Build an Active, Healthy Lifestyle Through Adaptive Cycling!

We are excited to pilot an adaptive bike program, and Douglas, Arapahoe, and Elbert County residents in the intellectual and developmental disability (IDD) community over the age of 18 are encouraged to participate!

Our program will break barriers to exploring the outdoors and support people with disabilities to:

- Increase mobility.
- Enjoy the benefits of improved health, both physical and mental.
- Build social connections.
- Work on bike and safety skills.
- Have fun in their community!

We will provide adaptive bikes and safety gear. The program will run from June through September at Parker Fieldhouse at 18700 Plaza Dr., Parker, CO 80134. Medicaid waivers and private pay will be accepted. Interested? Please complete a short interest form at https://bit.ly/3JTmi2O or contact Maria Erlandson, CTRS, at merlandson@jewishfamilyservice.org.
Dear Friends,

When you think about JFS, our programs and services and the people we serve probably come to mind, and hopefully, how together we’re making an impact throughout our communities. I’m guessing you rarely think about our Board of Directors, but this group is responsible for guiding JFS today and into the future.

I work so closely with this dedicated group, and I’ve seen how they use their passion, experience, integrity, and wisdom to help us meet our mission to make the world a better place. I’ve gotten to know them professionally and personally, and I’ve had the opportunity to learn from them every day. This is exactly why this time of year is bittersweet; it’s when some existing Board members end their terms.

I’d like to take this opportunity to thank three of our departing Board members and our Board Chair, who is ending his term. Please know that my highlights of their accomplishments are just that, and they do not encompass their impressive achievements during their terms.

Mindy Levy Peckar’s contributions span a variety of roles—from sharing her leadership skills around planned giving to providing crucial support for all of our programs to volunteering in our Weinberg Food Pantry and, more recently, at JFS Altius Farms. Mindy and other generous supporters helped to lead the remodel of the JFS lobby and the installation of a sunshade to serve pantry clients and volunteers better. Her compassionate enthusiasm for supporting JFS clients is extraordinary, and we look forward to seeing Mindy around, proudly sporting her blue volunteer gear!

Scott Stillman has been involved with JFS since 1985, when he volunteered to help Russian refugees acclimate to life in Colorado. Scott is a true mensch whose compassion for the clients that JFS serves is reflective of his Board leadership, philanthropy, and personal values and this was why JFS honored him with the 2019 Joyce and Kal Zeff Humanitarian Award. Scott is completing his second term on the Board, which began in 1992. He has shared his critical financial acumen with the Board of Directors, which has helped JFS leaders better understand and respond to market forces and economic fluctuations.

As the chair of the Development committee for the past four years and on the Board for nine, David Feiner has been instrumental in helping JFS build our funds and be good stewards of our resources, including throughout our 150th anniversary. He provided critical leadership through the COVID-19 pandemic, and he, along with his wife, co-chaired our 150th anniversary Executive Luncheon. David championed innovative approaches to fundraising, provided key insights into development strategies, and helped to bring new, young donors to JFS.

Aaron Hyatt has been involved with JFS for more than 10 years and is completing his tenure as Board chair. Aaron’s leadership was critical to helping to navigate through crises, such as COVID-19 and the Marshall Fire, spearheading our 150th anniversary campaign, acquiring JFS Altius Farms, and championing a market equity analysis for all positions to ensure our staff are justly compensated in this thriving market. As he winds down his term as chair, he has begun the process of creating our new strategic plan. Next year, Aaron will continue on our Board as the immediate past Board chair and lead the vital Budget and Finance committee. We are beyond thankful for his leadership over the last three years, and I’m forever grateful for his wisdom, guidance, and partnership.

Mind, David, Scott, and Aaron’s contributions to JFS have been invaluable. We are grateful for their leadership, passion, partnership, and unwavering support of JFS and their commitment to everyone we serve.

With warm regards,

Linda P. Foster
President and CEO
Building Relationships Through Volunteering

At JFS, we couldn’t help our neighbors thrive without our volunteers—both within the agency and throughout the community.

Last year, 872 volunteers donated their time, which equaled 21,672 hours of service to help in all areas of the organization—and we could not be more thankful for their contributions! It’s not an exaggeration to say that our volunteers are one of JFS’s most valuable assets.

Volunteers make a difference and give back to the Denver and Boulder communities daily by making meaningful connections. Some volunteers become buddies with adults with intellectual and developmental disabilities (IDD), others welcome and support refugee individuals and families to help them adjust to their new lives in Colorado, and volunteers also create friendships with older adults to prevent social isolation.

Here are two of our current Denver relationship-type volunteer opportunities.

**Best Buddies**

Best Buddies International is a program with chapters all over the world. In this one-to-one friendship program, adults with IDD are matched with neurotypical adults who become their peer buddies. The friendships that develop and are sustained over many years, help to reduce the social isolation that is frequently associated with individuals with IDD. The JFS chapter is unique in that Jewish adults are matched with other Jewish adults, with the goal to create deeper friendships and connections to the Colorado Jewish community and each other.

**Refugee Resettlement Support Teams**

We have a terrific opportunity for families and groups of two to six members to help by welcoming new refugee families to Colorado. Volunteers provide support with cultural orientation, guidance acclimating to life in Colorado, assistance learning the bus system, and much more. For many new refugees, this becomes their first U.S. friendship with someone outside their community.
The JFS Executive Luncheon was the place to be on Wednesday, May 8! Nearly 1,100 members of the Denver philanthropic community gathered to learn more about JFS, enjoy lunch, celebrate the Brownstein Hyatt Farber Schreck Community Leadership Award presentation to our incredible partners at Temple Emanuel, and listen to a moderated conversation between Corby Kummer and Martha Stewart.

In her entertaining remarks, guests learned that Martha:
- Believes philanthropy begins at home, and she tries to give as best she can to the causes she cares about, including working for causes—and anything we all can do financially or by giving our time is beneficial.
- Sees such a need to make sure children in schools and older adults receive good, nutritional food.
- Follows her mother’s advice of, “Know your mind, Martha.”
- Feels that hesitation in a calculated risk is a mistake, and we should just go for it.
- Thinks that novels aren’t as good as real life, and she hasn’t read one recently that’s as good as what happens in her days.

As a bonus tidbit from Corby and Martha’s conversation, if you happen to find yourself as a guest in Martha’s home, don’t stay in bed until noon...unless you want to risk being spoken about years later at an event.

Gloria, one of our Rapid Rehousing clients, shared how JFS helped her and her children find an apartment, pay their rent, replace lost legal documents, and assist with online services for state benefits. “JFS gave my family what we really needed, and that was time to heal,” Gloria told our captivated audience.

“My children are the happiest I’ve ever seen them. Given this new beginning, we’re able to explore new opportunities and adventures I never thought possible.”

With your support, JFS met the $150,000 on-site match and raised more than $1.3 million to continue to offer innovative programs and services that give individuals and families hope over uncertainty. You can still support the event and clients like Gloria at https://bit.ly/24-EL.

See photos from the JFS Executive Luncheon at jewishfamilyservice.org/event/photo-galleries.

If you were able to join us, thank you! A special thank you to those who contributed to the generous match opportunity.

Thank You To Our Generous Sponsors

**$25,000**
Anonymous
Elaine and Max Appel z”l
Sunny and Norm Brownstein
David & Jordan Feiner, Feiner Family Foundation
The Stuart and Janet Kritzer Family Foundation
Julie and Brent Morse
Dr. Nancy Reichman and Charlie Gwirtsman
Brownstein Hyatt Farber Schreck, LLP

**$15,000**
Leanna and Jamie Harris
Niah and Aaron Hyatt
Michael Staenberg
Take Note!
Erase the Need With Backpacks Filled With School Supplies

Education is the first step to overcoming poverty, and now you can help kids learn, create, dream, succeed, and begin the new school year with a focus on learning!

As the cost of living increases and caregivers struggle to afford school supplies, too many kids don’t have the necessary supplies they need to thrive in class—and that’s where you come in.

You can help JFS provide backpacks filled with school supplies to local kids! Your $50 donation provides all the essentials for a kid’s first day of school and the tools needed for learning, so that students improve grades, increase creativity, and feel motivated.

INSPIRE LEARNING AND ERASE THE NEED AT jewishfamilyservice.org/donate/school-supplies.

Save the Date for Faces of JFS

December 4, 2024
5:30 – 9:00 p.m.
The Cable Center

Join us as we honor two individuals who have demonstrated exemplary leadership, philanthropy, and dedication to Jewish Family Service and our community.

The evening will include cocktails, dinner, entertainment, and a short program as we celebrate our Yana Vishnitsky Leadership Award and Joyce and Kal Zeff Humanitarian Award recipients.

Sponsorship opportunities and tickets will be available at jewishfamilyservice.org/event.
JFS Altius Farms is Expanding Production

JFS Altius Farms is dedicated to supplying our community with locally, sustainably grown lettuces, leafy greens, and herbs as they empower veterans through training and contribute to the fight against hunger through donations to the JFS food pantries. We’re excited to share more about our culinary mushroom cultivation.

Concept approval has been secured from the City of Denver for two controlled-environment shipping containers that will expand mushroom production. The Farm Boxes will be located in our existing outdoor garden space and can produce 400 to 600 pounds of mushrooms per week, including blue oyster, chestnut, lion’s mane, enoki, and king trumpet varieties. Mushroom container installation and production testing will occur this summer before the earthy nuggets of goodness are available to our partnership restaurants, grocers, and customers.

Be sure to follow JFS Altius Farms on social media to learn more about the team and their work:
Facebook at facebook.com/altiusfarms
Instagram at instagram.com/jfs_altiusfarms
LinkedIn at linkedin.com/company/altius-farms

JFS Altius Farms produce can be purchased at Marczyk Fine Foods and Leevers Locavore grocers.

Join the CSA!

Consumers can also buy produce weekly through our Community Supported Agriculture program and pick up farm share boxes at the JFS office at 3201 S. Tamarac Dr., Denver or JFS Altius Farms at 2500 Lawrence St., Denver. Email us at csa@jfsaltiusfarms.com.
Find Support With Our Boulder Grief Support and Caregiver Support Counseling Groups

Our JFS Boulder team is committed to helping, improving, and making a difference in the lives of those who are struggling with mental health issues. Our grief support and caregiver support groups guide clients on their wellness journey. Finding a community that will understand you is critical to your overall well-being—and this is where our Boulder support groups can help.

Grief Support Group
Working through grief is a journey, and our JFS Grief Support Group will help participants navigate the process. The eight-week, in-person support group is facilitated by Julie Mahoney Thomas, a licensed professional counselor with more than 25 years of experience in the fields of death and dying and grief and loss. The group will combine an educational and supportive approach with weekly topics, such as understanding grief, remembering your loved one, and feelings and reactions of stress, anger, and coping.

If you are grieving and dealing with any form of loss, you can find support and connect with people working through similar feelings. The next session will be every Tuesday from July 9 through August 27 from 4–5:30 p.m. at the JFS Boulder Valmont office.

Each session will also include a ritual, prayer, reading, and, of course, the opportunity to share and learn from one another. While you don’t have to be Jewish to attend our Grief Support Group, Jewish components will guide the conversations.

Caregiver Support Group
Are you an adult child taking care of or concerned about your aging parent? Whether you are nearby your parent or further away, we encourage you to join our monthly Caregiver Support Group if you can benefit from support. Participants will find value in making connections, sharing experiences, and receiving additional resources and information.

The drop-in group is free and meets the first Wednesday of each month from 5–6:30 p.m. in person at the Boulder JCC and via Zoom. Stuart Feinhor, MA and Jodi Ansell, MSW, who have social work and counseling backgrounds and have experience as caregivers, facilitate the group.

Learn more about our Boulder support groups and programs at jewishfamilyservice.org/services/counseling-groups.
If you participated in a program or service and benefited from the experience, we want to hear from you! Stories and experiences inspire and encourage others to get involved with the organization. Stories can be written anonymously with identifying details changed, so your privacy is as protected as you want. There is power in storytelling, and your story can make a difference.

**SUBMIT YOUR STORY AT**
[jewishfamilyservice.org/media-news/share-story](jewishfamilyservice.org/media-news/share-story)