



## **Executive Summaries of Alpha, Bravo, and Charlie Cohorts**

Below are the agency names and a brief executive summary of each funded program.

### **Alpha Cohort**

#### **Jewish Family & Career Services, Inc.**

##### **Atlanta, GA**

Jewish Family & Career Services, Inc. (JF&CS) in Atlanta, Georgia, provides innovative, holistic programming and supportive services in such areas as transportation; food and income security; social networking and de-isolation; counseling and mental health; and primary/physical health, safety and welfare utilizing a person-centered, trauma-informed approach for Holocaust survivors and their caregivers in an effort to promote dignity, strength and empowerment. Funding enables JF&CS to expand current program offerings to 150 Holocaust survivors, with an emphasis on serving those living in poverty, survivors from the Former Soviet Union and survivors from the Orthodox Jewish community, to include such activities as:

- 1) Case Management, Information and Referrals
- 2) Physical, spiritual and emotional wellness; includes workshops and group and individual counseling
- 3) Food Security Program which provides nutritional counseling and access to the agency's Kosher Food Pantry and "Giving Garden"
- 4) Safety Evaluations and Home Safety Modifications
- 5) Social and Intergenerational Events

#### **Jewish Community Services**

##### **Baltimore, MD**

The JCS program will build a trauma-informed community by increasing professional and community awareness about the issues and needs of Holocaust survivors as a result of their unique traumatic experiences. JCS will enhance the competency and capacity of professionals, institutions and families caring for survivors. In addition to JCS staff, the program targets other key service providers including hospice providers, home care agencies, physicians, and long-term care, assisted living, and rehabilitation facilities, as well as family caregivers.

Components include community-based programs on the long-term effects of Holocaust trauma, its impact on individuals and families, and PCTI concepts; an extensive and ongoing PCTI professional development program for JCS staff who work with the survivor population; and preparation of select JCS professionals to serve as trainers and consultants to external organizations who provide care and services to survivors.



**Jewish Family Service Association of Cleveland  
Beachwood, OH**

Jewish Family Service Association of Cleveland will hire a Family Care Advocate to coordinate, oversee, resolve and address any problems that may arise in the delivery of care to Holocaust survivors. Specifically, this position will serve as the primary contact for our clients, their family members or appointed caregiver and the social and health care services the client accesses.

**Jewish Family & Children's Services  
East Bay Berkeley, CA**

JFCS East Bay will offer a comprehensive program to address the trauma experienced by survivors from the former Soviet Union. Our holistic approach includes a psycho-educational group, a yoga program, a health and wellness educational program, individual counseling and family support for caregivers, socialization support, training of partner agency staff who interact with survivors, and transportation assistance to and from program activities. The program will be coordinated and facilitated by Russian-speaking staff, including a newly hired clinical social worker. In addition to these direct services, JFCS East Bay will work with the Sanctuary Institute to infuse the Person-Centered, Trauma-Informed Sanctuary Model throughout our agency and overall Holocaust Survivor Services program.

**Guardians of the Sick, Inc.  
Brooklyn, NY**

Three initiatives grounded in Person-Centered, Trauma-Informed principles will support the mental health, physical health, and social integration of Holocaust survivors in the Jewish Orthodox community.

- 1) Monthly education-training sessions for family caregivers of Holocaust survivors will improve caregiving practices, while addressing the mental health and self-care needs of family caregivers. A list of recommended resources for family caregivers will be created and made available for participants, community members, and online for the wider community.
- 2) PCTI-based training for Home Health Aides providing care to Holocaust survivors will enhance skills in recognizing special issues related to the life experience of Holocaust survivors, and best practices for caregiving responsive to those issues.
- 3) Recruitment, PCTI training, and ongoing support of community volunteers will develop groups of mature volunteers to visit survivors with special needs (those with low vision, and those diagnosed with dementia), and youth volunteers for community and nursing home visitation.



### **CJE SeniorLife**

#### **Chicago, IL**

Holocaust Community Services' Outreach Program is an innovative community-based program that promotes well-being in physical and emotional/mental health, and increases service accessibility by bringing mental health and support services to survivors in their own language and locations. It includes three primary components:

- 1) Community health education programming using evidence-based models, focusing on survivors' independence and competencies to address chronic health issues and risks
- 2) In-home and community-based mental health counseling and clinical case-management, sensitive to trauma-related and cultural barriers to traditional psychotherapy models and to survivors' individual triggers, vulnerabilities, and coping mechanisms
- 3) Isolation-reduction via
  - a. Companionship programs with volunteers receiving PCTI training to best support survivors
  - b. Community-based computer classes, helping survivors maintain "virtual" family and community connections

The program targets two significantly under-served groups: survivors from the Former Soviet Union who have language- and poverty-related challenges and isolated/home-bound survivors who have accessibility challenges due to age-related declines.

### **Jewish Family Service of the Cincinnati Area**

#### **Cincinnati, OH**

Jewish Family Service (JFS) will draw on its knowledge and history of providing PCTI care to pilot and implement its program, "Tablets and Technology: Alleviating Isolation in Holocaust Survivors." Through this program, JFS staff and volunteers will teach survivors to use tablet technology that will provide socialization opportunities and improve their quality of life. JFS's trauma-informed program will ensure that survivors stay connected to the community, while also respecting their need for independence by teaching them how to communicate and interact with the world electronically.

JFS's Tablets and Technology program will teach at least 20 Russian- and English-speaking Holocaust survivors, many of whom live below 150% of the federal poverty line, how to use a variety of programs to stay connected to friends and family. JFS will use the Generations Online curriculum, which was developed especially to help seniors for whom English is not their first language, become comfortable using new technology. The curriculum will help survivors learn how to use FaceTime and Skype to connect with friends and family locally and internationally, email for written communication, internet searches for social and intellectual games, and YouTube for entertainment. JFS's experienced staff will adapt the curriculum to include trauma-informed approaches that address the unique needs of Holocaust survivors.



### **Jewish Family Services of Columbus Columbus, OH**

Project ARIEL is, in part, modeled after the Supportive Communities– Aging in Place in Israel (JDC-Eshel) of the Association for the Planning and Development of Services for the Aged in Israel. The model is both functional and integrative. It is functional because it acts as an umbrella over a vast array of activities of daily living. It is integrative because each component is connected to the others. Components of ARIEL include:

- 1) Access of transportation to life-enriching destinations with Companion Care
- 2) Person-Centered, Trauma Informed Expressive Arts Programming to help heal from trauma

The overarching goal of ARIEL is to improve quality of life by reducing feelings of isolation, increasing independence and engagement, creating a sense of safety and belonging, and improving overall mental health and life satisfaction. Jewish Family Services of Columbus hypothesizes that ARIEL will improve self-reported measures of quality of life among participants after one year.

### **Jewish Family Service Agency of Central New Jersey Elizabeth, NJ**

This grant will allow JFS of Central NJ to develop innovative methods using Person-Centered Trauma-Informed (PCTI) care to identify and serve Holocaust survivors from the Former Soviet Union, within the Orthodox community, and other Holocaust Survivors through a nurse/social worker collaborative team. Our new Crossroads Caregivers Support Program will provide individual support to caregivers, Caregiver support groups, and Caregiver conferences. We will offer tools for Caregivers including a website, webinars, Tip Sheets for Caregivers, and Guidelines for Healthcare Providers to ensure survivors receive PCTI care from healthcare professionals. Working closely with Holocaust survivors, Caregivers, and a wide range of stakeholders will ensure that the project addresses the specific needs of Holocaust survivors and their Caregivers in Union County. The lessons learned and products developed will be made available nationally to other organizations working with Holocaust Survivors as well as those working with other older populations who have survived life-changing trauma.

### **Jewish Family Services Indianapolis, IN**

JFS will expand its services and outreach to survivors in the Indianapolis area and surrounding communities through the KAVOD program. Survivors from the FSU in particular are an underserved population and this grant will allow for greater outreach to that population to reduce barriers to service and reduce the social isolation currently plaguing that community. In addition, this grant will allow JFS to hire a Russian-speaking staff member and train our staff to better recognize the signs and symptoms of trauma in survivors and their family members and



respond with knowledge of best practices of treating trauma. The goals of KAVOD include making services currently offered by JFS more accessible to survivors by removing barriers to service and to initiate group activities for the large population of survivors from the FSU to provide an opportunity for socialization and present coping strategies that prevent re-traumatization.

**Jewish Family Service of Los Angeles  
Los Angeles, CA**

JFSLA will use this funding to increase awareness among its staff, clients and other stakeholders of the impact of trauma, and will support the growth of a trauma-informed culture throughout the agency. A foundation of trauma-informed practices will enable JFS to create an atmosphere of trust and healing in which effective new programs and services can be developed to meet the needs of our survivor population. All JFS programs adhere to principles of client-centered service delivery and client empowerment, and these principles are easily extended to a more robust adoption of a trauma-informed cultural framework. This framework will direct the creation of new services for survivors and family caregivers which will decrease the incidence of depression and anxiety among survivors, increase caregiver awareness of the impact of trauma, and will allow for innovative programming that can lead to systemic change in the agency and in the larger community.

**Jewish Family Service of Orange County  
Middletown, NY**

We will incorporate elements of the PCTI approach to offer case management and a variety of in-home services to Holocaust survivors and their caregivers living in the village of Kyrias Joel and in the general Orange County community. Case managers will assist in coordinating a variety of services, some of which will be provided by trained volunteers. These include supportive visits, grocery shopping, transportation, reassurance telephone calls, and social model day programs. We will expand our volunteer recruitment to enlist volunteers who will receive additional training in the PCTI approach and the culture of the Kyrias Joel community. Counselors will visit caregivers to provide education and training in order to enhance their coping skills. We will develop a PCTI informed and culturally sensitive outreach program to inform the community of the increased services available to Holocaust survivors and their caregivers.

**Selfhelp Community Services, Inc.  
New York, NY**

Founded in 1936 by refugees from Germany escaping Nazi persecution, Selfhelp is the largest provider of comprehensive services to Nazi victims in North America, with seven community-based offices in New York City and Nassau County. JFNA funding will be used to increase the



capacity of Selfhelp's Nazi Victim Services Program by hiring seven new culturally competent staff to deliver enhanced case management services to 300 new clients, including 240 from the Former Soviet Union, and to expand outreach to Russian-speaking clients throughout New York City.

The funds will also support social programs, Virtual Senior Center, legal services, and an agency-wide staff training initiative that intensifies Selfhelp's commitment to PCTI care. Funds will be used to support Selfhelp's fifth Conference for Professionals Working with Holocaust Survivors, which will focus on PCTI and will take place in collaboration with JFNA, the Claims Conference, and UJA-Federation of New York.

**Metropolitan Council on Jewish Poverty  
New York, NY**

This Holocaust Survivor Innovations grant will provide socialization programs and case work to Holocaust survivors using person-centered, trauma-informed care principles. Together with several Jewish Community Councils, services will be focused on low-income survivors from Orthodox and/or Russian backgrounds. The monthly socialization programs will provide a kosher meal and fun cultural programming to lift the spirits of this increasingly homebound population. One major focus will be providing appropriate transportation to aging and less mobile survivors. The socialization programs are both a recruitment tool to build a client list and an opportunity for clients to have an informal check-in with their social worker. Each client will receive an initial assessment and be provided services as needed from the ongoing services of Met Council, (including benefits enrollment, food pantry access and crisis intervention) and referrals to other agencies.

**Jewish Community Services of South Florida, Inc.  
North Miami, Florida**

Jewish Community Services of South Florida (JCS) proposes to expand its Holocaust Survivor Assistance program through the provision of case management services for a maximum of 35 hard to serve Survivors who are residing in nursing homes or assisted living facilities (ALF) in Miami-Dade County, Florida. Services provided via JCS' Holocaust Survivor Assistance program allow for Survivors in need to receive consistent, community-based continuity of care. In an effort to reduce the risk of re-traumatization, JCS will extend its case management services to residents transitioning into nursing homes and/or assisted living facilities.

**Jewish Family Services of Greater Kansas City  
Overland Park, KS**

Our project will incorporate Person Centered Trauma Informed (PCTI) care into our Older Adult Care Management Program (and the broader agency and service community) and expand our



capacity to serve and support Holocaust survivors using PCTI-based principles. We will accomplish these in two ways:

- 1) Expand our capacity to directly serve the survivor population by adding a part-time, bi-lingual, PCTI trained care manager to serve 50 or more low income, Holocaust survivors from the former Soviet Union
- 2) Provide PCTI training and consultation to those who serve and interact with survivors: other program staff, agency staff, private homecare providers who work with survivors, caregivers (formal and informal), other Jewish organization staff (e.g. Jewish Community Center, congregations), volunteer drivers, and food pantry volunteers

### **Jewish Family Service of Rochester, Inc. Rochester, NY**

Our proposed program for Holocaust Survivors will provide expanded and enhanced services to the residents of our Naturally Occurring Retirement Community (NORC) located at the Ellison Park Apartments. Sixty survivors from the former Soviet Union currently reside at the NORC. They are all living at or near the poverty level. PCTI principles will be used in all facets of program delivery.

Program Components include:

- Wellness – the NORC will host a low impact exercise class on site
- Accessibility/Transportation – we will expand out group transportation services to NORC residents and provide individual and small group rides at no cost to survivors through an expansion of the JFS Express transportation program
- Socialization – new opportunities for survivors to take part in spiritual and cultural programs in the community and on-site Jewish Holiday celebrations
- Family Caregiving –we will provide up to 3 hours per week of individual support and assistance to caregivers of NORC residents focused on their questions and concerns about their elderly loved one and counseling regarding caregiver stress

### **Jewish Social Service Agency Rockville, MD**

JSSA plans to expand PCTI-infused direct services to address the most critical unmet needs among survivors already on the caseload, and those waiting to enroll. Our goal is to minimize the trauma associated with “waiting for help” and to honor survivors’ need for home-based services that enable them to remain safely in their homes, avoiding institutionalization. JSSA is offering new services to our survivors that aim to improve their experience in their communities. In addition to homecare work, JSSA will provide a new robust Russian-language lending library, small socialization events, a Holocaust Survivor Advisory group that explores innovative care ideas, PCTI training for staff and outside agencies, and a volunteer food delivery program. Through this work, JSSA will become even stronger in its trauma-informed approach to serving



our survivor caseload.

### **Jewish Family Service of San Diego**

#### **San Diego, California**

Since the 1940s, Jewish Family Service of San Diego has been addressing the needs of Holocaust Survivors. For years, survivors cared for by JFS, have expressed a desire to experience the world beyond doctor's appointments, grocery stores, and other errands. They want to be with people from similar backgrounds, who have endured similar traumas. Through funding from the JFNA Center for Advancing Holocaust Survivor Care, JFS's Serving Older Survivors Program will enhance its Person Centered, Trauma-Informed services with activities that improve our survivors' physical and mental health. Survivors from the Former Soviet Union in particular, live on limited finances and as a result, cultural stimulation specific to their Jewish and Russian heritage is virtually non-existent. JFS will offer regularly scheduled social-cultural opportunities for 40 unduplicated isolated Holocaust survivors to improve their emotional and mental well-being and will also provide crucial JFS Foodmobile home-delivered kosher meals to 23 low-income, frail survivors.

### **Jewish Family and Children's Services**

#### **San Francisco, CA**

This funding allows Jewish Family and Children's Services to expand and enhance our Center for Dementia Care and counseling programs in order to address the unmet needs of dementia and depression among low income Holocaust survivors. JFCS's Center for Dementia Care will utilize PCTI approaches to provide consultations and practical and emotional support to families and caregivers of low income Holocaust Survivors, as well as provide personalized care to survivors with dementia-related conditions. The Center will conduct outreach to survivors from the FSU with dementia related conditions in order to provide them with bilingual and bicultural services. JFCS will also advance treatment of depression among low income survivors using a PCTI approach through the expansion of individual counseling services for survivors.

### **Jewish Family & Children's Service**

#### **Waltham, MA**

The proposed project offers an innovative combination of social programming and PCTI case management to reach underserved Russian-speaking survivors living in Greater Boston's North Shore communities. Program components include:

- 1) Conducting intensive outreach on the North Shore
- 2) Sponsoring a monthly social/cultural program for North Shore survivors modeled after JF&CS's Café Hakalah in Brookline
- 3) "Embedding" a Russian-speaking case manager at the monthly gatherings to support PCTI service delivery.



- a. The monthly social events will alleviate the social isolation that so many aging survivors are experiencing, particularly those with limited English proficiency. Through her regular presence at these events, the bilingual social worker will build trusting relationships with participants that will facilitate PCTI service delivery when they are facing health crises, stressful transitions, or emergency situations.

### **Jewish Family Service of Metropolitan Detroit**

#### **West Bloomfield, MI**

The project will focus on developing a better collective understanding of trauma and the effects of trauma throughout the life cycle, ensuring that more survivors find their path to healing and emotional wellness. JFS Detroit will collaborate with subject matter experts to develop a training curriculum based on best and promising practices applied specifically to this population. The project's innovation will be in developing a training curriculum incorporating educational materials on Holocaust history and specific PTSD triggers in Holocaust survivors with the promising and best practices on trauma informed practice and communities. Project staff will also become members of the International Society for Traumatic Stress Studies, complete the Advanced Training Certificate program, and engage with the Aging, Trauma, and the Lifecourse Special Interest Group. The project will serve 400 survivors and 130 professionals and family caregivers through additional expanded programs/services, representing our joint response to the array of needs and gaps in services in Flint, Ann Arbor, and Detroit area communities.

### **Ferd & Gladys Alpert Jewish Family & Children's Services**

#### **West Palm Beach, FL**

AJFCS proposes to enhance its outreach and innovative Holocaust survivor cultural competence training for healthcare, financial, legal and mental health professionals to ensure a better understanding and improved community-wide service network to Holocaust survivors and their families. The goal is to advance the provision of care to survivors and their families, through a focused person-centered, trauma-informed (PCTI) approach. Proposed enhancement of direct services to Holocaust survivors and their families will result in increasingly sensitive PCTI care by providing unique mental health trauma interventions and specific outreach and services to caregivers of survivors and assistance to survivors from the Former Soviet Union (FSU).



## **Bravo Cohort**

### **Jewish Federation and Family Services of Orange County**

#### **Irvine, CA**

The “Meal Partners” program improves the health and well-being of isolated Holocaust Survivors by creating lasting supportive relationships that revolve around the sharing of meals. Participating Survivors are paired with meal partners whose roles are to:

- Share meals and monitor food security
- Broaden the survivor’s circle of care
- Connect Survivors to their traditions and culture

The overarching goals and anticipated outcomes of this program are:

- Decreased social isolation and broaden circle of care
- Improved nutritional intake and food security
- Increased capability to live independently at home

The program also includes specialized Russian bilingual services for Survivors from the former Soviet Union. These services include counseling, consultation, crisis intervention and a monthly “Meals and Culture” group. The group activities include shared meals, intellectually stimulating lectures and discussions, meditation, yoga and other alternative wellness activities, life story discussions, cultural activities, and practice using technology.

### **Bet Tzedek**

#### **Los Angeles, CA**

The overarching goal of this program is ensuring that Survivors have access to essential legal services so they can secure and maintain vital resources – including those public benefits and legal instruments necessary to protect their safety, independence, and quality of life. Bet Tzedek will work closely with JFNA, other subgrantees, and Holocaust Survivors Justice Network partners to identify appropriate communities to serve as pilots for the expansion of this proven holistic approach to meeting the legal needs of Holocaust Survivors. Additionally, Bet Tzedek will recruit, train and mentor pro bono attorneys in those communities to provide free legal services to Survivors through a PCTI approach. The services will be tailored to the needs of the Survivors and the jurisdictions of the pilots.

### **Gulf Coast Jewish Family & Community Services**

#### **Clearwater, FL**

The Holocaust Survivor PCTI training for caregivers will provide an essential understanding of trauma as a whole, the unique effects of Holocaust-originated trauma on the aging process, and guidance on identifying triggers to avoid. Caregivers work daily with 100 homecare clients;



however, they are not formally trained in PCTI and have limited knowledge of the Holocaust. The caregivers currently assist with daily activities without specific knowledge of the unique security and emotional needs of Holocaust Survivors. The PCTI training will infuse caregivers with this knowledge, resulting in:

- More patient-centered care
- Enhanced emotional well-being
- Increased trust between the survivor and caregiver

The three main goals of the program are:

- Increased understanding of PCTI principles and applications to Holocaust Survivors
- Increased training capability of the Homecare Agencies with a train-the-trainer approach
- Increased survivor satisfaction with homecare services

This training will become part of the Holocaust Survivor Program core offering and provide better PCTI care to support homecare program expansion.

### **Ruth & Normal Rales Jewish Family Services**

#### **Boca Raton, FL**

There is an acute risk of re-traumatization triggered by seemingly benign words and actions in the course of senior care. A loud sound, a confined space, medical questions, even a white lab coat can be triggers for Holocaust Survivors suffering from PTSD. The JFS Holocaust Survivor Person Centered Trauma Informed (PCTI) Program responds to this need with a primary focus on community-wide education. The goals of this program are:

- Increased accessibility to compassionate care for Survivors
- Fostering a culture of sensitivity
- Educating professionals throughout the community regarding the vulnerabilities and challenges faced by Survivors
- Provision of the highest quality of care to Survivors

### **Jewish Family & Career Services**

#### **Louisville, KY**

The program provides a combination of respite and homemaker services intended to support Survivors and their family systems. Each survivor will ultimately benefit further from relief provided to family caregivers, thus preserving their capacity for continued support and extending our ability to serve more Survivors with limited funding. We believe, based on our experiences serving this population, that providing regularly scheduled service to perform particular tasks will reinforce the Survivors' ability to maintain independence. We anticipate that some clients served by this project may require more than minimal assistance and we will



revise our strategy on an individual basis as needed. In the spirit of operating a program that is based on person-centered planning, client voice and choice will drive the plan.

### **Jewish Family and Children's Services of Northern New Jersey**

#### **Teaneck, NJ**

Many Holocaust survivors age in their own homes with assistance from home health aides. For low-income survivors, the cost of this care is covered by the Claims Conference. However, when a survivor enters a hospital or rehabilitation facility, services stop. Yet for survivors, this is the time when the assistance of their trusted aide is needed more than ever. "You're Not Alone Companion Care" will ensure that aides can provide emotional support, companionship, and bedside assistance while a survivor is in inpatient care, thereby reducing incidents of trauma-induced agitation and the indignity of not having personal needs met during this vulnerable time.

### **The Blue Card, Inc.**

#### **New York, NY**

The Blue Card, an organization with a long history of providing aid and assistance to Holocaust Survivors, will present PCTI Training for the Medical Professional. As Survivors age, their healthcare needs increase. For many Survivors, visiting dentists or doctors triggers the trauma they experienced. Few healthcare personnel have training in identifying or treating Holocaust Survivors. Each program year will focus on teaching a different audience:

Year 1: Dentists who are part of Alpha Omega International Dental Fraternity

Year 2: Physicians from two NYC hospitals who serve large numbers of Holocaust Survivors

Additionally, workshops and follow-up will be presented through:

- Face-to-face sessions
- Webinars
- Teleconferencing

This program will provide training and insight on how to identify Survivors and how to provide appropriate PCTI services.

### **Edith and Carl Marks Jewish Community House of Bensonhurst**

#### **Brooklyn, NY**

Marks JCH will establish the Marks JCH Center for End of Life Care to address end of life planning needs of Holocaust Survivors and their adult children. This initiative will serve to:

- Educate Survivors and their children about the benefit of end of life planning
- Train staff to facilitate end of life care conversations in Russian



- Provide end-of-life pastoral support for Holocaust Survivors and their adult children caregivers and family members in the Russian-speaking community.

Marks JCH will hire additional staff and train existing staff, making use of existing reputable training programs that focus on providing trauma-informed care to those facing end of life.

### **Pesach Tikvah**

#### **Brooklyn, NY**

Pesach Tikvah plans to use a three-pronged PCTI approach to benefit Holocaust Survivors in their catchment area.

- PCTI Care Management program designates one person to serve as the primary contact for our clients, their family members or appointed caregiver, and the social and health care services the client accesses.
- PCTI training for the Care Managers, clinicians, volunteers and administrative staff associated with Pesach Tikvah's Geriatric Service Divisions. Services will also be offered to staff at other area agencies serving Survivors, thereby promoting PCTI culture throughout the region.
- Expansion of highly successful pilot socialization groups, including:
  - An innovative translation group offered in collaboration with the Kleinman Holocaust Education Center. Through this program, Survivors have the opportunity to work on translating important Holocaust-era documents. This program affords participants socialization opportunities while giving them the opportunity to contribute meaningfully to Holocaust remembrance.
  - A socialization group for individuals with memory loss and their spouses with culturally appropriate socialization programming for this population. Pesach Tikvah's program is informed by clinical research and observation, and is treatment oriented. The goal is to enhance quality of life by awakening the available cognition function to its maximum potential while reducing depression and anxiety and promoting mood stability.

Selfhelp Community Services, Inc.

New York, NY

Selfhelp will establish a community linkage outreach program to connect with New York City Holocaust Survivors who are currently unserved. Proposed activities include:

- Direct outreach and social events to introduce Survivors to the program
- Training various stakeholders to identify Survivors and provide their own services using a person-centered, trauma-informed approach.

The stakeholders may include:

- Homecare agencies



- Managed long-term care plans
- Social services programs
- Interagency Councils on Aging
- Hospital discharge planners

Selfhelp will also develop a tool for wider dissemination of lessons learned and/or models developed, related to the outreach and PCTI training efforts. This tool may take the form of a manual, journal article, or professional presentation. While outreach is the primary focus of the program, some funds will also be used to provide direct services for Survivors introduced to the program through said outreach activities.

### **Jewish Family and Children's Service of Greater Philadelphia Philadelphia, PA**

The three main goals of JFCS' program are to:

- Commit to the process of implementing and sustaining a trauma-informed culture at JFCS and KleinLife.
- Train all staff at JFCS and KleinLife in PCTI care best practices.
- Implement a revamped, trauma-informed process between JFCS and KleinLife.

JFCS has hired a second Russian-speaking Social Worker and revised the staffing plan to accommodate hiring a part-time Social Worker with PCTI care experience to carry a caseload.

JFCS also plans to update the referral process between JFCS and KleinLife. The following strategies have been identified to improve the process:

- JFCS and KleinLife will identify the current clients who we both serve.
- JFCS and KleinLife will determine the services each agency provides to find potential overlap, services that may complement one another, and gaps in services.
- JFCS', KleinLife, and the hired consultant will examine the current intake processes of both agencies to identify where PCTI principles can be incorporated.
- JFCS and KleinLife will incorporate a process to gain HIPAA authorization from Survivors at the beginning of our relationship with them in order to seamlessly refer them for services.

### **Jewish Family & Child Service Portland, OR**

JFCS will pilot and refine evidence-based trauma-informed practices which foster an atmosphere of trust and healing among Russian-speaking Holocaust Survivors. When serving Survivors from the Former Soviet Union, we must take their unique experiences into account and devise a specialized, culturally appropriate approach. We will augment our current case management and homemaker services with an added counseling component based on the



“Seeking Safety” model. This holistic approach will combine the following elements:

- Group counseling sessions
- Meals and other socialization opportunities
- Wellness component
- Transportation assistance to and from program activities

The program’s goals are to:

- Reduce symptoms of post-traumatic stress disorder (PTSD), depression, and anxiety among the Survivors served
- Offer activities promoting improved mental and physical health
- Impart trauma-informed empowerment skills to participants that they can use indefinitely

We hope that anticipated positive outcomes will serve as a gateway to further treatment and engagement, such as individual counseling and family support for caregivers.

## **Charlie Cohort**

### **CJE SeniorLife**

#### **Chicago, IL**

Holocaust Community Services’ PCTI Outreach Program, an innovative community-based program, will promote well-being in physical and emotional/mental health, reduce social isolation, and increase service accessibility to under-served survivors from the Former Soviet Union or those isolated survivors who struggle with accessibility by bringing services to survivors in their own language and locations. The program includes three components:

- 1) PCTI Clinical Services and Professional Trainings: mental health counseling and services for survivors who may be averse to traditional psychotherapy; PCTI training within CJE SeniorLife and partners, and; staff training on PCTI Creative Arts therapies.
- 2) Health & Wellness Programs: adapted from evidence-based models and focusing on survivors’ independence and competencies to address on relevant topics.
- 3) Enhanced Community Connections Programs: computer classes and tech support to reduce isolation and increase independence; a Skype-based class connecting survivors with grandchildren and students; and, community-based conversational English groups.

### **Edith and Carl Marks Jewish Community House of Bensonhurst**

#### **Brooklyn, NY**

Building on its nearly 3 decades of experience helping Russian-speaking Jewish Survivors, leveraging the expertise gained through its current UJA-Federation of New York, Claims Conference, NY City Council, and JFNA-funded programs serving Survivors, Marks JCH seeks to



attend to the unmet need to address memory loss and dementia among Russian-speaking Holocaust Survivors and Nazi Victims. The successful implementation of the proposed program will improve the quality of life for Survivors facing memory challenges, and support their caregivers and family members in the provision of PCTI-aware care for Survivors facing various forms of dementia.

**Ferd & Gladys Alpert Jewish Family & Children's Service of Palm Beach County, Inc.  
West Palm Beach, FL**

AJFCS will offer two components in response to the revised proposed Holocaust program to advance Holocaust survivors' care:

- 1) The development and implementation of a train-the-trainer HonoringLife module. This enhanced cultural competence training for healthcare, financial, legal and mental health professionals will ensure wider access for the purpose of establishing a better understanding and improved community-wide service network to Holocaust survivors and their families. A train-the-trainer model will provide ongoing sustainability approach to supporting a person-centered, trauma-informed care community. The enhancement of direct services to Holocaust survivors and their families will focus on services to caregivers, primarily 2<sup>nd</sup> generation survivors.
- 2) Outreach to caregivers to provide enhanced support to aging relatives. Caregivers' psycho-educational programming and support groups will focus on trauma-related family issues, decision-making skills, and support techniques. Referrals to community resources will be offered, to support their caregiving role and optimize the independence of their aging Survivor relatives.

**Jewish Community Council of Canarsie  
Brooklyn, NY**

The Jewish Community Council of Canarsie, in partnership with Tomchei Shabbos of Queens and Project Lead, provides information and referral, food assistance, home visitations, case management services, and special events to at-risk and needy Holocaust survivors throughout Southeastern Brooklyn and Queens County. A support network of trained volunteers is engaged to supplement professional paid staff services. PCTI trainings and workshops are made available to professional staff, volunteers, as well as neighboring minority and émigré social service agencies in the Canarsie and Starrett City areas.

**Jewish Community Council of the Rockaway Peninsula  
Far Rockaway, NY**

The Jewish Community Council of the Rockaway Peninsula (JCCRP) has served the Rockaway Peninsula for the past 45 years. Proposed is a program to provide vulnerable and poor Holocaust Survivors, many from the Former Soviet Union, with safe and supportive access to



the Client Choice Food Pantry, food delivery and home visits to the fragile homebound and increased case management and advocacy services. JCCRP staff members will attend training in PCTI-based care and actively disseminate knowledge of PCTI principles to its own staff and additional organizations in the aging services and food distribution networks.

### **Jewish Family & Children's Services of Southern Arizona**

#### **Tucson, AZ**

Since 1941, Jewish Family & Children's Services of Southern Arizona has been entrusted with the care of vulnerable older adults. The Wellbeing Promoter and Advocacy (WPA) project will increase our capacity to visit with, listen to, comfort, and advocate for Holocaust Survivors as they age. The project provides PCTI low-intensity behavioral healthcare to (40) Survivors from the FSU, at home or in facilities, in their own language through interpreters to increase wellbeing.

The WPA project is innovative in its engagement with outstanding community partners including the University of Arizona's National Center for Interpretation and the Zuckerman College of Public Health.

### **Jewish Family & Community Services East Bay**

#### **Berkeley, CA**

JFCS East Bay will offer a comprehensive program to address the trauma experienced by survivors from the Former Soviet Union. Our holistic approach includes psycho-educational groups, individual therapy, yoga, movie club, poetry club, travel discussion club, holiday celebrations, local excursions, and transportation assistance to and from program activities. In response to the evaluation of our current program and our clients' demonstrated needs, we have added several program innovations this year, including: Tai-chi classes, mindfulness classes, and an entirely new focus on advanced health care and end-of-life planning. The program is coordinated and facilitated by Russian-speaking staff.

### **Jewish Family and Community Services, Inc.**

#### **Jacksonville, FL**

Jewish Family & Community Services is the premiere case management agency in Northeast Florida, wrapping services around families in crisis to prevent homelessness, hunger, abuse and isolation. Since 2015, JFCS has chosen to care for Holocaust Survivors in Palm Coast, a neighboring community with no designated survivor resources. We plan to create a holistic wellness program for food-insecure, poverty-stricken Holocaust Survivors from the former Soviet Union living in Palm Coast. Customized bags of fresh and non-perishable food, individualized nutritional counseling, and PCTI culinary art therapy workshops will help survivors exert more control over their health and prevent premature institutionalization.



## **Jewish Family and Children's Services of San Francisco, the Peninsula, Marin and Sonoma Counties**

### **San Francisco, CA**

JFCS' palliative care team of nurses, social workers, gerontologists, a physician, a rabbi, and specially trained volunteers will provide care consultations, healthcare advocacy, supportive services, care coordination and volunteer services to Holocaust survivors experiencing a chronic condition, new diagnosis, or who are at end of life. Volunteers, who have participated in an intensive training, will provide practical, emotional, and psychological support to survivors. Advance healthcare planning, education, and training will also be critical components of the PCTI Palliative Care program. This program will target survivors from the FSU, with the palliative care team providing training and ongoing consultations to Russian-speaking staff in order to better reach this population. The program's goal is to improve survivors' quality of life and ability to have control over healthcare outcomes using a PCTI approach.

## **Jewish Family Service - Seattle**

### **Seattle, WA**

JFS Seattle's proposed program will improve the quality of care JFS provides to Survivors and expand the level of service we are able to offer to the 60+ Survivors we currently serve. Building on existing services, the program will focus on three key areas:

- 1) Staff and volunteer training and incorporation of PCTI care
- 2) Increased levels of home care to meet the daily needs of Survivors
- 3) The provision of in-home counseling for Survivors utilizing the PEARLS modality

The primary goals of this work are to allow Survivors to age at home in a safe, stable environment, as well as to reduce gaps in service for Survivors, improve Survivors' mental health, and reduce Survivors' social isolation.

## **Jewish Family Service of Central New Jersey**

### **Elizabeth, NJ**

This proposal combines innovative interventions with enhancement of existing programs. We will address social isolation and caregiver stress by offering:

- 27 PCTI Survivor social programs
- 36 family caregiver support programs
- 16 events geared towards FSU Survivors
- 15 professional/community caregiver support programs

We will develop evaluation tools specific to our program, making a replicable PCTI evidence-based model to present at conferences and publish in reports. These services will be enhanced by offering one on one Dialectical Behavior Therapy counseling, trauma-sensitive yoga therapy, individual consultations and case management. Transportation services will be expanded to



increase the accessibility of programming. This direct service will impact 425 individuals, and as a result of dissemination many more will be reached.

**Jewish Family Service of Metropolitan Detroit  
Detroit, MI**

This program will utilize an innovative model of service enhancement, using technology to reach and provide access to services for isolated Holocaust survivors. The program will also utilize a previously developed innovative PCTI care training curriculum to provide a PCTI framework for other trainings on aging issues and disseminate them to professionals serving older adults across the state, with a focus on healthcare professionals and informal caregivers. The goals of the program are to reduce social isolation, increase cognitive and mental health wellness, and improve quality of life of survivors. Multiple approaches will be utilized, including:

- Individual and group mentoring for use of technology through the Generations Online training curriculum, which includes a Russian translation.
- Providing individual and group mentoring and support access to a Virtual Senior Center, provided by Selfhelp.
- Using mobile technology to access and provide services to homebound survivors.

**Jewish Family Service of Orange County  
Middletown, NY**

Jewish Family Service of Orange County will address accessibility needs and mental health / social isolation issues of Holocaust survivors by delivering three programs. A case manager will be embedded in a local Orthodox community to offer direct services to survivors and will provide PCTI training to staff. Holistic practitioners will strengthen participants' ability to cope with trauma and stress by offering methods of self-care. Creative arts therapists will use PCTI methods in expressing survivors' experiences through songwriting and the arts, giving Holocaust survivors a voice in sharing their stories.

**Jewish Family Service of the Cincinnati Area  
Cincinnati, OH**

Jewish Family Service has provided person-centered, trauma-informed care to Holocaust survivors since 1999. This program will expand and enhance our Tablets & Technology program to further decrease isolation and depression among our most vulnerable survivors. The program will:

- Deliver basic and new technology training
- Increase access to JFS updates and educational resources through videos and online newsletters
- Give caregivers support finding music and movies for survivors experiencing memory loss



The program will be evaluated using technology skills checklists and a depression screening and will be the focus of an individual giving campaign.

### **Jewish Family Services**

#### **Columbus, OH**

Jewish Family Services considers our support to Holocaust Survivors to be the most important work we do. We propose enhancements to better serve our aging Survivors and deepen our community's capacity to provide PCTI care. We will:

- Provide intergenerational companions to help aging Survivors socialize and decrease isolation
- Engage Survivors and community partners in developing cross-cultural PCTI programming to connect Survivors with other traumatized populations
  - Our intergenerational and cross-cultural partnerships will expand PCTI expertise while also developing future sources of funding

### **Jewish Family Services of Greater Charlotte**

#### **Charlotte, NC**

Jewish Family Services of Greater Charlotte will implement an initiative with three program components that will engage and respond to the needs and interests of Holocaust survivors in our community. These initiatives include Socialization activities, support to caregivers of survivors and capturing life stories and experiences of our community's survivors.

### **Metropolitan Council on Jewish Poverty**

#### **New York, NY**

The Metropolitan Council on Jewish Poverty has over 40 years' experience working with Holocaust Survivors. The program will aggressively identify and reach out to the most isolated and at-risk segment of the survivor population: those who are homebound, for both physical and psychological reasons, and almost completely disconnected from any outside community or support network. We plan to work on reconnecting them to decrease the effects of depression and isolation using PCTI approaches. Collaboration with community partners to identify clients and assess barriers to socialization will be crucial, and we plan a data analysis for a large-scope report.

### **Older Adults Technology Service, Inc.**

#### **Brooklyn, NY**

Founded in 2004, Older Adults Technology Services (OATS) pioneers innovative training and education models that harness the power of technology to change the way we age. These models have been widely adopted by providers, public agencies, and corporations seeking to



improve the lives of older adults. OATS will create a new program for Holocaust Survivors to support digital technology adoption and meaningful use using Person-Centered Trauma-Informed design and award-winning methodology and materials. The program will be developed as a replicable program model that can be shared with other organizations through the JFNA network that work with Holocaust Survivors, and OATS will provide materials and support for them to run the program. OATS will develop the curriculum materials and pilot the program with Holocaust Survivors in New York in Year One, and develop a training program and materials to support JFNA partners across the country who wish to implement the program to help the Survivors they serve in Year Two.

### **Pesach Tikvah Door of Hope**

#### **Brooklyn, NY**

Pesach Tikvah will create three projects.

- 1) Pesach Tikvah will create three weekly mini-support groups of approximately five Survivors each. These meetings will be located close to the residence of each attendee, so that they can walk over or come by wheelchair. The goal is to alleviate symptoms of anxiety and depression by reducing isolation and creating a sense of purpose and of being needed.
- 2) Frail, male Holocaust Survivors in Williamsburg are largely excluded from the rich sources of socialization, spiritual nurturance, and education traditionally provided by the synagogue. We will create a monthly men's group which will replicate these traditional supports. The goal is to serve between fifteen and twenty male Survivors who have, until now, been receiving only home visits. Event space will be donated by one of the local shuls in Williamsburg. A Yiddish speaking social worker will be hired to coordinate this program.
- 3) Pesach Tikvah will run an intensive two-day training conference for caregivers. It will provide much needed information, respite, and emotional support. We expect around 50 attendees.

### **Raymond and Miriam Klein JCC, D/B/A KleinLife**

#### **Philadelphia, PA**

KleinLife has been serving seniors for over 40 years in Northeast Philadelphia and its new PCTI programs will address the unmet needs of Holocaust Survivors from the Former Soviet Union. Services will offer access to:

- Culturally-relevant and age appropriate exercise programs that improve physical and mental health
- Culturally-relevant activities and meals to combat social isolation
- Culturally sensitive, alternative mental health services

Dedicated staff and an external consultant will evaluate programmatic impact. KleinLife has



begun planning for a fundraising campaign targeting children of Holocaust Survivors to maintain programming at the same level after the JFNA funding ends.

**Selfhelp Community Services, Inc.**

**New York, NY**

Selfhelp's Virtual Senior Center (VSC) is a unique service platform designed to engage and serve socially isolated older adults, most of whom are homebound due to multiple chronic conditions. Selfhelp's proposed VSC platform will feature classes tailored to meet the needs of Holocaust Survivors. While Survivors will be free to participate in all VSC classes, the content on the Holocaust Survivor platform will be open only to Survivor clients. Skilled facilitators who are trained in the provision of PCTI services, either social workers within the Holocaust Survivor program or specially trained volunteers, will facilitate classes in a manner attuned to the needs and issues of this traumatized population. A Current Events class, for example, would be experienced very differently by the Survivor group than by the general VSC population: A discussion on recent events in Charlottesville might evoke traumatic memories for Survivors; the same might not be the case with the general VSC population. In a closed group, with other Survivors, they will have the opportunity to process these feelings with other people who have a similar traumatic history, and the class may take on a therapeutic aspect.