



JFS Looks Back at 2016 With Gratitude

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

-Albert Einstein

At JFS, we perform miracles every day. These miracles range from assisting immigrants to obtain citizenship, providing meals to seniors that can't leave their home, counseling families struggling with job loss and other issues, helping the unemployed write resumes, and so much more. We perform these miracles because we have an amazing small but mighty staff and a dedicated Board of Trustees. But the real reason we can perform miracles for the community is because we have a corps of volunteers in the trenches and a caring community that donates their financial resources so that JFS can continue to provide programs to those in need.

In 2016, JFS was grateful for:

- Two successful fundraising events: *William Michals and Manlow The Magnificent* which raised over \$60,000 for JFS programs
- Being awarded the SHIP (State Health Insurance and Assistance Program) to help individuals understand the Medicare system and various health plans
- Community libraries that provide free space for citizenship classes
- Synagogues and other community organizations that donate food throughout the year for JFS Kosher Food Pantries, school supplies in the Fall, and toys for children during the December holidays
- Outpouring support for the Passover Food Campaign from the community to provide holiday food to families in need during the Passover holiday
- New programs generated as a result of input from clients: CAMEO Take Back Tuesdays (a reminiscence group), a 2nd Women's Group (for widows), Friday Monroe CAMEO canasta group
- An updated website, a new agency brochure, the beginnings of an on-line presence with Facebook, and several new agency videos.

JFS looks forward to continuing its mission rooted in Jewish values to help all individuals and families in need realize an improved life experience at home, in the workplace, and in the community by providing effective social services, counseling, and advocacy through responsive, caring programs.

JFS looks forward to creating new miracles in 2017, and with gratitude, thanks everyone that helps make these miracles a reality.

Passover Just Around The Corner

JFS is gearing up for the Passover Campaign. This year Congregation Beth Ohr in Old Bridge will be hosting the event for the drop-off of food, packaging, and distribution to the community. In 2016, JFS helped 713 individuals with Passover food. This year JFS expects approximately the same level of need in the community. Once again Kosher for Passover food and donations will be solicited to meet this need. Food can be dropped off on Sunday, March 26 at 9 AM; volunteers will be needed at 10AM to sort and package food on the same date. Congregation Beth Ohr is conveniently located at 70 Country Road 516. Watch for more details arriving in the mail mid-February, on our website; www.jfsmiddlesex.org and on our [Facebook](#) page.

Fast, Easy (Yummy) Cooking on a Budget



The Women's Center at JFS held a workshop about cooking on a budget for the community on Tuesday, November 1, 2016. ShopRite of Spotswood's Registered Dietitian Maryrose Agel demonstrated how to prepare simple, quick, tasty, and budget-friendly meals that are

healthy. Free samples and gifts were handed out. Tips for healthy, affordable meals included:

1. Plan ahead - create a menu based on what is in the pantry and what is on sale
2. Eat at home - home-cooked meals are generally more nutritious
3. Do your own prep work- buy whole fruits and vegetables rather than prewashed, precut varieties to stretch dollars
4. Eat seasonally - buy fruits and vegetables in season for lower cost and more nutrition
5. Double up - double recipes and cook in batches to save money and time on busy weeknights, ex., a roasted chicken can become stir-fry later in the week with a portion of frozen rice from batch cooking
6. Stretch proteins - consider vegetarian options such as tofu and beans and create casseroles, stews, stir-fries and main dish salads to stretch more expensive meat ingredients. (see yummy recipe pg.2)

Did You Know?

Tribute Cards: JFS can send a letter in memory of or in honor of someone or an event for as little as \$10. Contact the office at 732-777-1940 or www.jfsmiddlesex.org to make a tribute today.

Computer Classes: The JFS Career Center provides computer training in Microsoft Office Suite and QuickBooks. All classes are open to the community. Visit www.jfsmiddlesex.org for the winter schedule.

Senior Chai: A lecture entertainment program is open to senior adults in the community. The next program is scheduled for Wednesday, March 15, 2017, 1:30 - 3PM at the JFS Monroe Office in the Concordia Shopping Center. The lecture is about *New York During WWII*. The cost is \$5/pp and includes dessert. Transportation is available on a limited basis. RSVP to Risa at 609-395-7979 by March 12.

JFS Staff Corner

JFS welcomes to the staff:

Cynthia Csillag, Licensed Clinical Social Worker

Steve Zalewitz, Driver

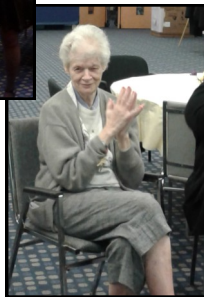


These staff team members got the "what to wear" memo!

L-R: Nora Bergman, La-Shaun Brown, Mary McGeehan



CAMEO
Participants
celebrate
birthdays and
entertainment



Thankful Kosher Meals on Wheels Caregiver

"My father is 93 years old and has been a client of [Kosher Meals on Wheels \(KMOW\)](http://www.kmow.org) for the past 2 years. He has moderate dementia. Prior to our involvement with the program, my father didn't like the food his aide was preparing, said he wasn't hungry, and didn't want to eat. He was losing weight. After starting with KMOW, he has gained and maintained a healthy weight due to the nutrition the meals provide. He looks forward to every meal and always says how delicious they are".

If you know someone in need of KMOW, have them contact JFS at 732-777-1940 and ask for Intake.

Win A Kindle Reader

To win a Kindle Reader, go to www.jfsmiddlesex.org and subscribe to the email list. There are only two more drawings left: January 2017 and March 2017. Thank you to JFS trustee John Skowronski for donating the Kindles to help grow our email list. When you subscribe to the email list, you can receive *JFS Happenings* electronically and get timely notification of announcements including new programs, events, volunteer opportunities, and more.

Stewed Black-Eyed Peas For The New Year

From Capital Area Food Bank: **Ingredients:** 2 Tbs. olive oil or water; 3 cloves garlic, minced or substitute garlic powder (1 1/2 tsp); 1 15-oz can no-salt-added carrots (don't drain); 2 15-oz cans no-salt-added black eyed peas (don't drain); 1 lb bag frozen chopped spinach, thawed; 1/4 tsp salt if using no-salt-added carrots and peas; 1/4 tsp black pepper; hot sauce - serve on the side to taste



Instructions: 1. In medium pot, heat oil or water over medium heat. 2. Sauté garlic in oil or water until lightly golden, about 1 minute. 3. Stir in carrots and beans with their liquid. 4. Simmer until stew is thickened, about 5 minutes. 5. Stir in spinach and heat through. 6. Season with salt and pepper. 7. Serve with hot sauce. A small piece of cooked chopped chicken can be added to this recipe.

Serves 4/\$4.67, 130 calories/16g carbs/6g fat/7g protein/200mg sodium/5g fiber per serving.

If you have a recipe that uses items from a food pantry, please send it to office@jfsmiddlesex.org. JFS is putting together a recipe book for our food pantry recipients.

Upcoming Events

Passover 2017 - see page 1

Café Europa - A socialization program for Holocaust Survivors and their spouses. January 24 (60's Revival Band), February 28 (David Schlossberg on piano and singing), and March 28 (Jewbadors: Jewish music and culture), 12-2PM at Temple B'nai Shalom in East Brunswick, registration required, call JFS 609-395-7979

Winter Computer Classes - see above

Stress Reduction & Relaxation Techniques - Learn how to manage stress and acquire coping skills. February 8, 2017, JFS Women's Center, 32 Ford Avenue, 2nd floor, Milltown. Free, pre-registration required. 732-777-1940 or womenscenter@jfsmiddlesex.org

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