Anne Frank

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

—Desmond Tutu

"If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life." —Author unknown

All of these quotes epitomize what JFS is all about, but my personal favorite is the last one. As we begin our second century of service to the community, we, as an agency, will continue to touch the lives of all who enter our doors.

Doing Good is Good for You

By Marguerite Bushwick, LCSW, NCG

As we do each April, Jewish Family Service (JFS) recognizes its volunteers during the National Volunteer Recognition week.

One of the better known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. According to the Cooperation for National and Community Service about 64.5 million Americans, or 26.5 percent of the adult population gave 7.9 billion hours of volunteer service worth \$175 billion during a 12 month period.

During its 100 years of existence Jewish Family Service has benefited from many volunteers who have made the implementation of the mission of JFS and its impact on the community possible. Chesed, commonly translated as Loving Kindness, Kindness or Love, is central to Jewish ethics and Jewish theology. Chesed is considered a virtue on its own, and also for its contribution to repair the world. Chesed is the basis of a wide variety of communal institutions.

Good health is as much of a journey as it is a destination. Traditionally, our health has been left to the care of our doctors, nurses and other health professionals who have done so much for us in clinical settings. In recent years we have started to realize that good health means much more than a set of numbers tracking height, weight, heart rate and cholesterol. It starts with the individual. It means taking an integrated approach to well-being that includes not only our physical health, but our emotional health, our sense of purpose, our connections to our community and our overall quality of life.

A new study by the United Health Group and the Optimum Institute has found a link between volunteering and better physical, mental and emotional health. Here are some of the more interesting findings: of the people interviewed who



volunteered during the last 12 months: 78% of the interviewed said that volunteering has lowered their stress level; 94% said that volunteering helped improve their mood; 96% said it enriched their sense of purpose in life and more than 75% said that volunteering has made them feel healthier.

In addition, volunteering allows you to connect to your community and make it a better place. Helping out with even the smallest tasks can make a real difference to the lives of people and organizations in need. Realize volunteering is a two-way street: it can benefit you as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Jewish Family Service has many volunteer opportunities, large and small. If you are interested in volunteering, please call Jewish Family Service at 570 344-1186 to explore how the volunteer opportunities at JFS can match your interests and passions.



BOARD SPOTLIGHT ON ELLIOT SCHOENBERG

"Always try to help those who are less fortunate than you."

Elliot has been involved with JFS since 2007 and was recently nominated to serve a one year term as 2nd Vice President on the JFS Board of Directors. He resides in Clarks Summit with his wife Renee and are not only the proud parents of 3 children, Scott, Jason and Erica Gallagher, but 7 grandchildren as well. Elliot became involved in JFS when he discovered the many ways that JFS reaches out into the community to help individuals, no matter what religious affiliation, it was then he knew he wanted to get involved with the organization. Today Elliot is the President and CEO of Brucelli Advertising which began when his father passed away when he was in college and he and his brother were left to support their mother. They built a successful business from the ground up, starting it in the unfinished basement of their mother's house. They worked together to grow the business until his brother's untimely death in 2010. Today, with the assistance of his two sons, the family business continues to grow.

Jewish Family Service of Northeastern Pennsylvania is extremely grateful to the hundreds of families and individuals who participate in our Donation Card program and Tree of Life. It is a wonderful way to honor and recognize people in your life, and, at the same time, help Jewish Family Service. This listing includes gifts received June 1, 2014 through April 30, 2015. Please accept our apology if we have missed you. We researched carefully to be certain we included everyone, but occasionally mistakes get past us! If your name is not listed, or if you know of someone else's name we have omitted, please contact us so we can properly acknowledge all efforts.

There are many ways to demonstrate your love to friends, family and loved ones in joy, celebration and even in sadness. A meaningful way to honor and remember is through a contribution to one of Jewish Family Service of Northeastern Pennsylvania's many funds. For a more permanent recognition, a silver, bronze or gold leaf can be purchased and displayed on the "Tree of Life" which is located in the entranceway of the Myer Davidow Wing of the Jewish Community Center. More information can be obtained regarding a contribution by calling the Jewish Family Service office at (570) 344-1186.

GENERAL FUND

IN MEMORY

Thelma Witkowski
Sheila & Larry Abdo

Russell Preno
Barbara & Lou Nivert
Millie Weinberg

Sheldon Ehrenpreis
Atty. Edwin Utan

Milton Weinberg
James & Susan Blum Connors

Howard Jacobson
James & Susan Blum Connors

TO: Julie Etsy
In memory of father
Barbara & Lou Nivert

Morris Goldstein
Sheila & Larry Abdo
James & Susan Blum Connors
Ruth Gelb

Elma Starr
James & Susan Blum Connors

James Krieger
Sheila & Larry Abdo

Ethel Schwartz
Sheila & Larry Abdo
James & Susan Blum Connors

Sam Nudelman
Irv Nudelman

Harriet Rosenstein
Sheila & Larry Abdo

Rae Magliocchi
Sheila & Larry Abdo

I. Leo Moskowitz
Sheila & Larry Abdo

Charlotte Cardonick
Sheila & Larry Abdo
Chelsea Minkoff

Shirley Kugelman
Dr. & Mrs. Richard Silbert

Helen Robinson
Howard Feinberg
Atty. Michael Roth

Nancy Jackman
Seth & Sheryl Gross

Lillian Kornblatt
James & Susan Blum Connors
Sheila & Larry Abdo

Allen Goodstein
Mr. & Mrs. Alan Kagan
Joe Bedrick
Cari & Jack Wasserman
Stan & Barbara Kapitansky
Roberta Pineiro
Samuel Neulinger
Irene Stolzenberg

Paul J. Wildermann, Sr.
Don Minkoff

TO: Nancy Wimmer
In memory of mother
Nancy & Bill Johnson

Stuart Moskowitz
Nancy & Bill Johnson

Robert Sherman
Alan & Michele Smertz & Family

SPEEDY RECOVERY

Max Boehman
Sheila & Larry Abdo

Paula Wasser
Sheila & Larry Abdo
Ruth Gelb

Elliot Schoenberg
Sheila & Larry Abdo
James & Susan Blum Connors

*Morris Goldstein
Eileen Baine

Sheila Cutler
James & Susan Blum Connors

Jeff Raider
Sheila & Larry Abdo

Marilyn Deutsch
Rabbi Marjorie Berman &
Rabbi Daniel Swartz

Dr. Richard Silbert
Sheila & Larry Abdo
Stephanie & Don Minkoff

BIRTHDAYS

Mildred Weinberg
Sheldon Goldstein

Shirley Nudelman
Irv Nudelman

IN HONOR

Rick Levy
In honor of being named
to the JFS Board
Jennie Levy

Barbara & Lou Nivert
In honor of the birth of your
grandchild
James & Susan Blum Connors

Eric & Angela Weinberg
In honor of your son's Bar Mitzvah
James & Susan Blum Connors

Dr. & Mrs. Ken Miller
In honor of the birth of your
grandchild
Nancy & Bill Johnson
Atty. & Mrs. David Epstein

In honor of David and Aileen
Epstein receiving the Hadassah's
Guardian of the Dream Award
from the "House of Utan"
Atty. Edwin Utan

Jeffrey & Elizabeth Bernstein
In honor of a Happy Chanukah
& New Year
Patt Taylor & Don Bernstein

Michael & Donna Bernstein
In honor of a Happy Chanukah
& New Year
Patt Taylor & Don Bernstein

Marc Bernstein
In honor of a Happy Chanukah
& New Year
Patt Taylor & Don Bernstein

Dori Shiovitz
In honor of a Happy Chanukah
& New Year
Patt Taylor & Don Bernstein

Atty. Morey Myers
In honor of receiving the
Distinguished Honoree Award
Sheila & Larry Abdo

WEDDINGS, ANNIVERSARIES & ENGAGEMENTS

Dr. & Mrs. Marvin Brotter
In honor of your special anniversary
Ruth Fallick

Jim Roehm & Janne Sohady
In honor of your upcoming marriage
*Rabbi Marjorie Berman &
Rabbi Daniel Swartz*

MAE S. GELB KOSHER FOOD PANTRY

IN MEMORY

Russell Preno
Bev Klein

Alfred Edelsohn
Bev Klein

Howard Jacobson
Judy & Lou Premselaar

Shirley Alperin
Bev Klein

Morris Goldstein
Paula Wasser

Joseph Daley
Eileen Baine & Family

James Krieger
Bev Klein

Elma Starr
Bev Klein

Ethel Schwartz
Bev Klein

I. Leo Moskowitz
Bev Klein

Enid Friedman
Bev Klein

TO: Nancy Hodin
In memory of sister
Bev Klein

Allen Goodstein
Mr. & Mrs. James Hannan

Betsy Claro
Bev Klein
Sondra & Morey Myers

IN HONOR

Jill & Howard Fragin
In honor of your 50th Anniversary
Bev Klein

Phyllis & Ed Brandes
In honor of your 50th Anniversary
Bev Klein

Jan & Barry Weiss
Happy Chanukah and Thank you
for the hospitality
Annie & Ed Monsky

Dan & Kathy Hodin
In honor of your daughter's marriage
Bev Klein

Sondra & Morey Myers
In honor of good health & happiness
Marcia Myers

BIRTHDAYS

Dorie Spiegall
Bev Klein

Atty. Morey Myers
Marcia Myers

Sondra Myers
Marcia Myers

Bob Rosenberg
Bev Klein

BARBARA SAPSOWITZ MEMORIAL FUND

IN MEMORY

Barbara Sapsowitz
Muriel Troy
Mel Sapsowitz
Marna Sapsowitz
Melman Family

SHERI & BARRY FINKELSTEIN FUND

IN MEMORY

Anthony Marcheona, Sr.
Mr. & Mrs. Harold Finkelstein

Marilyn Melliand
Mr. & Mrs. Harold Finkelstein

Joyce McVoy
Mr. & Mrs. Harold Finkelstein

Morris Goldstein
Mr. & Mrs. Harold Finkelstein

Harris Jacobs
Mr. & Mrs. Harold Finkelstein

Elaine Fasano
Mr. & Mrs. Harold Finkelstein

David Mann
Mr. & Mrs. Harold Finkelstein

TO: Ralph Grose
In memory of sister Elaine
Mr. & Mrs. Harold Finkelstein

TO: David Glassman
In memory of sister Elaine
Mr. & Mrs. Harold Finkelstein

Carl Pietrzykoski
Mr. & Mrs. Harold Finkelstein

Philip Duffy, Sr.
Mr. & Mrs. Harold Finkelstein

James Clauss
Mr. & Mrs. Harold Finkelstein

Stuart Moskovitz
Mr. & Mrs. Harold Finkelstein

IN HONOR

Anne Monsky
In honor of being named
JCC Community Service
Woman of the Year
Mr. & Mrs. Harold Finkelstein

DR. STEPHEN I. ROSENTHAL HEALTHY FAMILY FUND

IN MEMORY

Dr. Stephen I. Rosenthal
Betsy Rosenthal

* In Blessed Memory

Getting Connected with JFS

By Arthur E. Levandoski

Beginning this past January JFS joined the world of social media in order to keep in touch with our donors, board members and the community to let them know what's happening at JFS. Over the past year JFS has become much more involved in the community and our programs and services are reaching more people than ever and the need for an information portal was critical.

For those looking to learn more about JFS or those who may be discovering JFS for the first time we're putting out content on our social media that will let everyone know what we're doing. Whether it's meeting with other professionals in the community or just having some laughs at the office you can now get an inside look at what goes on at JFS.

So where can you find us? JFS is now on all the major social media sites including Facebook, Google +, Twitter, Instagram, YouTube, Vimeo, Flickr and Pinterest. Additionally JFS staff is professionally on LinkedIn and the JFS office can be found on Foursquare. Your first stop should of course be Facebook, Liking us on Facebook will keep you front and center on everything that goes on at JFS.

So how can you find all of this and get to following right away? Visiting the brand new JFSNEPA website at www.jfsnepa.org is the best place to start to find all our social media links. On the bottom right corner of the home page you'll find button links directly to all of the sites mentioned above. Additionally our new web site is a much larger information portal to JFS where you'll find JFS News, Event Information and some great Blog articles written by the social workers here at JFS. You can also sign up for the new JFS e-Newsletter via our website as well and we encourage you to do so!

JFS hopes that you enjoy what we have put together and what we have planned for the future. We encourage everyone to not only LIKE and FOLLOW us but to also get involved, comment on and SHARE what JFS is doing with your friends and family as well.



100 Names Years

Whether your estate is large, modest or somewhere in between, you can help ensure that JFS will not only meet the needs of our "family" today but will be here to help those in need for generations of tomorrows to come. Please consider adding your name to the list of individuals and families who have designated resources in recognition of the 100th anniversary of Jewish Family Service by establishing a named fund or through legacy giving.

Legacy giving-sometimes called planned giving-strengthens the community that JFS serves and in many instances also provides you with tax advantages. It ensures that you will be remembered by both those who directly benefit from your generosity to JFS as well as those who will be inspired by your example. It is a permanent statement of your values and how you and what you care about will extend into the future.

Often established in memory of a loved one or to commemorate a special occasion, endowment funds are permanent tributes that help JFS to provide critical services to the community. If you would like to leave a legacy through establishing a named endowment fund or would like to discuss designating JFS as a beneficiary of your will, trust, insurance or retirement plan, please contact Sheila Nudelman Abdo, Executive Director.



JFSNEPA Celebrates 100th Annual Meeting

Jewish Family Service of Northeastern Pennsylvania (JFSNEPA) celebrated their 100th Annual Meeting on June 16, 2015. The meeting was held at The Colonnade in Scranton, PA from 5:30 – 7:30 p.m. The evening was attended by over 125 people who enjoyed light fare and music from the Doug Smith Trio. Over \$36,000 was raised from sponsorships to support JFSNEPA programs and services.

Susan Blum Connors, outgoing President of JFSNEPA, welcomed attendees with her Presidents Address and was followed by Ed Monsky, Esq. for the election of Officers and Directors. Rabbi Mordechai Dov Fine proceeded with the installation of Officers and Directors and incoming President Jay Landau focused on increased attention to fundraising and branding for JFSNEPA during his speech. Executive Director for JFSNEPA Sheila Nudelman Abdo spoke of JFS's history and future during her closing remarks.



Officers nominated to serve a one year term include (from left to right) Seth Gross (Treasurer), Jay Landau (President), Sheila Cutler (Secretary), Natalie Gelb (3rd Vice President), Elliot Schoenberg (2nd Vice President) and Eric Weinberg (1st Vice President) (not pictured).



Directors nominated to serve new terms include (from left to right) Dr. Dan Ginsberg, Leah Gans, Esther Adelman, Leah Laury, Margaret Sheldon, Dan Marcus, Susan Blum Connors, Michael Noto, Larissa Schwass, Maggie Nasser, Larry Grossinger DPM, Molly Rutta and Janet Townsend, MD (not pictured).

What's Stressing You?

By Nicole Friedman, LSW

Have you ever experienced headaches, muscle tension, fatigue or even an upset stomach? You could be experiencing symptoms of stress. At any point in our lives we have gone through some type of stress. Stress could be caused by school, our families, or even our jobs. Stress can affect our behaviors as well as affect us both physically and emotionally. With these effects of stress there are many techniques that you could try to reduce stress and help you lead a happy and healthy life.

According to the Mayo Clinic (2015), those who are going through intense stress have reported physical symptoms such as stomach pain or nausea, sleep problems, and even chest pain. When under a great deal of stress our muscles could even tense up and cause severe pain making it difficult to carry out everyday tasks. Those who are going through several stressful situations not only will display issues physically, but could become anxious, depressed, and even irritable. Those undergoing stress may even resort to eating too much or eating too little. They might also resort to using drugs and alcohol to cope with the struggles facing stress. However, when stress occurs there are a great deal of healthy activities to try in order to reduce the stress effectively.

Exercise is one of the main ways to reduce stress. Physical activity such as swimming, taking walks, aerobic classes, or even yoga about 30 minutes a day could decrease your stress level. Appropriate diet and proper relaxation can also assist you in lowering your stress level. Poor diet and not taking time to relax and do activities that you enjoy can increase stress, however, if you eat healthy, get plenty of sleep, and engage in activities such as reading, listening to music, or partaking in a hobby can really be beneficial. Building relationships and increasing social supports will also play a huge role in managing stress effectively. When we surround ourselves by those who we enjoy spending time with and who support us will display positive effects in our lives.

Even though there are numerous ways to decrease our stress levels, sometimes these tools are not enough. When stress begins to become over powering and we are having difficulty functioning and managing our lives additional supports and further assistance such as counseling might be needed. If you are having difficulty managing stress and require further support please contact JFS at (570) 344-1186 to set up an appointment.



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Jewish Family Service of Northeastern Pennsylvania is accredited by the Council on Accreditation, Member of Association of Jewish Family and Children’s Agencies and is an affiliated organization of the United Way of Lackawanna and Wayne Counties and the Jewish Federation of Northeastern Pennsylvania.

This newsletter is dedicated to the memory of Barbara Sapsowitz and to the continuation of her caring work within our community.



MEET
the Staff



Jewish Family Service of Northeastern Pennsylvania is proud to announce the hiring of Arthur E. Levandoski as the new Coordinator of Marketing and Development. The Coordinator of Marketing and Development is a new position for Jewish Family Service that will help to continue the growth of the organization through community partnerships, events, publicity and

social media. Mr. Levandoski is a Northeast Pennsylvania native with a bachelor’s degree in marketing from Penn State University and over 13 years of experience in marketing and events management.

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