

UNITY IN THE COMMUNITY

THE OFFICIAL INTERACTIVE MONTHLY NEWSLETTER OF JFSA

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UNITED WE STAND

Unity is the official monthly newsletter of JFSA.

We believe in the power of unity in our community. We believe one of the most vital parts of any community is its people and it's the people who can positively impact their community. In this newsletter, each month we highlight JFSA members who are committed to serving everyone, all faiths, races, ages, and incomes. We are a family devoted to those seeking kindness, love, and dignity.

Here is where you will find the latest good news updates, editorials, and upcoming events. We also take pride in highlighting our volunteers who do a remarkable job every day. It is our wonderful volunteers that make JFSA so special. We hope this helps you gain more insight into what we do and why our care and compassion are so important to all that are in need. **JFSA stands united now and forever in building our community through help, hope, and support.**



PROVIDING BALANCED NUTRITION



INVITES YOU TO JOIN US FOR OUR

FOOD PANTRY VAN REVEAL

You are invited to be here for the big
reveal and celebrate our first
Food Pantry vehicle.

LIGHT BREAKFAST & COFFEE WILL BE SERVED



June 9th, 2021 | 9AM-10:30AM
2309 Renaissance Drive Suite B
Las Vegas, NV 89119

PLEASE RSVP TO
RENEA PARR - RPARR@JFSALV.ORG

**NONPERISHABLE & MONETARY DONATIONS
ARE APPRECIATED**



AN UPDATE FROM: DR. KEN MOSKOWITZ PRESIDENT & CEO & LAURA SUSSMAN BOARD CHAIR

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JFSA

HELP. HOPE. SUPPORT for EVERYONE.

2309 Renaissance Dr. Suite B,
Las Vegas, NV 89119
702.732.0304
JFSALV.ORG



Our Mission

The mission of JFSA is to be the place to go for people of all backgrounds during their time of need. We provide solutions and results to improve the conditions in which people are born, grow, live, work and age.

JFSA is registered with the Secretary of State, qualified by the Internal Revenue Service as a 501(C)(3) nonprofit organization, and a member of Guidestar Gold Transparency. Founded in 1977, JFSA has grown to be one of the largest and most respected agencies in the region touching over 25,000 people each year. One life at a time. Your charitable contribution is tax deductible to the extent allowed by law.

JFSA is excited and proud to be awarded a 4-star rating from Charity Navigator. This special rating means we are accountable, transparent, and financially healthy. Thank you for trusting us with your donations, your volunteer time, and your goodwill. We could not have received this top rating without you! Your trust and support mean so much to us and the individuals and families we serve each day.

May was mental health awareness month and at JFSA we know how important your mental health is. **Our Behavioral Services Department offers affordable counseling to children, adults, couples, families, and groups on a regular basis.** Our clinical therapist, Beth Asaf (pg. 5) is one of a kind and once you read our article you will see why. During the past year, she helped countless individuals navigate through the challenges of the Pandemic. **We shared on our Facebook and Instagram the box breathing technique.** This is a controlled breathing technique that helps you to reduce stress or anxiety and helps you remain calm.

We participated in our nation's observance of Older Americans Month. The theme for 2021 was *communities of strength*. We were proud to celebrate by encouraging our JFSA members to share and connect. When people of different ages, backgrounds, abilities, and talents share experiences through action, story and service great things happen. JFSA and our over 200 local volunteers are dedicated to helping build our communities stronger than ever.

Our volunteers continue to be instrumental in our community's recovery. **One of our amazing volunteers is Dorothy Bozeman (pg 6.)** Dorothy volunteers in the food pantry and participates in the Senior Companion Program five times a week. Dorothy is special to us and her commitment and dedication to JFSA is incredible. We are forever grateful to you for your service.

We have a great upcoming event and encourage everyone to attend in person. For the first time in JFSA history, we have a food pantry van. That's right, we now can feed even more people in our community and bring our food pantry services straight to your door. **Starting at 9 am - 10:30 AM Wednesday, June 9th, 2021 you are invited to come and celebrate with us. Light breakfast and coffee will be served. The address is 2309 Renaissance Drive Suite B. Las Vegas, NV 89119. Please be sure to RSVP to Renea Parr at RPARR@JFSALV.ORG to attend.**

Our dedicated staff, volunteers, board, and leadership are committed to changing the world for the positive, and with your help, we are and we will.

**For your steadfast support and lifesaving generosity,
we continue to rely and give thanks to you.**

**Ken Moskowitz, PhD
President & CEO**

**Laura Sussman
Board Chair**

CONGRATULATIONS

JFSA IS NOW A 4 STAR CHARITY!



Dear Friends & Community Members,

We have some exciting news to share! The non-profit evaluator Charity Navigator has awarded JFSA Las Vegas our first four-star out of four-star rating!

Charity Navigator bases its ratings on non-profits' financial health and commitment to accountability and transparency.

We now have one of the best ratings in Nevada and are among the top non-profit agencies in the nation.

We couldn't have received this top rating without you. Thank you for trusting us with your donations, your volunteer time, and your goodwill. Your trust and support mean so much to us and the individuals and families we serve.

Thank you for being a part of our mission to provide help, hope, and support to everyone in our community.



MEET BETH ASAFAF, MS, NCC, CPC, CLINICAL THERAPIST FOR JFSA'S BEHAVIORAL SERVICES DEPARTMENT

Beth Asaf JFSA's clinical therapist is our Superwoman.

Born and raised in Brooklyn, New York Beth Asaf has seen and heard it all. When she was young her family moved to South Florida because they were and still are huge Yankee fans. They found out that they did their spring practice in Ft. Lauderdale and so they relocated. Beth then made Aliyah and lived in Israel receiving her degree in English literature from Tel Aviv University. Asaf then moved to Las Vegas, went back to school at age 50, and received her Bachelor's degree in psychology from UNLV and her Master's degree in clinical mental health counseling.

Beth was co-president of Hadassah Las Vegas and then **joined JFSA in November of 2016**. When she first started there were only 15 clients. Today she has over 35 clients and not just Jewish but from all different backgrounds. "Since the pandemic started, I have not turned one person away as I know this is a very difficult time for most people to get a therapist now," states Beth. "I have clients as young as 6 years old and as old as 84 years of age and we treat them all with compassion and care."

JFSA's behavioral service department understands the pressures of coping with life's challenges and assists individual clients and families in managing a wide range of issues and conflicts. We help people from every background, religion, race, culture, sexual orientation, and economic status.

"I received a lot of referrals regarding depression, isolation, and loneliness during the pandemic" Beth recalls. "Many children were struggling and many found it difficult for them to focus during that time. There was also a lot of grief counseling because many people died of Covid."

Beth knows what it is like to go through pain and suffering because she is a three-time cancer survivor and has been able to relate to many of her clients. "I have been able to connect with people and they connect with me. My clients and I share a special bond and I care for each of them deeply.

Beth states, "**what makes us unique at JFSA is that we have the professionals and experience to really relate to people in our community. We let them know that they are not alone. We can empathize with them and they truly do appreciate the services we provide. We not only offer them help but also support.**"

JFSA has a support group that has been together for the past 4 years. This is a safe place that offers support and care. This group works on social skill building and is mainly for people who may feel isolated. This is part of the healing process that not only allows people to start feeling better but gain insight, awareness and ultimately begin trusting their intuition again.

This is a way for individuals to meet new people and realize we offer support so that they do not feel alone.

JFSA's senior services department offers the **Telephone Reassurance Program**. Beth believes that volunteering can help people who are feeling depressed and it gives them a chance to help others. Volunteers call seniors once a week that are isolated at home to check upon them. Their mission is to provide relief and healing to make them feel better when seniors talk to someone. This is a win-win for everyone involved.

"I love working for JFSA because I like the aspect of opportunities I can offer my clients." Beth continues, "**there are times I recommend my clients to volunteer in the food pantry or call up seniors and this is a great coping tool to make them feel better. By serving others in the community it helps them feel better about themselves and has proven to be very effective. In most cases, it usually always works. I have plenty of clients who volunteer and they love it."**

Beth states, "It's important that we recognize at the end of the day that we are all human beings and that we really need to be there for one another. I believe there is always an opportunity to heal."

On behalf of JFSA, we thank you, Beth, for all the incredible work that you do in our Clark County community, for the state of Nevada, and for the countless individuals you assisted over the past years.

If you are in need of counseling or support please visit us at www.jfsalv.org/counseling.

Up Close With Our Volunteers: Dorothy Bozeman Senior Companion Program & Food Pantry

Dorothy Bozeman joined JFSA in October of 2018 and has loved volunteering ever since. Dorothy has volunteered in the food pantry and for the Senior Companion Program in which seniors provide assistance and friendship to other seniors.

Dorothy states, "I love being a part of Senior Companion because it's people helping people. It's not about the money. It is about how you can help others while helping yourself at the same time. If you can only help one person have a better day or make their lives a little easier well then I have done my job."

Dorothy also mentioned that she enjoys working with the entire JFSA staff and loves working with Lisa and Sherri who are very caring to all of the volunteers. "Do you know what book I tell people I like to read?" Dorothy continues, "I tell them I like to read the book of life because we are all in it. **I love to help people any way I can and JFSA gives me the opportunity to do that every day. It makes me feel so good that I can help others and I look forward to doing it.** Sometimes I speak to other seniors and they cry when our time ends. That's how much it means to them. We are all human beings and I try to help out as many as I can. To me, that is the best part about JFSA. We are just people trying to help other people for the good."

"JFSA has wonderful programs. I love volunteering in the food pantry because I always get to learn something new. There is nothing JFSA can't do. They do everything and help everyone and being a part of that is very rewarding."

DOROTHY BOZEMAN

WE THANK YOU DOROTHY, for your years of consistent dedication to JFSA. WE THANK YOU, for coming in five times a week to assist us in the food pantry. It is because of volunteers like you, that help JFSA make a difference in the community. It is because of volunteers like you, that help us be the best that we can be. Everyone can learn from Dorothy about what being a true volunteer is really all about. The noble act to serve others in your community and to truly make a difference in people's lives each and every day.

To learn how you can Volunteer at JFSA please contact Sherri Freedman at JFSALV.ORG or call 702.732.0304

The image is a composite of two photographs. On the left, Dorothy Bozeman is shown from the waist up, smiling. She is wearing a pink baseball cap and a short-sleeved shirt with a large, colorful rose pattern in shades of blue, purple, and red. She is standing outdoors with green foliage in the background. On the right, there is a screenshot of the JFSA website. At the top, the JFSA logo is displayed with the text "JEWISH FAMILY SERVICE AGENCY" and the words "Help . Hope . Support". Below the logo, there is a circular badge for "SENIOR CORPS SNOOK SENIOR COMPANION". To the right of the badge, text describes Senior Companions as volunteers 55 and over who provide assistance and friendship to seniors who have difficulty with daily living tasks, such as shopping or paying bills. It also states that the program aims to keep seniors independent longer and provide assistance to family caregivers. Below this text, there are three small images: one showing a senior man working at a desk, another showing a group of seniors socializing, and a third showing two seniors smiling together.

JFSA'S COMMITMENT TO COMMUNITY

You are never too old or too young to serve your community.



Thank You
JFSA VOLUNTEERS



HOW WE SERVE OUR COMMUNITY



JFSA is here to serve everyone, all faiths, races, ages, and incomes. All human beings. JFSA staff and volunteer leadership are totally dedicated to helping people in our community face some of life's most difficult and pressing challenges of the day and we do it with compassion, total commitment and with love and care.

Counseling

We are here to listen and provide emotional support through our Counseling program. We offer counseling to children, adolescents, adults, and seniors. Through individual, couple, family and group counseling; services are provided in a sensitive and caring atmosphere.

Emergency Services

We provide hope, through our Emergency Services programs. JFSA provides emergency financial assistance and food for our community's most vulnerable. Our food pantry which includes a variety of healthy meals that satisfy every taste including Kosher foods.

Senior Services

JFSA leads the community in providing comprehensive services for seniors, offering a full spectrum of programs, resources, and opportunities. Our Senior Lifeline program uses a case management model that connects those 65+ with a network of support services to maintain independent living. Holocaust Survivor Assistance Services are based on the individual's needs and wishes and adapt over their lifespan. Services may include in-home care, advocacy, assistance with reparations, and socialization events and activities. Nevada Care Connections is a state resource center that works with older adults, people with disabilities, and family caregivers to explore various long-term support services, resources, and programs. Our Family Care Partnership program offers peace of mind by hiring a professional staff to coordinate and direct their loved one's care.

We offer seniors the opportunity to remain engaged and contribute to the community in our AmeriCorps Senior programs. Volunteers in the Senior Companion and veterans Choose Home programs are connected with older adults who need one-on-one connections and support. The Foster Grandparent program connects volunteers with special needs children in the Clark County School District to serve in classrooms as mentors, tutors, and role models.

The Center for Assessment & Educational Services

Our Center for Assessment and Educational Services offers comprehensive psycho-educational assessments, and individualized educational recommendations to enhance academic performance at an affordable cost. Every child deserves a chance to have a bright future and we are here to make sure that goal is accomplished.

Open Arms Adoption

Open Arms Adoption Agency helps birth parents and adoptive parents with the loving placement of children and the support of their families.

Our philosophy and purpose are to maintain and strengthen family life and relationships through the provisions of our professional counseling services and education.



**AmeriCorps
Seniors**



The Power of Good is Always On



If you or someone you know needs our help please contact us today.