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Jewish Women's Foundation Invests in Improving the Lives of Isolated Jewish Older Adult Women in San Diego

SAN DIEGO - Celebrating 12 years of improving the lives of Jewish women and girls, the Jewish Women's Foundation (JWF) has announced its third major initiative: reaching and connecting Jewish older adult women to avoid loneliness and isolation. The Lawrence Family Jewish Community Center (JCC) and Jewish Family Service (JFS), the initiative grant recipients, will receive a total of \$210,000 over the next three years.

Both programs will identify women over the age of 75 who lack adequate family support and are financially vulnerable, offer dynamic programming to engage new and existing clients, build intergenerational relationships and host events.

The JCC will invite participants to a wide array of social, cultural, recreational, and educational activities such as classes in a variety of topics, clubs, Jewish holiday celebrations, and outings. Women who are already active in the JCC Senior programs will host the newcomers for afternoon teas and Shabbat dinners around the county, and serve as ambassadors and familiar faces to welcome the new women when they attend JCC activities. The JCC will also offer technology tutoring with teens for the seniors to keep in touch with their grandchildren, and also mentor the teen volunteers. In addition the JCC will advocate for affordable fees for Jewish communal engagement. For more information about the JCC's programs, please contact Melanie Rubin, Director of Senior & Adult Programs, at (858) 362-1141 or melanier@lfjcc.com.

JFS will expand its *Bikkur Holim* Friendly Visitor Program, increase Sunday transportation, lunch and entertainment at its College Avenue Center, partner with The Friendship Circle and provide technology education. Program outreach will be focused in eastern San Diego. For more information about JFS's programs, please contact Katya Teplitsky, Bikkur Holim Coordinator, at (858) 637-3082 or katrinet@ifssd.org.

The JWF developed this initiative based on structured conversations with local rabbis and Jewish agency executive directors who acknowledged a need for services dedicated to Jewish women in San Diego, over the age of 75, who are isolated and lonely. Further focus groups with older women confirmed the need for specific programming designed for this demographic.

The JWF, a program of the Jewish Community Foundation, consists of more than 80 women who support the Jewish community through innovative and creative funding to benefit and enhance the lives of Jewish women and girls locally and globally. Previously, the JWF funded Supporting Jewish Single Parents at Jewish Family Service and funded four leadership and empowerment programs for Jewish teen girls.

About the Jewish Community Center

The Senior Adult Department of the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS, promotes Jewish cultural heritage and values by providing social, educational, and recreational programs. Through these programs we strengthen our connections to our

community and keep alive our history and traditions. The Senior Adult Program encourages us to learn, grow and enrich our lives among others who share our values.

The mission of the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS connects the community to Jewish heritage, identity, experiences and values to ensure the continuity and vibrancy of the Jewish community. We accomplish our mission by promoting the physical and mental well-being of the community and offering a rich array of stimulating and innovative social, cultural, educational, and recreational programs and services. The LFJCC is committed to providing a welcoming and inclusive environment for San Diego's diverse Jewish community and the greater general community. Find out more about our programs for all ages at www.lfjcc.org.

About Jewish Family Service

Since 1918, Jewish Family Service of San Diego has been a trusted community resource for people in times of need. Our 50+ programs offer a wide range of help and care to *Empower Families, Respond to Crisis, and Care for Seniors* throughout San Diego County and the Coachella Valley. Many people turn to Jewish Family Service with a specific need, such as hunger. But what begins with one JFS program often leads to providing a much larger scope of assistance, including counseling, education, job coaching, transportation, and more. Our message to the more than 35,000 individuals and families in our community whom we help each year is: WE'RE WITH YOU. To learn why JFS is *One Source for a Lifetime of Help*, visit www.ifssd.org.

About the Jewish Community Foundation

The Jewish Community Foundation partners with individuals, families and community organizations to help them achieve their philanthropic goals. During fiscal year 2013-14, the Foundation awarded and facilitated over \$100 million in 6,000 grants to more than 1,500 Jewish and general organizations in San Diego, Israel and around the world (figures are preliminary as of print). Visit the Jewish Community Foundation at www.jcfsandiego.org or call 858-279-2740.

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