



2024-2025  
Year in Review  
June 17, 2024

A hand is shown from the bottom, cupping a globe of the Earth. The globe is rendered with green landmasses and blue oceans, with some white lines indicating latitude and longitude. The background is a solid dark grey. Overlaid on the image is a quote in white serif font.

How wonderful  
it is that nobody need  
wait a single moment  
before starting  
to improve the  
world.

Anne Frank

# JFS's Impact on Our Community

**5,418**

Volunteer hours were spent across JFS programs shining a positive light on Jewish contributions in our community

**3,663**

Hours of mental health counseling were provided

**51**

Local, state & national organizations partnered with JFS to bring new resources to the Rochester community

**164,045**

Pounds of food were distributed by the Brighton Food Cupboard, the only emergency food provider that serves Rochester's Kosher community

**115**

Holocaust survivors who call Rochester home were supported with care management, social, and essential services

**1,333**

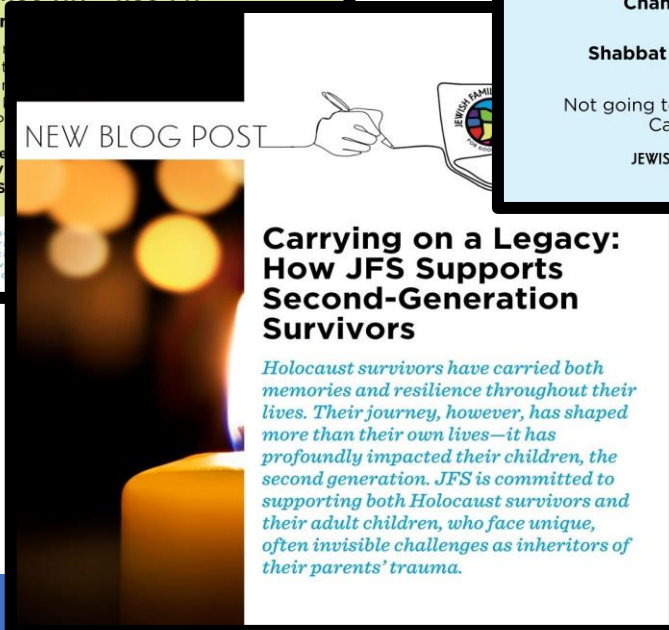
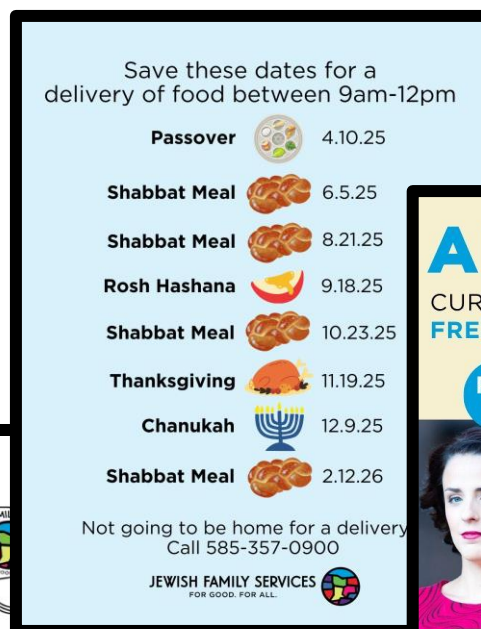
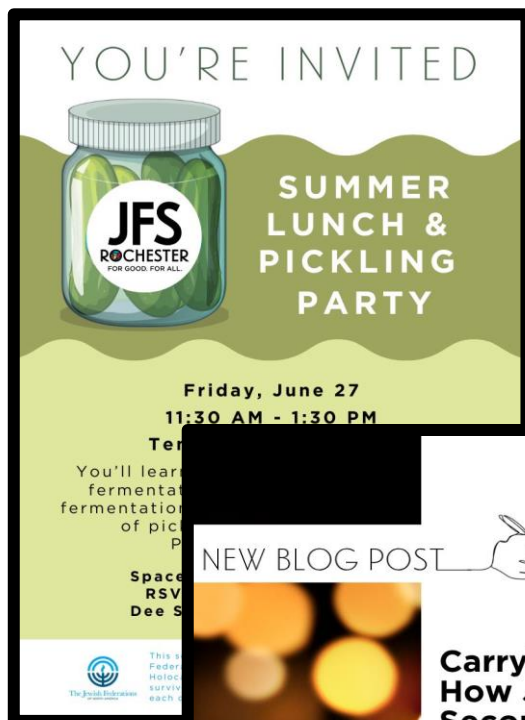
Holiday baskets and Shabbat meals were delivered so all families could celebrate important Jewish, secular, and Christian holidays

**38,016**

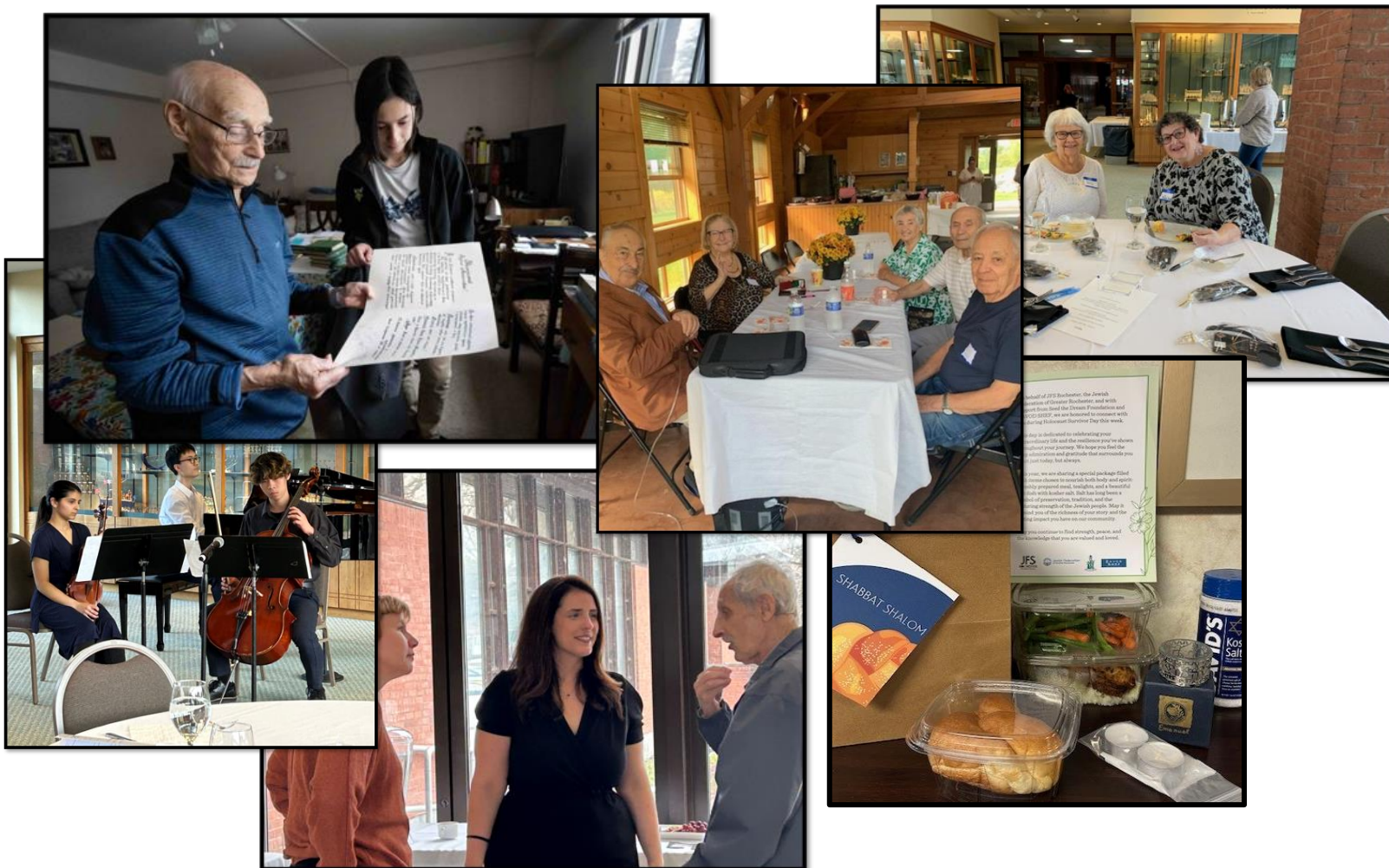
Students throughout Monroe County had access to the supplies they need for success in school



# Holocaust Survivor Engagement



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My mom, Rakhil Lender, will be turning 88 in a couple of months. She was 4 years old when WWII started, she survived the Holocaust —miraculously escaping the Nazi onslaught from what is now Belarus.

These days, my Mom rarely leaves the house. But recently, she was able to attend the Holocaust Survivors and Children of Survivors social event from the “Arts Series” at TBK. It was the perfect combination of accessibility, thoughtful planning, and heartfelt connection — an experience she truly cherished.

***The kindness and attention from the wonderful JFS staff, the universal language of music, the comfort of being surrounded by others with similar histories, and even the healthy comfort food—it all came together to create a day she hasn't stopped talking about.***

As her son, I can't overstate how important events like these are. They offer survivors and their families a chance to gather, to share, to remember—and yes, to simply enjoy a moment of joy and connection. My mom and I are deeply grateful to everyone who dedicates their time, resources, and hearts into making events like this possible. Thank you for honoring the lives and legacies of Holocaust survivors in such a warm, human way.









THE  
COUNSELING  
CENTER  
at  
**JFS**  
ROCHESTER  
FOR GOOD. FOR ALL.



# Meet Our Counselors



**Steve Fugle, DSW, LCSW**



**Marcie Redding, Ed.S., RPT, LMHC**



**Carl Binger, LMHC**



**Bowie Keaton, LMSW**



**Sarah Reitkopp, LMHC**



**Gloria Schou, LCSW**



**Daphne Holland-Cohen, MHC-LP**



## The Foundations of a Strong Relationship Are as Easy as 1-2-3... Right?

May 23, 2025

What makes a relationship as easy as 1-2-3... Right? Relationships are not simple formulas.



## Contagious Calm: The Power of Co-Regulation in Parenting

April 22, 2025

Parenting often requires us to be calm in the face of chaos. Whether it's a toddler's public meltdown or a teenager's emotional spiral, these moments can leave even the most patient caregiver feeling overwhelmed. But there's something powerful



## Setting Boundaries to Support Your Mental Health

October 31, 2024

Have you ever found yourself agreeing to something, only regretting it moments later? The urge to please or avoid conflict can lead to cycles of stress, resentment, and burnout. Setting boundaries isn't about closing people off; it's about creating a healthy space for ourselves to



## Mindset Matters: What You Can—and Can't—Control in Life

March 21, 2025

Have you ever felt like life just happens to you? Like no matter what you do, things seem to spiral out of your control? Or, on the flip side, do you believe that if you just try hard enough, you can shape your future exactly the way you want?



## Weathering the Seasons: Tips for Good Mental Health During Fall and Winter

November 20, 2024

As the days grow shorter and the weather turns colder, it's important to embrace the season and take steps to protect your mental health.



## Unlocking Healing Through Play: Helping Children Thrive with Play Therapy

September 6, 2023

Play therapy is an evidence-based, nationally recognized therapeutic approach designed for children between the ages of 3-10. Play therapy provides a constant safe space for the children and allows them to experience, experiment, and



# Thank You to Our Outgoing **Board of Director Members**

Lorraine Bravemen

Lea Goldstein

Rosemarie Levy

Linda Newman

Marc Solomon

# 2025/26 JFS Board **Slate of Officers**

<b>Chair</b>	Michalene Kinsler
<b>Vice Chair</b>	Camille Verbofsky
<b>Vice Chair</b>	Monica Gurell
<b>Secretary</b>	Steve Levinson
<b>Treasurer</b>	Oren Harary