

JEWISH FAMILY & CHILDREN'S SERVICE
OF GREATER MERCER COUNTY

2017/2018 ANNUAL REPORT



JFCS
OF GREATER MERCER COUNTY
help • hope • healing



Thanks to YOU, hundreds of men, women and children were given food, mental health counseling, financial assistance, geriatric care and youth development. On behalf of them, thank you for giving them **HELP**, **HOPE** and **HEALING**.

“My bills were piling up, I could not stay on top of it all and I was struggling to feed my son — around that time a friend told me about JFCS, and I am forever grateful I made the call.”

Kate is a single mother, working hard to make the best life for her and her 13-year old son. With a story shared by many in the same situation, Kate works full time but finds that her salary from a public works position does not cover the expenses of the expected and unexpected. She dreams of returning to school, recognizing that an advanced degree will help her pave the way to a better future for her son; however, her current financial situation pushes the dream further away and her focus is on getting by day-to-day.

At one of the most difficult times, when Kate was at a loss on how to feed herself and her son, a friend recommended she reach out to JFCS.

Kate was connected to the resources available at the Yvette Sarah Clayman Kosher Food Pantry.

“I was overjoyed to find name-brand items that I already used on the shelves of the pantry. It was a relief to see fresh produce and dairy products so I knew I was providing my son with proper nutrition without the risk of running up another bill.”

Kate shops at the pantry every month and is empowered and appreciative of the ability to select the products she wants, not simply handed a box of pre-packaged groceries. Through the help of the registered dietitian and pantry staff, Kate has found success in meal planning to manage her resources. The support of the pantry has allowed Kate to focus spending on other bills without the worry of how to feed her and her son.

Now, with the critical help of JFCS, Kate feels hopeful for the future.

“This agency is saving me, it is saving my son.”

Every day, your support makes stories like Kate’s possible.

We helped so many in the last year, yet there are still more in our community that need our help and **we simply can’t do it without you**. Your support will make a real and lasting impact in the lives of those who are still in need of help. Together we can heal them and give Kate, her son, and others hope for a better 2019 and years to come.

Please, make your donation now.



Michelle Napell

Michelle Napell
Executive Director



Harold M. Heft

Harold M. Heft
Board President

BECAUSE of YOU...



HELP



1,543
check-in calls to
elderly clients



425
ACTIVE
VOLUNTEERS



5,986
nutritious
meals served
to seniors

13

product drives
to support
pantry clients



HOPE



\$65,884

donated by JCYF teens to support
other Jewish organizations

23 teen mentors

developed leadership
skills in Gesher Le Keshet



306

CHILDREN, TEENS AND ADULTS
RECEIVED COUNSELING

HEALING



76

individuals found
solace in
support groups



4,265

Kosher Meals on
Wheels delivered to
the homebound



1,950

bags of groceries
distributed from pantry

HAS SPREAD to THOSE in NEED.












| COUNSELING |

Our clinical team **HELPS** individuals of all ages on their **HEALING** journeys in coping with emotional, situational and ongoing mental health concerns through the provision of evidence-based, compassionate therapy and support.

Therapy is facilitated by licensed social workers and licensed clinical social workers who address the needs of their clients with individualized treatment plans for a range of concerns including: anxiety, depression, ADHD, stress, PTSD, bereavement, parenting, divorce, life transitions or school and work related challenges.

Services Provided (*in English and Spanish*):

-  Comprehensive Psychosocial Assessments
-  Individual Therapy
-  Family Therapy
-  Psychiatric Assessments
-  Medication Management
-  Early Intervention Assessments to Pre-K Children
-  Stabilization and Support to Youth



“It has been helpful to open up to someone who actually listens to me and to have a safe space where I don’t have to hold my feelings inside. It is like taking a deep breath of relief.”

— Evan, 16 year old client, East Windsor-Hightstown



Stepping In and Reaching Out to Youth in Crisis...

In September 2018, we proudly opened a new satellite office at **133 Main Street in Hightstown, NJ**. Services at this location are targeted towards teens and young adults struggling with mental health concerns, those in need of stabilization and education for navigating these challenges, and serves as a bridge to a broad referral network of high-level services for substance abuse and acute mental health crises.

This program took shape thanks to the efforts of dedicated residents of Hightstown and East Windsor who voiced concerns over the lack of counseling services available in this neighborhood. It became clear that this area was underserved and would benefit from community based support services that would include assessment, education and referral services. This coalition was the start of ICARE, whose leadership found support at the County of Mercer Department of Human Services to launch an initiative in the community. The County turned to JFCS for their expertise in mental health to deliver the supportive services where they were needed most.

As mental health challenges have come to the forefront of national headlines, we recognize the needs here in our neighborhoods and will provide critical support and education to the youth, parents, counselors and educators in local schools and our broader community.



AGING WITH GRACE, HEALING IN PLACE



SENIOR SERVICES

Our agency is proud to offer a wide range of senior services to members of our community.

We **HELP** seniors age-in-place and ensure they receive regular, hot nutritious meals. Seniors find **HEALING** at support groups to work through age-related challenges. Tailored social and educational programs, as well as care management, ensure comfort in the golden years.



Care Management and Aging in Place Services

Geriatric Care Consultations
Holocaust Survivor Services
Secure@Home
Senior Outreach Service (SOS)



Senior Nutrition Programs

Café Europa
Healthy@Home
Kosher Meals on Wheels (KMOW)
Nosh & Knowledge



Support Groups

Caregiver Support Group
Dementia Caregiver Connection Group
Jewish Bereavement Support Group

HOPE, DELIVERED

At the start of 2018, JFCS launched Healthy@Home, a supplemental service to Kosher Meals on Wheels (KMOW) recipients. Healthy@Home coordinates the services of our registered dietitian and geriatric care managers to combine nutrition education with delivery of healthy and nutritious food to low-income, homebound older adults.

Growing national trends among older adults demonstrate that homebound, low-income seniors are at greater risk for food scarcity. Almost 9 million older adults cannot afford nutritious food and nearly 25% will skip meals or reduce portion sizes to make the most of resources.

The personal attention provided to Healthy@Home clients has ensured local, homebound seniors, who previously faced obstacles in accessing nutritious, substantial groceries and meals, now have the sustenance they need.

In a few short months, through the generosity of foundation, corporate grantors, and private donors, the agency has met the original goal of the program in terms of number of clients and frequency of deliveries.

Your contributions can help us double the number served over the next several months.



“When the volunteers deliver my food, I really feel like they are my family.”

—Martin, 84-year old
Healthy@Home/SOS Client



HELP FOR THE HUNGRY



“

At a time when our family is experiencing specific stressors, receiving the kindness and ease of interaction from JFCS staff members has assisted in our maintaining stability. It was tough to wake up not knowing how I would put food on the table.”

— Devin, 42 year-old father of four

FAMILY RESOURCES

JFCS serves as a beacon of **HOPE** to those facing unexpected crises in their lives. Through the **HELP** of emergency financial assistance, resources and referrals, and access to an on-site, healthy community food pantry, we provide individuals and families the means to work through the challenging times.

Yvette Sarah Clayman Kosher Food Pantry

Our community pantry is open to all who are in need of this support during unforeseen emergencies or transitional, life challenges.

WHY OUR PANTRY STANDS APART...



Full size refrigerator and freezers with fresh and frozen dairy, meats and more



Consults with dietitian
Recipe and shopping list recommendations



Fresh produce and healthy options always in stock



Choice pantry with private shopping times and options for restricted diets



HELPING HANDS, HOPEFUL FUTURE

COMMUNITY ENGAGEMENT

Community Engagement encompasses our volunteer program, community events and youth programming. Our robust volunteer opportunities engage members of the community in hands-on **HELP** in supporting our clients.

We engage our youth through two programs which give participants the opportunity to participate in the tradition of *tikkun olam* — **HEALING** the world — and provide us **HOPE** for a bright future of leaders and philanthropists.



FRIENDLY FACES

JFCS could not deliver the quality and breadth of programming to the community without the skilled, dedicated volunteers who work with our clients. Last year, our agency was approached by several volunteers requesting more opportunities for direct client interaction; at the same time, many of our senior clients were growing increasingly isolated due to limited mobility and decreased social opportunities. **JFCS answered this call and launched the Friendly Visitor Program.**

The program began with 12 committed volunteers trained by our geriatric care managers to ensure they provide meaningful companionship and conversations during their visits and to be educated on the specific needs of this isolated senior population. The volunteers were matched to the clients based on shared interests to provide the best possible experience.



\$7,564



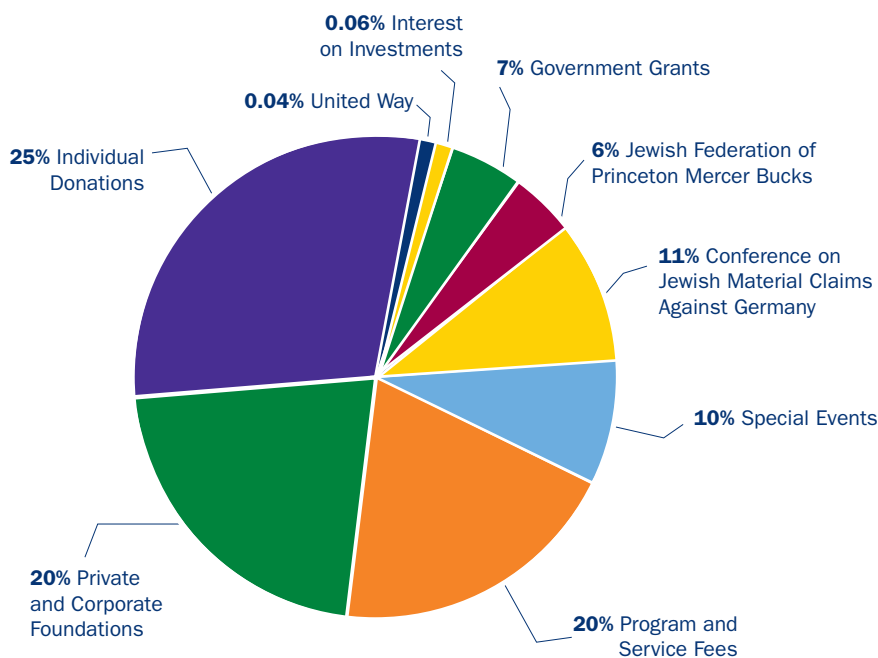
raised at JCYF's first ever
FundDay adding to the pool
of donations distributed to the
teens' choice of charities

Jewish Community Youth Foundation (JCYF) celebrated another incredible year of inspiring and educating teens while introducing them to philanthropic causes both locally and abroad.

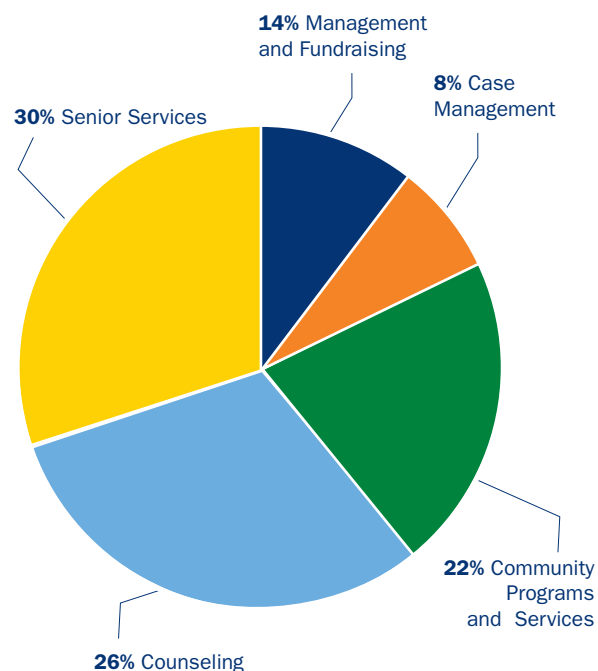
JCYF is a project of JFCS, and funded by the Ricky and Andrew J. Shechtel Philanthropic Fund and the Jewish Federation of Princeton Mercer Bucks.

Gesher LeKeshet continued to shape our future by fostering leadership skills among teens. Gesher LeKeshet (Bridge to a Connection) is a national teen mentoring and leadership program sponsored by JFCS and implemented in synagogues for Jewish teens. Together, the teens strengthen their connections with their heritage, with their Judaism, and with other youth.

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