



Jewish Federation OF GREATER SANTA BARBARA

We inspire. We connect. We answer.
WE ARE YOUR JEWISH FEDERATION.

focus on
Summer 2015

TAMMUZ-ELUL 5775

Federation Provides Lifelong Connections and Services

ELDER COUNSELING EASES LIFE STAGE TRANSITIONS

At 101 and 98 years old when they passed away, **Sonial and Betty Slosburg** still possessed the cognitive ability, the emotional depth, and the life-affirming spirit to live out their final years with dignity, awareness, and as much enjoyment as possible. Their daughter, **Susan Tova**, wanted them nearby, so she and her husband moved them from LA to Santa Barbara and into Mission Terrace in August, 2012. Like many seniors in our community who are living extremely long lives, they faced significant challenges in adjusting to life in a nursing home: diminished physical strength and stamina, impaired mobility, vision and hearing, increasing dependency, and the natural anxiety and depression that accompany these stage-of-life issues. Susan reached out to Jewish Family Service for information and help.

JFS found that Sonial and Betty had questions and interests related to end-of-life matters and wanted to explore individually, as a couple, and with family members, ways of planning for and ensuring a peaceful death. Clinical Services and Senior Programs Coordinator **Nina Mahaffey, MFT, RN**, began meeting with the Slosburgs every week to provide the needed counseling and supportive senior



services offered by JFS. Susan says that her parents held on because of concerns over the family's wellbeing and so would not let go. She says that, "Direct and down-to-earth, Nina eased the transition for everyone... It was just the most important and helpful way to support us. Nina's perspective was unique and we really relied on her weekly visits." Susan says that Nina's nursing background was invaluable as well—providing the family with an additional resource in monitoring her parents' care.

Nina continued weekly visits to Mission Terrace for therapy sessions with the Slosburgs for over a year, saying "It was my privilege, as both a therapist and a nurse, to support them in meeting their goals."

CONTINUED ON PAGE 3

READY TO TAKE ACTION... READY TO LEAD...JOIN JLEAD!

Develop and strengthen leadership skills that will advance you professionally, better you personally and give back to your community! The **Jewish Leadership Education and Development Program (JLEAD)** is a unique and high caliber leadership track for Jewish community members that live/work in Santa Barbara County.

JLEAD is open to people between the ages of 25 and 45 that want to better understand the Jewish community locally and internationally, while simultaneously developing leadership skills. Program Coordinator **Jilli Spear** says "The goal is to create a deep bench, so to speak, of community leaders for years to come. We need strong Jewish leadership to steer our Jewish organizations into 21st century models of planning and philanthropy." She adds that JLEAD participants will develop leadership skills that are applicable to one's career and other areas in life and will also forge close social relationships and community connections.



This program is highly subsidized through a grant from Jewish Federations of North America. The cost to the participant is \$54. Applications are due July 17 and can be found at www.jewishsantabarbara.org. The program runs from September 1, 2015 to June 2016.



**Change one life.
Change the world.**

**You make it
possible through
the Federation
Annual Campaign**

Visit www.jewishsantabarbara.org
or call 957-1115 to make your gift today.

Message from the Executive Director



It only takes a quick glance at our Jewish Federation calendar to appreciate the breadth and depth, as well as the impact, of everything we do—and everything our generous community makes possible. I am incredibly proud of the quality

and wide variety of programs, services, classes, community-wide celebrations, holiday memorials and commemorations, and engagement efforts that our Federation staff and volunteers bring to bear for the betterment of our community.

I also am struck by the fact that our Federation uniquely provides these programs and direct services for our entire community, literally from birth to old age. Beginning with the presentation of a **Shalom Baby Basket**, filled with gifts and information about our local Jewish community, to every Jewish family with a new addition, to our **Jewish Family Service's (JFS) Visitor Program**, connecting homebound, isolated, and lonely seniors with caring Visitors who provide companionship and stimulation, the Jewish Federation touches so many in our community. One of the stories you will read about in this issue is that of an elderly couple whose final months were eased greatly by the sensitivity and clinical care provided by our JFS professional staff—allowing them to make their own end-of-life choices with respect and dignity.

On the other end of the spectrum, we are excited to announce a new program for young adults: **JLEAD** is the Jewish Federation's Young Leadership Development initiative. JLEAD will be focused on identifying, engaging, and educating young Jewish adults who seek leadership roles in the Jewish Federation and other Jewish organizations and agencies in the Santa Barbara Jewish community. JLEAD will provide the tools, education, and training to help develop committed and passionate young leaders for our community, and we look forward to the burgeoning stewardship of this next generation.

Indeed, the notion of continuity from generation to generation (*l'dor v'dor*), underpins Jewry's existence through the ages. This inter-generational connection combined with *tikkun olam*, the Jewish imperative of repairing the world, is at the heart of everything we do at the Jewish Federation. I hope you enjoy this issue of *Focus on Federation*, and that you will make plans to join us on **Sunday, August 30**, 11 am to 2 pm, at Tucker's Grove Park (Area 3) for this year's annual **Jewish Community Picnic**! What a great way to end the Summer, and get ready for the High Holy Days!

B'Shalom,

Michael S. Rassler



ANNUAL PICNIC ~ A PARTY IN THE PARK

Tucker's Grove Park will once again be the scene of food, family and frivolity—all with a decidedly Jewish bent.

A Santa Barbara tradition for over a decade, the Jewish Community Picnic will feature delicious food, games and activities for children and families, and more. It is an opportunity to gather with friends and family, enjoy the beautiful Santa Barbara weather, and connect with our community.

This year's Picnic will feature more Jewish content and community connections. **Cantor Mark Childs** of **Congregation B'nai B'rith** will open the picnic with a blessing, **Rabbi Elihu Gevirtz** of **Zimrat Yah** will offer a short teaching and discussion, and **Osnat Ben-Shahar** will lead Israeli dancing. Add to that food, games and some fun surprises, and it will be an afternoon to remember!

Join Us!

Jewish Community Picnic

**Sunday, August 30
11 am - 2 pm**

Tucker's Grove Park
Santa Barbara

Ticket prices include lunch:
\$18/family (two adults and two children)
\$10/adult
\$5/child 5-10 years-old
FREE/children under 5

EMI PHOTOGRAPHY



L'dor v'dor: From Generation to Generation Mara Vishniac Kohn and Walter Kohn (L); Federation's Young Adult Division teams up with local kids to Bake a Difference (R).



September 4-11

SHOW YOUR PRIDE Flags on State Street

Support all Federation does by sponsoring a flag on State Street for \$80 per flag! Honor a loved one or celebrate a simcha by making your flag sponsorship a personal tribute.

Call 957-1115 or email
dheath@sbjfo.org
for more information.

Do good
EVERYWHERE.
From
ANYWHERE.



The Jewish Federations®
OF NORTH AMERICA



Jewish Family Service



JFS VISITORS PROGRAM BRINGS COMFORT AND CONNECTS LIVES

"Honor your father and your mother" is a sacred commandment. Just as we preserve the dignity of our own aging parents, through efforts such as JFS's Visitors program, we demonstrate *kavod* (honor and respect) for all elderly members of our community.

JFS Visitors are volunteers who provide satisfying, life-enhancing companionship to isolated seniors and assist in the development of a senior-friendly community for Jewish and non-Jewish elders alike.

Frieda Maho, 67, and originally from Iran, is a longtime volunteer in Santa Barbara. She has been with JFS Visitors for more than five years and is connected with her second "Visitee" now. Frieda calls the experience "life giving." She says "Visiting people who cannot go out or do not have any families is very important... They have caregivers who come and do their job, but a visitor is like a friend who has come to be with them, cheer them up or cry together, which I did with my first one."

Not surprisingly, the sense of appreciation and connection runs both ways and Frieda feels she gets more from the experience than she gives. "They are part of my family," she says, "I bring all of me to our visit, it is not a job but a caring, loving, and friendly visit. At the end of the day I said to myself I did a *mitzvah*."

Do you know a senior who needs a Visitor? Do you want to become a Visitor and enjoy a particularly meaningful kind of volunteer work? Please join our JFS Visitor community.

For more information, contact **Nina Mahaffey** at nina@sbjf.org or 957-1116, x119.

ELDER COUSLING CONT.D FROM FRONT

Sonial and Betty both died peacefully in their sleep, just 15 days apart after a marriage of more than 76 years. Susan and her family chose to hold their memorial service at the Bronfman Family JCC, and Nina is firm in her commitment that "JFS be there to support our community's elders so they, like the Slosburgs, can live out their years with pleasure and grace."

focus on VOLUNTEER SPOTLIGHT

VOLUNTEERS ARE THE HEART AND SOUL OF JEWISH FEDERATION

In this issue, we hear from **Colin Mattingly** who gives his time and energy to Jewish Federation of Greater Santa Barbara (JF) in a number of ways, including teaching table tennis (ping-pong). He is interviewed by fellow volunteer **Andrea Fishman**.

AF: Colin, it's a pleasure to interview you today. Tell me about your background as a Santa Barbara native.

CM: It's my great pleasure and a blessing to volunteer at the Jewish Federation. This is a very special place with wonderful, inspiring people. I grew up in Santa Barbara and went to school here from elementary through high school; I finished my final two years of college at UC Santa Barbara as a philosophy major.

AF: Great! Besides volunteering at the JF, what are your other current activities?

CM: I am continuing my volunteer work in psychology and planning on applying to graduate programs in clinical psychology in the fall. I am also in the process of becoming a Big Brother. I want to make a one year commitment to working with a person one-on-one in order to get to know that person on a deeper level. I will continue to volunteer here at the JF. I've also been a math tutor at Transition House; it has been a challenging and nonetheless interesting experience.

AF: What drew you to volunteering in general, and specifically for the JF?

CM: I wanted to surround myself with people—to learn about people, how they really are, and what happens in their daily lives. I want to get to know people on a deeper level than superficial day-to-day interactions. I want more authentic interactions with individual people rather than just "scripted" interactions. People often say that they are "fine" when, in fact, they're not. I am particularly interested in volunteering for the JF because I want to explore my Jewish roots, investigate my Jewish heritage and connect with the community of the Jewish people. I grew up Jewish but I am not a religious person. I want to be in a place where I can reconnect with my Jewish identity, and the Jewish Federation is truly that place.

AF: Why ping-pong?

CM: I've always been engaged with ping-pong ever since I was a little kid. There are great cognitive benefits using the right and left sides of the brain. I thought that working with senior citizens playing a game that was good for their minds as well as their bodies would be a good service. And there are good conversations going on at the same time. I'm really thankful for getting to know who they are.

AF: What is your favorite part of your volunteer experience so far?

CM: I'm surrounded by great people. I get to be around people whom I genuinely like. The job is secondary to the positive and inspiring personal interactions. I am greatly appreciative of the seniors and staff here.

For more information, contact Volunteer Services and Programs Manager **Mike Witt** at mwitt@sbjf.org or 957-1115, x103.



Volunteer Colin Mattingly shows off his ping pong skills and great attitude at the Family Purim Party in February.

In Memory: Upstander Dr. George Wittenstein

Featured in Jewish Federation's permanent *Upstanders* exhibit, **Dr. George Wittenstein** was a medical student in Munich during the war and a close friend of the White Rose resistance group, who were executed in 1942 after trying to rouse their fellow citizens to resist Hitler. Wittenstein helped Jews escape Nazi Germany, tried to save his fellow students from capture, and later secretly aided their families. He passed away recently at 96. We send our deepest condolences to his family as well as our heartfelt appreciation for his remarkable courage and integrity.

focus on Federation

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Jewish Federation
of Greater Santa Barbara

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www.jewishsantabarbara.org

Join our e-mail list! info@sbjf.org

Hours: Mon-Thurs: 9 am – 5 pm;

Fri: 9 am - 3:30 pm

All events take place at the Bronfman
Family Jewish Community Center
(BFJCC) unless otherwise stated.

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Jewish Federation
OF GREATER SANTA BARBARA

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Get Involved.

Here's what's happening in the
community and at the BFJCC:

JULY

- 12** Doo Wop Concert
w/ the Ronelles
- 23** JWN Happy Hour
- 24** YAD Shabbat Potluck
at the Courthouse Lawn
- 25-26** Tisha B'av

AUGUST

- 5-9** Old Spanish Days (Fiesta)
- 11** JWN Coffee Hour
- 19** Screening: *Beneath the Helmet*
- 20** JWN Happy Hour
- 23** YAD Summer Social Pool Party
- 30** Jewish Community Picnic
11:30 am - 2 pm

SEPTEMBER

- 3** 1st Thursday Art @ the JCC
SBAA Opening Reception
- 7** Labor Day (CL)
- 8** JWN Coffee Hour
- 10** Family Fall Holiday Party
- 12** Feed the Funk
- 13-15** Rosh Hashanah, MO, TU (CL)
- 16** *Jewish Death & Dying:*
The Conversation Nobody
Wants to Have
- 17** JWN Happy Hour
- 22-23** Yom Kippur, WED (CL)
- 27** Sukkah building (morning)
- 27-29** Sukkot, MO, TU (CL)

For more details, visit

www.jewishsantabarbara.org

Art at the JCC

Visual Monologues: The Abstract Art Collection

Exhibit runs through August 25



Some Assembly Required by Nancy Freeman

JUROR: JUDY LARSON

Director of the Westmont-Ridley
Tree Museum of Art

*Both exhibits are Free and open
to the public. Come see some art!*

Santa Barbara Art Association Exhibit

September 3 through November 1



Bell Canto by Patricia Post

1st Thursday Opening Reception

Thursday, September 3
5:00 - 7:30 pm

Live music featuring *Jazz Plus*.
Also, enjoy wine and appetizers!



Save the Date

**YAD's 4th Annual
Feed The Funk**

**Saturday, September 12
7 - 11 pm**

New location:
SoHo Restaurant and Music Club
1221 State Street
All ages over 21 welcome.

For more information and tickets, go to
www.jewishsantabarbara.org

Music and food that feed the soul and elevate the spirit • New date!