



# Annual Report

## 2017-2018



Jewish Family Service  
of MetroWest New Jersey

At every age, at every stage,  
we are here to help

Every day, JFS MetroWest  
**responds to those in need** in our community.  
This year, we touched the lives  
of more than **16,000 people!**

We serve as the **9-1-1 for our local community**,  
ensuring a prompt, professional and comprehensive response  
for those who may be struggling with a personal conflict as well as for  
those who find themselves in crisis, with nowhere else to turn.

## Mission

Guided by the wisdom and values of our tradition of respect for all people, Jewish Family Service of MetroWest provides **innovative, compassionate, and outstanding** social services to enhance the independence and **well-being of individuals and families throughout all stages of life.**

Jewish Family Service of MetroWest aims to be the premier agency within the MetroWest NJ area **providing for the social services and mental health needs** for the greater community with **unparalleled professionalism, humanity, and respect** for all who seek its support.

## Vision



Melanie Levitan, President



Diane K Squadron, CEO

Dear Friends,

This past year, 2017-2018, was one of transition for JFS MetroWest. With a new CEO at the helm, JFS MetroWest's strong reputation for excellence was bolstered through fresh eyes and a desire to support the neediest individuals in the community. As always, we turned to our mission and vision as a guide to understanding the impact we seek to achieve. A number of words stood out to us: Innovation. Compassion. Independence. A tradition of respecting and celebrating all people, particularly that which makes each of us unique. A desire to inspire those struggling with life's challenges to help themselves, and to turn to us as a guide for strength and resiliency.

It is difficult to explain what we do at JFS, because we do so much. Through our vast array of services, we touched the lives of over 16,000 people last year. We provided therapy for over 1,000 people, helping them through life transitions, anxiety and depression, and anything else with which they requested guidance, in a safe, confidential environment. We worked with over 200 Holocaust Survivors, providing them with home care services and Café Europa, a biweekly social experience with food and entertainment so they have a place to come together to share their experiences. We provided emotional support and information to caregivers dealing with aging parents or spouses, adults with developmental disabilities, and parents struggling with their own issues or issues involving their children. We offered educational programming and consultation throughout the community on current, relevant topics like LGBTQ education and awareness, suicide prevention, and suicide bereavement training. And, we harnessed the assets of more than 600 volunteers of all ages to give back to the community through more than 11,000 volunteer hours, thereby multiplying JFS's capacity to support the most vulnerable members of the community.

This annual report celebrates our accomplishments and inspires us to do more. To develop new programming to meet the ever-evolving needs of the community. To collaborate with our schools, synagogues, and partner agencies to reach more people. And to inspire the breadth of individuals in our community to give back through volunteer service.

On behalf of the staff and Board of JFS MetroWest, it is our privilege to work with the community to enhance the independence and well-being of individuals and families throughout all stages of life.

*Diane and Melanie*

# inspiring THE COMMUNITY

## TO ADDRESS THOSE ISSUES WE TYPICALLY HIDE

Through our continuum of services, JFS...

- Leads programs for **parents of preschool through high school aged children** to address their greatest parenting concerns
- Responds to the needs of women & children living in **high conflict households**
- Works toward **destigmatizing mental illness**
- Gives hope to people with **depression, anxiety, and emotional challenges**
- Administers training of **community professionals** on responding to local needs, with continuing education on **LGBTQ+ and suicide bereavement**
- Supports **caregivers**, overwhelmed as they tend to their loved ones
- Provides therapeutic socialization opportunities and individualized support to **Holocaust survivors**, significantly improving their quality of life
- Offers in-home services and nutritional support to **seniors** enabling them to live independently, with dignity

## Current JFS Counseling Clients say:

*"My therapist is: thoughtful, caring, creative, intelligent, and often magical. She frequently exceeds normal capabilities, while also sufficiently significantly obdurate when necessary."*

*"JFS provides a much needed trusted place to receive counseling. It is professional, helpful, and supportive."*

# JFS provided COUNSELING, CONSULTATION, AND SUPPORT SERVICES TO OVER:

**791** Older Adults

**150** Family Caregivers

**148** Children & Adolescents

**256** Victims of Domestic Violence

**628** Adults, Ages 19-65

**200** Holocaust Survivors

**74** Developmentally Disabled Individuals

**120** Rachel Coalition\* Legal Clients

Client Survey indicates that:

**89%**

are satisfied with the services received

**93%**

would refer a friend to JFS for help

\*Rachel Coalition Partner agencies: Jewish Family Service of MetroWest, National Council of Jewish Women – Essex County Section, National Council of Women – West Morris Section, Women’s Philanthropy of the Jewish Federation of Greater MetroWest New Jersey, Saint Barnabas Medical Center, Hadassah – Northern New Jersey Region, Jewish Women International – North Atlantic Region, JCC MetroWest



# inspiring THE COMMUNITY TO GIVE BACK THROUGH VOLUNTEERING

Through the array of volunteer opportunities JFS offers, the capacity to support those members of our community most in need has increased.

**The RSVP Center of Essex & Hudson Counties** provides community service opportunities to individuals 55+.

We assist older adults in understanding and applying for Medicare benefits and prescription drug benefits through the **State Health Insurance Assistance Program (SHIP)**. Through the **Senior SNAP Initiative**, we also assist seniors in applying for and understanding supplemental nutrition assistance benefits (formally known as food stamps).

We love to **Listen to Children** share their thoughts, feelings, and ideas to an older adult without judgement. We also increase literacy by reading books to public school children in grades k-2 through our **Reading Buddies** program.

**Rachel Coalition** trains volunteers to assist victims throughout the legal process in the domestic violence unit of Essex County Family Court and to provide support and information at police headquarters to victims during times of crisis.



*"I feel as though I am doing something worthwhile for the first time in my life. I believe we're all here for a reason, and I feel as though my purpose is to help others. Volunteering has had a great impact on me, my self-esteem and conviction. It makes me hopeful when I meet other volunteers."*

# HOW WE MEASURE OUR inspiration

600

Volunteers  
11,000 service hours

\$450K

Financial  
Support  
pro bono legal  
& safety net  
assistance

400

RSVP  
Volunteers

1340

Seniors  
received  
Medicare  
help through  
SHIP

250

Adults  
& teens  
attended  
"In Her Shoes"  
workshops

100

Café  
Europa  
participants

200

Seniors  
received  
assistance  
applying for  
SNAP benefits

600

Holiday  
packages  
delivered to  
isolated older  
adults

2600

Domestic  
Violence  
victims  
helped  
by Court  
Advocates

18

Psychotherapy  
& support  
groups

39

Medicare  
presentations  
& enrollment  
events

700

Children  
read to by  
a Reading  
Buddy  
weekly



"I have been involved with Rachel Coalition for the past 19 years. During this period I have seen the positive impact that we have made in the lives of so many survivors and their children. Because of this, I am a proud supporter of Rachel Coalition."

- Joan Nelson

# JFS Community Events & Programs



NEXT >>>>>>>  
GENERATION  
@ JFS MetroWest



Family Fun Day at Melick Orchards  
Have Fun & Do A Mitzvah!  
Sunday, September 10, 9:30 am - 12:00 pm  
Melick Orchards, 472 County Rd 543, Califon, NJ 07830

Apple Picking Wagon Ride Farm Animals Mitzvah Projects Snacks

Make Rosh Hashanah Apple & Honey bags with a couple of your apples. Deliver your package to a JFS senior client.

\$25.00 per family, plus cost of apples picked (no more than 10 pounds)

Adult or child

RSVP: 973-637-1717 | www.jfsnj.org

Family Fun Day Event Chair: Emily Krimmstein  
Next Generation @ JFS MetroWest Co-Chair: Rachel Eisenman and Carrie Neumann  
For more information, contact: Lisa Krimmstein at [ljks@jfsmetrowest.com](mailto:ljks@jfsmetrowest.com)



**Happy Purim**

**Celebrate Purim with JFS!**

Join us with your family to assemble packages for homebound seniors and people with developmental disabilities in our community. Volunteers are needed to complete craft projects, decorate cards, fill packages with treats, and make deliveries.

**Sunday, March 5th  
10:00 AM to 12:00 PM**  
Jewish Family Service of MetroWest, NJ  
256 Columbia Turnpike  
Florham Park, NJ 07932

Space is limited, registration required.  
Register at [www.jfsnj.org](http://www.jfsnj.org)  
or call 973-637-1708 for more information



**SAVINGS FOR SENIORS**

Are you over 60 or disabled?  
Do you also make under \$27,000 per year?

Join us for a Benefits Overview to learn about programs for which you may qualify.

- Medicare Savings Program
- Supplemental Nutrition Assistance Program (SNAP)
- Free Counseling and help with Medicare
- Low Income Heating Assistance

**Monday, February 13<sup>th</sup>, 10am to 2pm**  
Church of the Epiphany & Christ Church  
196 Main Street, Orange, NJ 07050  
Registration Requested.

Call our help line TODAY at 973-637-1717



Rachel Coalition presents  
**IN HER SHOES**

An experiential and interactive workshop for the community

Do You Ever Wonder:

- Why a woman stays in an abusive relationship?
- Why a woman makes the choices she does?
- How a woman copes?

This workshop will allow INDIVIDUALS to experience what a victim of domestic violence has to do once she decides to reach out for help.

Participants will explore:

- The challenges and frustrations experienced by women suffering from domestic violence
- The community response to domestic violence
- Ways individuals can help

To schedule the IN HER SHOES program, please contact Sylvia Heller at Rachel Coalition, 973-765-9050 ext. 1708 or [sheller@jfsmetrowest.org](mailto:sheller@jfsmetrowest.org)

“It gave me insight to a very complex situation”

“This program opened my eyes to a new way of thinking”

“I didn't realize that the choices a victim makes are so difficult”

Jewish Federation of Metropolitan Area  
Rachel Coalition is a division of Jewish Family Service of MetroWest NJ



Please join Jewish Family Service of MetroWest NJ for a four-part parenting series:

**Helping Your Children Thrive**

When raising children, the years are short but days are often very long. Although parenting is gratifying, the day-to-day challenges can be overwhelming. This four-part series will help parents better understand their children's behavior as well as learn skills to parent more effectively. Short readings will often be provided, and topics will be influenced by the members.

**Date:** Beginning, Thursday, January 25th  
**Time:** 11:30 am to 1:00 pm (light refreshments will be served)  
**Location:** Jewish Family Service of MetroWest, 256 Columbia Turnpike, Florham Park NJ  
**Cost:** \$30.00 per session

Space is limited. For more information or to register, please contact Jodi Fox, LCSW, 973-637-1777 or [jfoxi@jfsmetrowest.org](mailto:jfoxi@jfsmetrowest.org)

JFS is committed to inclusive programming. Please call 973-765-9050 to discuss how we can help.

At every age, at every stage, we are here to help.





Jewish Family Service of MetroWest  
Presents

# An Evening of Laughter

Honoring  
**NANCY AND ROBERT ESKOW**  
and  
**CARRIE AND JED NUSSBAUM**



In support of Breast Cancer Awareness Month, join Next Generation @ JFS MetroWest and Shariheit Thursday, October 26th, 10:00 am - 11:30 am Home of Carrie Nussbaum

Learn to braid challah and Melissa E. Rosen of Shariheit will share practical guidance on how to be proactive about your health. Bring your braided challah home, s'ate, enjoy and spread awareness!

Reserve your spot and bring a friend who is interested in JFS!

RSVP by October 17th to [info@metrowestjfs.org](mailto:info@metrowestjfs.org)



Jewish Family Service of MetroWest  
Presents

## THE HUNTING GROUND

A piercing documentary and momental exposé of sexual assault on college campuses

Wednesday, May 9  
7:00 pm  
West Orange High School - LMC  
51 Conforti Avenue, West Orange, NJ

Free and open to the community. Light refreshments will be served.

THE HUNTING GROUND received 2 Emmy Award Nominations for Exceptional Merit in Documentary Filmmaking and Outstanding Original Music in Lyrics.

A Dialogue and Q & A will immediately follow the screening with a panel of educators and professionals who will discuss prevention, intervention and resources.

For more information contact Kavita Gidling Cooper  
[kgidlingcooper@westorangedocs.org](mailto:kgidlingcooper@westorangedocs.org) • 973-669-5301 ext 31357



“Terrifying Night...  
*Miraculous Recovery*”  
From VICTIM to ADVOCATE

Rachel Coalition  
Women to Women  
Luncheon

Keynote Speaker  
Melissa Dohme Hill



Jewish Family Service of MetroWest NJ  
presents...

## Beyond the Rainbow

LGBTQ Sensitivity Training

NASW-NJ  
3 CEUs  
Social & Cultural

Featured Speaker:  
Phoenix Schneider, MSW  
Trainer, advocate and social worker specializing in program development & direct services in the LGBTQ community.

Moderated by:  
Loren Heston, LCSW  
Director of Clinical Services, JFS MetroWest

Program Highlights:

- Introduction to LGBTQ Terminology
- Unique Issues Impacting LGBTQ Communities
- Creating LGBTQ Inclusive Spaces

Tuesday, June 12, 2018  
12:00 pm - 3:30 pm  
Alec Ashkman Family  
Jewish Community Campus  
501 Route 10, Whippany, NJ

Jewish Family Service of MetroWest NJ  
presents...

## Preventing Suicide

In Adolescents & Young Adults

NASW-NJ  
3 CEUs

Featured Speaker:  
Suzanne A. Levy, Ph.D.  
Co-Author and Director of the National Association for Suicide Prevention's Suicide Prevention Research Center

Program Highlights:

- Family Preparation
- Family Safety Planning

This event is approved for a maximum of 3.0 CEUs for the following categories: Clinical, Educational, and Administrative. This program is approved for 3.0 CEUs for the following categories: Clinical, Educational, and Administrative.

For more information please contact:  
Alec Ashkman, JFS MetroWest  
501 Route 10, Whippany, NJ  
973-669-5301 ext 31357  
[info@metrowestjfs.org](mailto:info@metrowestjfs.org)



Rachel Coalition  
invites you to join in a

## Domestic Violence Candlelight Vigil

Tuesday, October 3, 2017  
6:30 pm - 7:30 pm

Liveright Memorial Oval  
30 Robert Hoag Drive (Garage)  
Livingston, NJ

Join Rachel Coalition and our partner organizations to observe Domestic Violence Awareness Month. Take a moment together to reflect on the community.

**LOVE SHOULDN'T HURT**

For more information visit [www.rachelcoalition.org](http://www.rachelcoalition.org)  
For additional questions, contact 973-765-4670 or [info@rachelcoalition.org](mailto:info@rachelcoalition.org)



# We are inspired by **THE GENEROSITY OF OUR** LEGACY SUPPORTERS

*Together we can support & protect the community  
you love most, now and in the future.*

Our Legacy Donors are a group of individuals just like you who want to ensure that people and families who are struggling will always have a place to receive the support they need to live with dignity and security.

Thank you to all of the JFS MetroWest Legacy Supporters (through 6/30/18).

Anonymous (3)  
Andrea G. and Bryan Bier  
Leslie and Lawrence Blumberg  
Elizabeth and Gerald Cohen  
Ellin (z"l) and Fred Cohen  
Barbara Drench  
Michael Elchones  
Nancy and Robert Eskow  
Ellen and Steven Fishman  
Pam and Michael Fishman  
Joyce (z"l) and Bill Friedman  
Ellen and Alan Goldner  
Ruthella and Jerry (z"l) Harwood  
Estate of Sylvia Holder  
Linda and Melvin Jacobs  
Lois Kaish  
Merle and Martin Kalishman  
Lois Lautenberg  
Ellen and Donald Legow  
Melanie and Alan Levitan

Carol and Robert Marcus  
Jed Marcus  
Marion and Howard Medow  
Anita Millman  
Maxine Myers  
Carrie and Jed Nussbaum  
Marsha and Ron Rickles  
Sandra Rosenbaum  
Reuben Rotman  
Jayne Sayovitz  
Bart A. Schneiderman  
Barbara Sebiri  
Karen Secular  
Thomas Shea  
Leonard Solondz  
Diane K. Squadron  
Marian Stern  
Aaron Wolff  
Sheri and Robert Wolfson  
Judy and Harvey Zeller



*"We think of people who leave legacy gifts as being really wealthy, but it isn't about the amount of money you leave. You can designate any amount & ensure the agency will be there for people who need it in the future. Leaving a legacy gift has been so gratifying, we often wonder who benefits more - the donor or JFS?"*  
- Merle & Marty Kalishman



# We are inspired by **THE GENEROSITY OF OUR** MAJOR GIFTS SOCIETY MEMBERS

Established in 2012, the JFS Major Gifts Society is comprised of donors who, in a given year, make a minimum contribution of \$10,000 or more to support JFS MetroWest.

Thank you to all of the JFS Major Gifts Society members (through 6/30/18).

## **\$50,000 – \$99,999**

Thelma and Richard Florin

## **\$25,000 – \$49,999**

Andrea G. and Bryan Bier

Audrey Gaelen

Ellen and Donald Legow

Maxine Myers

Joan Nelson

Carrie and Jed Nussbaum

Sylvia and David Steiner

## **\$10,000 – \$24,999**

Anonymous (2)

Michael Berger and Janice Kriegman-Berger

Elizabeth and Gerald Cohen

Fred Cohen

Betsy and Phil Darivoff

Mindy and Howard Diamond

Nancy and Robert Eskow

Thelma and Richard Florin

Paul Funk

Melanie and Steven Glass

Ellen and David Hyman

Lois Lautenberg

Eta and Mark Levenson

Melanie and Alan Levitan

Lisa and Erik Lindauer

Gina and Kenneth Mandelbaum

Carol and Robert Marcus

Leslie and Jay Mayesh

Miller Family Foundation

Shelley and Josef Paradis

Sandi and Mark Rosenbaum

Marian and Rob Stern

Rebecca and Aaron Weitman

Rachel and Jon Wilf

Linda and Jeffrey Zissu

*Chairs:* Andrea G. Bier and Melanie Levitan



*"JFS delivers meaningful and effective mental health and related services to our community. Being a member of the JFS Major Gifts Society allows us to partner with JFS to strengthen and enable the programs JFS continues to offer."*

*Andrea G. Bier & Bryan Bier*

# We are inspired by THE SUPPORT OF OUR FUNDERS & PARTNERS



The Iolta Fund of The Bar of New Jersey

Violet Zall Hordes Foundation, Inc

New Jersey Department of Law & Public Safety



"In the 21 years or so that The Healthcare Foundation of NJ and Jewish Family Service of MetroWest NJ have partnered to improve the health and wellbeing of our target populations...we have found the agency to be an extremely reliable and excellent provider, one that we can always count upon to fulfill its commitments and achieve the goals that have been set for the project funded"

- Marsha I. Atkind, The Healthcare Foundation of NJ



# We are inspired by all of our donors

## **DONORS \$50,000 - \$99,999**

Thelma and Richard Florin

## **\$25,000 - \$49,999**

Andrea and Bryan Bier  
Audrey Gaelen  
Ellen and Donald Legow  
Maxine Myers  
Joan Nelson  
Carrie and Jed Nussbaum  
Sylvia and David Steiner

## **\$10,000 - \$24,999**

Anonymous (2)  
Michael Berger and Janice Kriegman-Berger  
Elizabeth and Gerald Cohen  
Fred Cohen  
Betsy and Phil Darivoff  
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Nancy and Robert Eskow  
Paul Funk  
Melanie and Steven Glass  
Jordana Horn Gordon and Jon Gordon  
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Rachel and Jon Wilf  
Linda and Jeffrey Zissu

## **\$5,000 - \$9,999**

Michelle Cohen and Steve Samansky  
Lori and Michael Etkin  
Lynne Harrison  
Carol and Steven Lampf  
Susan and Mitchell Lieberman  
Marion and Howard Medow  
Jean Rich  
Lois and David Sherwin  
Audrey and Zygi Wilf

## **\$1,000 - \$4,999**

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Gail Amsterdam  
Stephanie Badalamenti  
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Penina and Matthew Barr  
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Randi and Marc Berson  
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Ruth and Bruce Bier  
Amy and Jason Black  
Jaryn and Ronnie Bloom  
Joyce and Steven Brisgel

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Debra and Seth Cohen  
Joni and Alan Cohen  
Sylvia Cohn  
Stacey and Eugene Davis  
Barbara and Ben Dominguez  
Barbara Drench  
Mitzi and Warren Eisenberg  
Eisner Amper  
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Carolyn and Oliver Esman  
Debbi and Joel Farkas  
Anna Fisch  
Anita Fishman  
Pamela and Michael Fishman  
Lisa and Adam Fox  
Joyce and Bill Friedman  
Brynn and Michael Friedman  
Terri and Mark Friedman  
Lesley and Philip Frost  
Susan and Alan Gallinson  
Rebecca and Mitchell Gold  
Terri and Michael Goldberg  
Ellen and Alan Goldner  
Barbara Greenfield  
Flora and Seymour Grossman  
Lynn and Gabriel Gruber  
Sharon and David Halpern  
Batsheva and Murray Halpern  
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Linda and Melvin Jacobs  
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Sheri and Robert Wolfson  
Mindy and Michael Wolfson  
Rita Yohalem

## **\$500 - \$999**

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Tara and Jakob Halpern  
Shari and Jeff Harrison  
Aleida and Peter Hauptman  
Shari and Mark Hoffman  
Ruth Hutter

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Lana and Justin Walder  
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Gayle and Larry Wieseneck  
Sherry Wilzig Izak  
Marcie and Glenn Yarnis  
Rose & Isadore Zeman Foundation  
Deborah and Wayne Zuckerman

## **\$100 - \$499**

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Vicki and Bill Abrams  
Bari and Marc Adelman  
Lawrence Adler  
Susan and Gary Aidekman  
Sheila Appel  
Helene and David Arzt  
Marsha Atkind  
Curtis Bajak  
Jan and David Ball  
Roni and Brian Bamforth  
Judith and Kenneth Bannerman  
Paula Barber and Howard Buxbaum  
Hannah and Jonathan Bargad  
Marilyn and Stephen Beloff  
Sheree and Fred Bennett  
Janet and Robert Berger

# Thank you for your support!

Judith and Robert Berliner  
Irma and Peter Berman  
Linda and Howard Berman  
Deena Bernhaut  
Ann and Alan Bernstein  
Susan and Eric Bershad  
Anita Bier  
Wendy and Jay Birnbaum  
Jeanette Black  
Marcia Blacksinn and Mitchell Rubinstein  
Shoshana and Mark Blum  
Mindy and Evan Blum  
Monica and Kenneth Blumberg  
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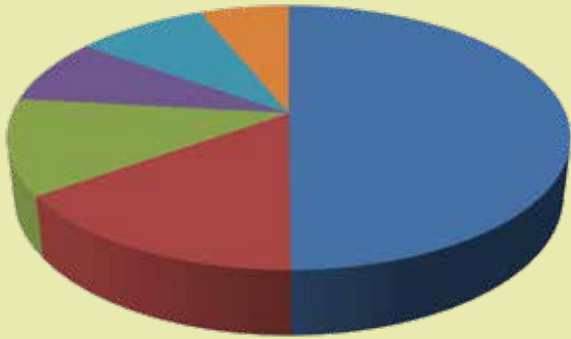
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We apologize for any  
errors or omissions.*



# Financials 2017-2018



- Private and public grants
- Contributions
- Client fees
- Investment income
- Jewish Federation
- Other

## Public Support and Revenue

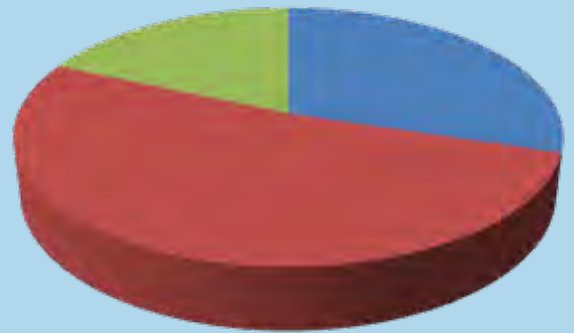
Private and public grants .....	2,551,147
Contributions .....	777,757
Client fees .....	598,005
Investment income .....	413,584
Jewish Federation.....	460,000
Other.....	312,280

**Total Revenue.....5,112,772**

## Program Expenses

Family and children services.....	1,227,831
Older adult services.....	2,130,495
Domestic violence .....	755,745

**Total Program Expenses..... 4,114,071**



- Family and children services
- Older adult services
- Domestic violence



- Direct service and programs
- Development and marketing
- Administration

## Management Efficiency

Direct service and programs.....	4,114,071
Development and marketing .....	138,392
Administration .....	844,225

**Total Expenses .....5,096,688**



<b>TOTAL REVENUE EXCLUDING INVESTMENT INCOME.....</b>	<b>4,699,188</b>
<b>TOTAL EXPENSES .....</b>	<b>5,096,688</b>
<b>CHANGE IN NET ASSETS BEFORE INVESTMENT INCOME.....</b>	<b>(397,500)</b>
<b>INVESTMENT INCOME .....</b>	<b>413,584</b>
<b>TOTAL CHANGE IN NET ASSETS .....</b>	<b>16,084</b>

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**Through**  
**40** unique programs,  
**60** professional staff,  
**40** trustees, and  
**600** volunteers,

**JFS CONTINUES**  
*to inspire and be inspired*  
**EVERY DAY.**



*"Jed and I have made JFS a philanthropic priority because of the amazing staff and services JFS offers. It's often hard to tell if you are making a difference in the world, but I know that the work done at JFS makes a difference in the lives of many, right here in our local area, and we are happy to support this vital work."*

*- Carrie and Jed Nussbaum*



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