



# Currents

WINTER 2010

## A New Home for Older Adult Services

On November 1, JFCS/East Bay's Suse Moyal Center for Older Adult Services (SMCOAS) moved from Albany to a new suite of offices adjacent to the agency's headquarters in downtown Berkeley. This move represents an exciting opportunity for increased collaboration among our various departments. We especially look forward to examining new ways to respond to shifting attitudes among "boomers" and others as they/we contemplate our future aging.

The new center continues to be the primary base for our excellent care management, consultation, and counseling services for older adults, as well as our array of services specifically for Holocaust survivors. We are still moving toward launching home care services, which will be a tremendous resource for families seeking competent and trustworthy attendants to help their loved ones stay safely in their own homes.

We look forward to welcoming our friends and supporters to an open house for the new SMCOAS, date to be determined. We'll keep you posted about this as well as other exciting developments as they unfold.

*The phone number to reach SMCOAS remains the same: (510) 558-7800.*

## WHAT WILL YOUR LEGACY BE?

JFCS/East Bay is excited to announce the launch of a new planned giving initiative, the Legacy Society. Planned giving is one of the most important ways that supporters of the agency can ensure that we are able to continue our vital work in the community for generations to come. In general, a planned gift can be a bequest in a will, a donation to an endowment fund, or the selection of the agency as a beneficiary of a retirement plan or life insurance policy. These gifts give JFCS/East Bay the ability to respond to East Bay Jews in need during future economic downturns, subsidize home care and other services for fixed-income seniors, and launch new initiatives in response to community needs that we can't yet foresee.

As supporters Rich and Robin Edwards said, "We have been supporting JFCS/East Bay's community programs for nearly twenty years through annual donations. We are proud to know that through our bequest, our family will continue to support JFCS/East Bay for years into the future."



*Robin and Rich Edwards*

A legacy gift means that you have the opportunity to contribute to the long-term vision of the East Bay community we'd all like to create, fostering the values that are most dear to you. By securing JFCS/East Bay's future, you are ensuring that your children and grandchildren will inherit a healthy and strong community. Perhaps more important, you are also teaching a valuable lesson about generosity and community spirit.

*continued on page 4*

## MISSION STATEMENT

**Inspired by enduring Jewish values, the mission of Jewish Family & Children's Services of the East Bay is to promote and strengthen the social and emotional well-being of diverse individuals and families throughout the entire East Bay community.**

## BOARD OF DIRECTORS

**WAYNE E. BATAVIA**

*President*

**RUTH PHILLIPS**

*Vice President*

**JEANNE REISMAN, MD**

*Secretary*

**PETER E. METZNER**

*Treasurer*

**BEN HAMBURG**

*Immediate Past President*

RHODA L. AGIN, PH.D.

SANDRA P. EPSTEIN, PH.D.

LEO HMELNITSKY

RICK MAISEL, PH.D.

RABBI JACQUELINE MATES-MUCHIN

JANIS PLOTKIN

MARK REISMAN, MD

HELAIINE SCHWEITZER

PHILIP TENDLER

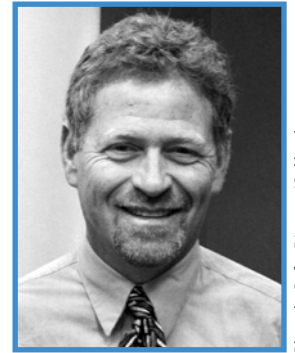
## VOLUNTEER WITH JFCS/EAST BAY

Share your talents by being a friendly visitor to a homebound senior, delivering meals, or helping immigrants acculturate to American life. To learn more, please call (510) 704-7480, ext. 529 or (925) 927-2000, ext. 529.

## FROM THE EXECUTIVE DIRECTOR

Dear Friends,

First, thank you for the many positive responses to our Summer 2010 newsletter, which consisted primarily of stories directly from the clients we serve. We agree that this is the clearest and most powerful way to convey the substance of our work, with its tremendous impact on the daily lives of real people living in our own community. We will continue to share client stories as a regular feature of our newsletter; we hope that you will continue to feel inspired by them.



Avi Rose

Photo by Rufus Diamant/Oakland

One story we're glad to share in this issue is a new expansion of our refugee resettlement program. We have long worked with HIAS (Hebrew Immigrant Aid Society) to welcome Jewish refugees from the former Soviet Union, and then in recent years, religious minorities from Iran. Earlier this year, we learned of a cohort of LGBT Iranian refugees who have escaped to Turkey and are waiting for permanent resettlement elsewhere. We are proud to help these refugees build new lives in the East Bay, as you'll learn in the accompanying article.

As our programs continue to evolve in response to emerging needs, we decided to examine the possible benefits of reconfiguring our agency offices. We therefore recently moved our Suse Moyal Center for Older Adult Services to a new suite of offices at our current Berkeley location, which will facilitate greater efficiency, cost savings, and collaboration. We are proud of all the good work that took place at our Albany location during the past five years, and are excited to look forward to creative new initiatives to best serve community members as we all grow and age.

Though we aren't featuring it in this issue of our newsletter, suffice to say that the economic crisis grinds on, with profound effects on the financial and psychological lives of many in our community. Our Project Ezra continues to provide a beacon of hope to people in need, offering financial assistance and a myriad of support services. We continue to partner with Jewish Vocational Service to provide job counseling services in the East Bay, and will soon expand the program in order to serve more people. Providing concrete assistance and emotional support to community members suffering in this economy will remain a primary focus for the agency as long as it's necessary.

Finally, this newsletter issue celebrates our Art of Living event, now in its fourth year of bringing together friends and colleagues in support of our agency's accomplishments. It continues to be a warm and spirited evening, successful in building community among us as it succeeds in raising funds for our critical programs. We love having this opportunity to share our achievements with all of you. I hope you will join us next year on October 30, 2011, when Former Secretary of Labor Robert Reich will join us as our featured speaker.

As always, I extend all my good wishes to you and your families.

Shalom,

A handwritten signature in blue ink that reads "Avi Rose". The signature is fluid and cursive.

Avi Rose  
Executive Director

# The Art of Living 2010

On Sunday, October 10, 2010, more than 240 community members gathered for JFCS/East Bay's fourth annual Art of Living benefit at the newly renovated Oakland Museum of California. The Art of Living has become the agency's signature event—raising awareness of our programs, gathering our supporters, and bringing in funds to support our ongoing work. This year featured two entertaining speakers from Pixar Animation Studios: producer Galyn Susman and animator Andrew Gordon, moderated by Telluride Film Festival co-director Gary Meyer. Their lively conversation touched on how the studio develops projects as well as some of the inspiration behind their work. The agency also took the opportunity to honor First 5 Alameda County: Every Child Counts, a vital community organization that has steadfastly supported our work with very young children and their families. JFCS/East Bay is proud to offer this event each year, giving all of us the opportunity to renew connections and recommit ourselves to supporting the important services that the agency provides in our East Bay community.

To see the inspirational new video that premiered at this year's event, please visit our website at [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org).  
*Please join us for the next Art of Living on Sunday, October 30, 2011, featuring Former Secretary of Labor Robert Reich.*



*Aliza, Julie, and board member Peter Metzner.*



*Kavod Society members Sue and Ron Bachman.*



*Kavod Society chair Rich Edwards and board president Wayne Batavia.*



*Moderator Gary Meyer with speakers Galyn Susman and Andrew Gordon.*



*Development assistant Lauren Frieband with volunteers Amanda Welch and Nick McKibben (as Pixar's Woody).*

# HELP FOR LGBT IRANIAN REFUGEES

In a country where simply being lesbian or gay is illegal, LGBT Iranians live in fear of their identity being revealed to the government. When this happens, they have almost no choice but to flee as quickly as they can—Iran enforces the death penalty for consensual same-sex conduct and has, by some estimates, executed thousands of LGBT individuals. In recent years, a growing number of LGBT Iranians have made their way to Turkey, where they often confront new violence and harassment while awaiting refugee status and resettlement in another country.

At a Hebrew Immigrant Aid Society conference (HIAS) last year, JFCS/East Bay's resettlement coordinator learned about this cohort of refugees. HIAS was looking for a local agency to anchor these individuals, as they do not have family members in the United States to sponsor their applications. Working with the Organization for Refuge, Asylum & Migration, which advocates for refugees fleeing sexual- or gender-based violence, JFCS/East Bay began to seek funding to enable us to resettle this group of refugees.

In October, our first LGBT Iranian client arrived in Contra Costa County. Since that time, our staff and volunteers have been helping him with the daunting and complex task of learning to live in a new country. We have connected him with health care, vocational, and mental health services; ensured that his applications for benefits were successfully submitted; and enrolled him in an English program specifically designed for immigrants. We're helping him identify safe and supportive housing and have also arranged for volunteers to assist him with English tutoring and life skills.

As other refugees arrive from Iran and elsewhere, our staff and volunteers will continue to offer a range of support services designed to help them become integrated into their new surroundings. JFCS/East Bay is proud to provide this marginalized community of refugees with a welcoming home where they can live openly and without fear.

*To make a donation supporting the LGBT refugee resettlement program, please contact Lynn Simon at (510) 704-7480, ext. 760. To volunteer, please contact Kathryn Winogura at (925) 927-2000, ext. 529.*

---

## YOUR LEGACY, *continued from page 1*

Legacy Society member and Board President Wayne Batavia has a particular interest in this aspect of planned giving, saying, “Like many philanthropic individuals, my desire to give back came from watching my parents. I was taught that those less fortunate were our responsibility. I want to make the same impression on my children and I believe the only way is to lead by example. That is why I support various charities and volunteer at agencies such as JFCS/East Bay. I hope to make a lasting impression on my children so they send the same message to their children. A legacy gift perpetuates the message for future generations.”



*Wayne & Melissa Batavia*

Coupled with the clear impact on the agency's work, legacy giving also provides certain financial benefits to donors. Some planned giving vehicles have tax advantages that can shield heirs from tax liabilities. In addition, some donors may find that a planned gift enables them to donate at a higher level than might have been possible during their lifetime. Importantly, if the donor has a particular interest in one of the agency's service areas, a legacy gift can be directed specifically to that program, helping ensure its stability in the future.

In the coming months, we will be contacting our friends and supporters to discuss the legacy program. In the meantime, if you have already arranged for a bequest or other legacy gift to JFCS/East Bay, please let us know so we can recognize you for this thoughtful planning and hopefully inspire others to make similar arrangements.

*For information on how to join JFCS/East Bay's Legacy Society, please contact Lynn Simon at (510) 704-7480, ext. 760.*

# THE STORIES OF JFCS/EAST BAY

When my husband died, I was adrift.

I had a hard time talking to my friends about what I was going through, and generally felt disconnected from other people. But I really wanted someone to talk to. Looking around online, I came across JFCS/East Bay's Bereavement Support Group, and it sounded like just the thing I needed. And it is. This group has become such a special part of my life. The moderator, Helene, is so open and comforting, and creates the perfect environment for us to open up, feel safe, and support each other. When the holidays came around this year and my children were going to be away, I felt that old loneliness and dread start to creep in. Talking about it in the support group, I looked around the room and realized that here was my solution. On impulse, I invited the other group members to join me for Rosh Hashanah dinner. And every single one of them came. Being without my husband still hurts, of course, but sharing Rosh Hashanah with my new circle of support—it's hard to describe how good that felt.

—Barbara

Working as an early childhood therapist for JFCS/East Bay means that I see a lot of children in very difficult circumstances.

Most of the children we serve are from low-income families and often live in communities filled with violence and trauma. For the past year or so, I've been doing home visits with a boy, now six years old, who has seen a lot of this violence, both within his home and in his neighborhood. Every single session felt like he was acting out the confusion and upset inside him. When we played cars, one was always smashing the others. When we played with action figures, one was always killing the others. When we drew pictures, every scene was filled with blood, flames, and poison. I knew he had to work through his feelings and the things he's witnessed, although it was hard to watch the terrible events unfold and I was tempted to come up with happy endings to his play. Then a few weeks ago, something extraordinary happened. During our session, he simply wanted to build a house with blocks. Several times he picked up an airplane that had frequently been a bomber, said, "no," and put it back down. Nothing smashed the house. There were no flames. He built a strong, safe house that stood for the entire session. Something had changed; he had become more secure inside. It's these kinds of shifts that tell me we're really making an impact.

—Angela

I joined JFCS/East Bay's Holocaust Survivors Memoir Writing Group about a year and a half ago.

Not only has the group helped me to be a better writer, it has also become very important to me personally. In this group, we don't have to explain too much to each other. We all understand so well what we're talking about. While we all went through different experiences in the war—we all survived, and that is the bottom line that connects us. A few months ago the members of the group held a reading and I felt the significance of sharing my story. It meant so much to me to feel the audience's response and get their feedback. I'm now among the last generation who witnessed the Holocaust and I know how important it is to share that.

—Ruth



Photo by Holly Taines White

Ruth reads from her memoir while members of her writing group look on.

---

JFCS/East Bay is here to help.  
For more information, please call  
(510) 704-7475 or visit  
[www.jfcs-eastbay.org](http://www.jfcs-eastbay.org).

---

## ONGOING SUPPORT GROUPS

*For more information, please check our website at [www.jfcs-eastbay.org](http://www.jfcs-eastbay.org). Fees vary; pre-registration required.*

### Bereavement

*Support and guidance for relatives and friends who have lost a loved one.*

For information, please call Helene Linker at (510) 704-7480, ext. 745.

### Café Europa

*A social and cultural program for Holocaust survivors, their adult family members, and friends.*

For information, please call Rita Clancy at (925) 927-2000, ext. 257

### Chaverim

*A social and educational group for Jewish adults with developmental disabilities.*

For information, please call Melanie Wartenberg at (925) 927-2000, ext. 626.

### Expressive Art Therapy for Women Over 50

*A supportive and relaxed environment to explore transitions and health.*

For information, please call Lisa Yordy at (510) 558-7800, ext. 716.

### Living with Chronic Illness

*A group for people managing chronic illness and disability.*

For information, please call Karen Lottman at (510) 704-7480, ext. 210.

### Long-Distance Family Caregivers

*For adults caring for older relatives or friends who live out of this area.*

For information, please call Lisa Yordy at (510) 558-7800, ext. 716.

### Making Relationships Work

*A workshop for newly committed or recently married Jewish and interfaith couples.*

For information, please call Helene Linker at (510) 704-7480, ext. 745 or Robin Keller at (510) 704-7480, ext. 762.

### Single Parents of Teens

*A ten-week support group for single parents of teens exploring the particular issues of parenting alone.*

For information, please call Rikki Sudikoff at (510) 704-7480, ext. 761

### Refugee & Immigrant Support Groups and Educational Workshops

*JFCS/East Bay offers regular social meetings, support groups, and educational workshops for individuals and families in the Russian, Afghan, Latino, and Bosnian communities.*

For information, please call Barbara Nelson at (925) 927-2000, ext. 226

## YOU Can Help Shape our Community's Future

Join our family of supporters in making a difference for East Bay residents in need. Please make a gift today.

### Celebrate a *Simcha*

Sweeten life's joyous occasions with special gifts in honor of:

- Births & Birthdays
- B'nai Mitzvot
- Engagements & Weddings
- Graduations & Promotions
- Anniversaries & Retirements

### Honor the Memory of a Loved One

Honor those who have touched your life by giving *tzedakah* in memory of their generous spirit.

### Give a Gift of Stock

Did you know that JFCS/East Bay accepts stock as donations? Please contact Lynn Simon for details.

### Leave a Legacy

Please consider making a planned gift to help ensure JFCS/East Bay's work into the future. Bequests, life-income gifts, trusts, life insurance, and retirement plans are among the many kinds of planned gifts that can perpetuate your support. We can work with you and your professional advisors to implement the planned gift most appropriate for your unique personal and financial goals.

### To learn about making a gift to JFCS/East Bay or joining the Kavod Society

please contact Lynn Simon at **(510) 704-7480, ext. 760** or **[lsimon@jfcs-eastbay.org](mailto:lsimon@jfcs-eastbay.org)**.

Simply want to make a gift online? Go to **[www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)**.

# THANK YOU JFCS/EAST BAY SUPPORTERS!

## KAVOD SOCIETY

Members of our Kavod Society (Society of Honor) are dedicated supporters who contribute \$1,000 or more each year to JFCS/East Bay. This generous commitment enables us to act upon the Jewish values of compassion, community involvement, and *tikkun olam* (repairing the world) in the work we do.

### CIRCLE OF COMPASSION

\$25,000 AND ABOVE

The Sylvan C. Coleman, Clarence B. Coleman and Joan F. Coleman Charitable Foundations  
Nancy Klehr & Jonathan Eager  
Doris Marx  
Estate of Lucy Marx  
David & Fela Shapell Family Foundation  
Shenson Trust 2  
Anonymous (1)

### CIRCLE OF LOVING KINDNESS

\$10,000–\$24,999

Robin & Rich Edwards  
William David Fidelholtz  
Ruth & Barry Phillips  
Rabbi Judy Shanks & James Gracer  
The Shores Foundation

### CIRCLE OF HEALING

\$5,000–\$9,999

Rachel & David Biale  
The Donald & Carole Chaiken Foundation  
Diana Cohen & William Falik  
Amy & Morton Friedkin  
Grossberg Abrams Foundation  
Sarah Liron & Sheldon Kahn  
Mirka Knaster & Larry Jacobs  
Lubman Family Philanthropic Foundation  
Terry Neben & Philip Simon  
Mark Reisman  
Monica Salusky & John Sutherland  
Joan Sarnat & David Hoffman  
Shirley & Philip Schild  
Anonymous (1)

### CIRCLE OF COMFORT

\$2,500–\$4,999

Melissa & Wayne Batavia  
Sandy and Jean Colen Family Fund  
Friend Family Flow Fund  
Lise Haas & Eva Meigher  
Sandra & Ben Hamburg  
Elayne Kane z"l  
Carole & Ted Krumland  
Maisel Foundation  
Massie Family Charitable Trust  
Aliza & Peter Metzner  
Sosebee Family Philanthropic Fund  
Joan & Fred Weil  
Erica Weingarten  
Anonymous (2)

### CIRCLE OF LIFE

\$1,800–\$2,499

Mathilde Albers  
Sally & Thomas Daley  
Jill & Martin Dodd  
Robert Engel  
Sandra & Edwin Epstein  
Barbara & Barry Gross  
Hannah Kranzberg  
Susan Kupfer  
Anne & Seymour Lapporte

### CIRCLE OF LIFE (cont'd)

Rabbi Jacqueline & Jonathan Mates-Muchin  
Lisa & Justine Polevoy  
Maya & Bernard Rappaport  
Michelle Schwartz  
Jan & Alex Trzesniewski

### CIRCLE OF CARING

\$1,000–\$1,799

Betsy & Barry Adler  
Rhoda Agin  
Tracy & Dennis Albers  
Rina Alcalay  
Yolanda Arellano & Jay Selwitz  
Sue & Ronald Bachman  
Joseph Becker  
Anne & Daniel Bookin  
Liz Kahlenberg Bordow & Richard Bordow  
Sally Brown  
Nelson Bunin  
Gloria & Jerome Burke  
Leona & Rabbi Steven Chester  
Nancy & Stewart Daniels  
Frank Dixon  
Myra & Jerry Feiger  
Gilda Feller

### CIRCLE OF CARING (cont'd)

Claudia & Rick Felson Family Philanthropic Fund  
Terry & Stephen Friedkin  
Arlette & Nick Gerson  
Stella & David Goodwin  
Shelley Gordon & Richard Burge  
Jeanette & Steve Gross  
Phyllis Helfand  
June & Sanford Kadish  
Lenke Kaldor  
Marla & Robert Kane  
Stella & Leonid Katz  
Dawn Kepler & Mark Snyder  
Zina Kruglikov  
Anna Levin & Leo Hmelnitsky  
Deborah & Alvin Medvin  
Claire & Bill Moran  
Cheryl & Neil Pincus  
Nancy & Norman Price  
Jane & Mark Rabinovitz  
Jane Reece  
Jeanne Reisman & Leonard Goldschmidt  
Melissa Roman & John Alexander  
Avi Rose & Ron Strohlich  
Ann Rosenberg & Lawrence Kampel  
Jodi Schiller & Ben Douglas  
Lisa & Ken Schmier  
Josephine Schwartz  
Helaine & Marc Schweitzer  
Delphine Sherman & Philip Tendler  
Herbert Simon  
Lynn Simon & Daniel Lachman  
Sheila Sosnow & Richard Nagler  
Anonymous (7)

### BECOME A MEMBER OF THE KAVOD SOCIETY

To join other community leaders as a member of the Kavod Society, or to learn more, please contact Lynn Simon at (510) 704-7480, ext. 760 or [lsimon@jfcs-eastbay.org](mailto:lsimon@jfcs-eastbay.org).

*The gifts listed here were received between July 2009 and November 2010.*

*Giving circles are by fiscal year. If we have inadvertently omitted your gift or listed it incorrectly, please contact us so we can adjust our records.*

### FOUNDATION, GOVERNMENT, AND INSTITUTIONAL SUPPORT

AgeSong  
Alameda County Behavioral Health Care Services  
Alta Alliance Bank  
Amgen Foundation  
Aquarian Minyan  
Arcadia HealthCare  
Barclays Global Investors  
Berkeley-Albany YMCA  
Beth Chaim Congregation  
Beth Jacob Congregation  
B'nai B'rith Oakland Lodge #252  
Charitable Flex Fund  
Chevron Matching Program  
Conference on Jewish Material Claims Against Germany, Inc.  
Congregation Beth El  
Congregation Beth Israel  
Congregation B'nai Shalom  
Congregation B'nai Tikvah  
Congregation Netivot Shalom  
Contra Costa Area Agency on Aging

Contra Costa County Children & Family Services  
Contra Costa County Family and Children's Trust Committee  
Contra Costa County Keller Canyon Landfill Mitigation Trust Fund  
Contra Costa Mental Health Services  
Comcast  
David L. Klein Jr. Foundation  
Dean & Margaret Leshner Foundation  
East Bay Community Foundation  
Every Child Counts: First 5 Alameda County Family Paths  
Farella Braun + Martel  
Fidelity Charitable Gift Fund  
Harwood Hall Fund of the Horizons Foundation  
Hebrew Immigrant Aid Society  
Jewish Community Endowment Fund of San Francisco  
Jewish Community Federation of the Greater East Bay

Jewish Community Foundation of the Greater East Bay  
Kaiser Foundation Health Plan  
Kaiser Permanente – Diablo Area  
Kaiser Permanente – East Bay Area  
Kanbar Charitable Trust of the Jewish Community Endowment Fund  
Koret Foundation  
Lawrence Livermore National Laboratory  
Levinson Benefits Group  
Managed Economics  
Merck Partnership for Giving  
Meyer Sound  
Milton and Sophie Meyer Fund  
Morris Stulsaft Foundation  
Morrison & Foerster Foundation  
Oakland Fund for Children and Youth  
Prudential Foundation Matching Gifts  
R. Kassman Fine Pianos  
Rich Edwards Imagery  
Ross Stores, Inc.  
Safe Passages

San Francisco Foundation  
SAP Matching Gift Program  
Sarfo Foundation  
Semnani Family Foundation  
Silver Transitions  
Sinai Memorial Chapel  
Skylight & Sun, Inc.  
Study Groups of Rossmoor  
Tehiyah Day School  
Temple Beth Abraham  
Temple Beth Shalom  
Temple Isaiah  
Temple Isaiah Religious School  
Temple Sinai  
Temple Sinai Social Action Committee  
Thomas J. Long Foundation  
United Way of the Bay Area  
Verizon Foundation  
Volunteers of America  
Walter & Elise Haas Fund  
Wells Fargo Bank  
Wells Fargo Community Support Campaign  
Y&H Soda Foundation



# Jewish Family & Children's Services of the East Bay

Non-Profit Org.  
U.S. Postage  
**PAID**  
Berkeley, CA  
Permit No. 836

## MAIN OFFICE

and

SUSE MOYAL

CENTER FOR OLDER ADULT SERVICES

2484 Shattuck Ave., Suite 210

Berkeley, CA 94704

Main: (510) 704-7475

Older Adult Services: (510) 558-7800

Fax: (510) 704-7494

## CONTRA COSTA OFFICE

1855 Olympic Blvd., Suite 200

Walnut Creek, CA 94596

Phone: (925) 927-2000

Fax: (925) 927-3131

## FAMILY JUSTICE CENTER

470 27th Street

Oakland, CA 94612

Phone: (510) 704-7480, ext. 700

## EXECUTIVE STAFF

### AVI ROSE

*Executive Director*

### LIBBY GRANETT

*Director of Human Resources & Operations*

### GLEN KASHIWA

*Director of Finance*

### BARBARA NELSON

*Director of Refugee & Immigrant Services*

*Director of Contra Costa Services*

### LYNN SIMON

*Director of Development*

### CAROL SINGER

*Director of Clinical Services*

### HOLLY TAINES WHITE

*Director of Grants & Communications*

Newsletter Design

*Nicole Vasgerdsian, JPD Communications*

*Have you made your 2010 gift to JFCS/East Bay?*

## INSIDE THIS ISSUE

- Helping LGBT Iranians
- Art of Living 2010
- Planning Your Legacy

Printed on 100% recycled paper

[www.jfcs-eastbay.org](http://www.jfcs-eastbay.org)