

# 2020 ANNUAL REPORT



Supporting Families & Seniors.  
Alleviating Hunger.  
Improving Mental Health.

# Since 1871

Inspired by the Jewish tradition to make the world a better place, JFS helps and supports people in need to meet their challenges.

## Vision

All people in the greater St. Louis area will be healthy and productive.

JFS UNDERSTANDS people and families holistically and provides comprehensive services – through multiple points of entry – to effectively address the complex needs of individuals and families. Services are provided at reduced or no cost to make high-quality care accessible to all.

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## JFS Friend,

As we reflect on the past year, and the challenges people in our community experienced collectively and personally, we are proud of how JFS responded to care for our neighbors in need. We are energized by how our staff rose to the challenge, finding new ways to deliver our programs and services. We also are deeply grateful for the outpouring of donations and volunteerism that helped JFS deliver on our mission.

In early 2020, it was difficult to grasp what the future would bring. Despite many unknowns, we were certain JFS would play an integral role in supporting the health and wellbeing of our community. As COVID-19 spread, we also saw unemployment increase and people endure the challenges of isolation. We asked ourselves: How must JFS adapt to serve our community, maintain our clients' dignity, and keep people safe in a complex and changing environment?

Our successful response to the pandemic started with... you. We received contributions from a record number of first-time donors and we were honored to steward those funds to make a direct impact. We were humbled by the gifts of homemade face masks to keep staff and volunteers safe. And we welcomed continued food donations, which allowed our pantry team to maintain its services.

How JFS adjusted services in the face of a pandemic:

- Our board crisis response team guided a successful continuity plan, ensured that program adjustments were made, closely monitored cash flow, and informed other critical safety, operational and strategic issues.
- JFS quickly shifted from in-office and school-based counseling and psychiatry, and from in-home case management for older adults, to phone and video tele-mental health.
- The Harvey Kornblum Jewish Food Pantry created a drive-thru food distribution system to protect the health and safety of clients, volunteers, and staff. This efficient system allowed us to provide 21,500 individuals with nutritious food to eat, a 30% increase from the prior year.
- Child abuse prevention workshops were presented to 18,813 children virtually and in-person. This closed a critical gap, as children in danger of abuse were isolated from their community and school supports.

How JFS expanded services to meet immediate and ongoing needs:

- Financial assistance distributions for rent and mortgage payments, and utility and medical bills increased by 30% in 2020.
- The ElderLink information and resource referral hotline received more than 1,300 phone calls.
- Trained volunteer and JFS staff conducted wellness checks for 1,700 ElderLink, Chaplaincy and Jewish food pantry clients over the age of 60. Many formerly independent adults and the most vulnerable members of our community required delivery of food and essential household items.
- New workshops were created to foster resiliency and coping skills in children and teachers, support parents, and empower the leadership of our community organizations to withstand the organizational challenges presented by COVID-19.

The pandemic magnified the need for family and senior supports, hunger alleviation, and mental health resources. While we feel a sense of hope as our community receives the vaccine, the underlying needs of our community will continue to be with us.

This year marks the 150th anniversary of JFS St. Louis. As we look back and celebrate our rich history, we also look toward a future where JFS continues to play a unique and integral role helping people across our region lead vibrant, healthy lives.

On behalf of the entire JFS family, thank you for your support throughout the past year and continued support in the years ahead.

**Wishing you good health and healing,**



**Brian Braunstein**  
President,  
Board of Directors



**Miriam Seidenfeld**  
Chief Executive Officer



### THE LIEBERMAN'S STORY

When the Liebermans moved to St. Louis from New Jersey, they found themselves with no friends or family in the area.

**With Mrs. Lieberman being homebound** and Mr. Lieberman suffering from anxiety, they felt isolated. Without internet connection or experience with technology, it was difficult for them to connect to assistive services or the community. They were also facing financial insecurity and struggling to pay bills and afford food and other necessities each month.

Mr. Lieberman was initially matched with a JFS therapist, who, upon learning of the additional struggles the couple was facing, connected the Liebermans with the financial assistance program, the Harvey Kornblum Jewish Food Pantry and the older adult services team.

After meeting with the Liebermans, a JFS case manager created a plan to assist them in meeting their needs. The Liebermans began receiving food each month from the HKJFP, assistance with their utility bills and supportive counseling. Their case manager helped register the couple for their COVID-19 vaccinations and is in the process of getting a wheelchair with a leg lift for Mrs. Lieberman.

Additionally, their case manager submitted an application on their behalf for the St. Louis County Library's Grandpad program. Through this program, they received a free tablet with internet connection, specifically designed for ease of use by older adults with little or no computer or technology experience.

The Liebermans are now feeling more connected than ever. They report feeling more and more at ease after each conversation and appreciate having constant support.

## Supporting Seniors

**JFS PROVIDES ADULTS AND SENIORS** in our community with individualized care plans, designed to support and facilitate their continued independence and safety in their living environment. In 2020, this included check-in and companionship calls to 1000+ older adults.

“

Thank you for helping me during the pandemic. You enrolled me in the St. Louis County Library GrandPad program. I didn't have any computer knowledge at all and this has enriched my life in many ways. And, you registered me to get the COVID-19 vaccine. If you hadn't called me, I would still be wondering and worrying about this. You've made this very hard time in our lives a lot more bearable.

”

# Alleviating Hunger

**THE LARGEST FOOD PANTRY** in the region, JFS' Harvey Kornblum Jewish Food Pantry (HKJFP) provided kosher and non-kosher food options and personal care items to more than 21,500 children, adults and seniors in 2020.

“

I did not know about or need the Harvey Kornblum Jewish Food Pantry until the pandemic hit. I am always able to get what I need at the food pantry and for that I am very grateful.

”



## HELEN'S STORY

In the midst of the COVID-19 pandemic, Helen was recovering from a major illness.

**Homebound, she was reliant on her brother** to deliver food to her. As a result of their financial struggles, the food often came from the dollar store down the road and lacked the nutrition she needed.

She called the HKJFP in hopes of accessing more nutritious food, but she was not comfortable leaving her house to visit the food pantry during the pandemic with her fragile health. JFS assured Helen that the HKJFP could deliver food to her house, and personally delivered the food to her doorstep.

She called back the following day in awe of the quality and variety of fresh, nutritious food she received. Helen's health has improved since she started eating a healthy diet, and she is extremely grateful for the food—and peace of mind—she receives from the HKJFP each month.



## Supporting Families

**MENTAL HEALTH IS AS IMPORTANT** as our physical health. JFS offers a range of clinical services to address the unique mental health needs of children, adolescents, adults and seniors in our community. In 2020, 3,024 hours of tele-mental health services and 890 hours of school-based counseling were provided to 609 individuals.

### MARCY'S STORY

Marcy, a 15-year-old, was experiencing severe mood swings, anger outbursts, frequent panic attacks, and self-harming behaviors.

**She was also having difficulty focusing** and concentrating in school, which was made especially difficult with virtual learning due to the COVID-19 pandemic.

During sessions with her JFS therapist, it became clear that she would benefit from a diagnostic assessment. After comprehensive testing at JFS' Learning and Behavioral Diagnostic Center, she was diagnosed with ADHD, anxiety, and depression.

As Marcy began treatment and started to gain a deeper understanding of her diagnosis, she was able to collaborate with her JFS therapist to develop new skills and strategies for success.

With hard work and dedication, along with the support and guidance of her parents, she was able to take what she had learned and practiced with her therapist to reduce her symptoms and improve both academically and behaviorally, even passing her driver's permit test.

Using newly developed time management and organization skills, she completes and turns in school work on time, maintains consistency with her medication management, and is more self-sufficient and independent in her daily routine.

Marcy is now feeling more self-confident than ever. She is proud of the progress she has made as a result of the collaborative efforts of JFS clinical services and the support of those around her, as they empowered her to recognize her strength and resilience

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As Marcy began treatment and started to gain a deeper understanding of her diagnosis, she was able to collaborate with her JFS therapist to develop new skills and strategies for success.

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**IN 2020, CAPP PRESENTERS** empowered more than 18,000 children with both virtual and in-person child abuse prevention presentations about body safety, warning signs of child abuse, and safe internet practices.

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Though the primary goal of the CAPP program is prevention, presentations also teach children who have seen or experienced abuse the importance of reporting the incident to a trusted adult, leading to treatment and healing.

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### **MARK'S STORY**

“That happened to me,” a third grade student private messaged to the JFS Child Abuse Prevention Program (CAPP) Specialist during a Safe Touch presentation.

**The presentation triggered the memory** of an incident from a few years prior when Mark was touched inappropriately by his cousin. He hadn't told anyone what was weighing on his mind until that moment. He shared with the specialist that “when you're little you don't always know that's not okay.”

Following this disclosure, the CAPP specialist talked through the situation with Mark and reassured him that he wasn't in trouble nor was it his fault. She notified his teacher and school counselor and shared resources to help Mark and his parents move forward. The CAPP resources provided to the parents emphasized that normalizing conversations about sexual health supports sexual abuse prevention. When parents talk to children in age appropriate ways about bodies, sex, and boundaries, children understand what healthy relationships look like. It also teaches them that they have the right to say “no.” They become less vulnerable to people who would violate their boundaries and are more likely to tell a trusted adult if abuse occurs.

One silver lining of CAPP presentations taking place virtually over the past year has been the extra comfort the virtual format gives some children like Mark, making it easier for them to share their experiences.

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# Financial Reports



▶ Contributed Income 37%	\$2,018,624
▶ Tax Credits & Gov't Grants 29%	\$1,543,629
▶ Jewish Federation 14%	\$772,000
▶ United Way 13%	\$687,181
▶ Earned Income 6%	\$336,386
▶ Other less than 1%	\$50,758
<b>TOTAL</b>	<b>\$5,408,578</b>



▶ Salaries & Benefits 62%	\$2,923,897
▶ Program & Professional Fees 13%	\$610,442
▶ Other 12%	\$547,982
▶ Occupancy 9%	\$446,295
▶ Financial Assistance 4%	\$174,540
<b>TOTAL</b>	<b>\$4,703,156</b>
<b>DIFFERENCE</b>	<b>\$705,422</b>

\*Graphs and tables include JFS 2020 operational financial data. For further financial information and analysis please refer to the 2020 JFS Audit at [www.jfsstl.org](http://www.jfsstl.org).



# Thank You Donors!

Your generous support impacts so many lives in our community.

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Supporting Families & Seniors.  
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