



BERGEN FAMILY CENTER ANNUAL REPORT 2015

HELPING LOCAL FAMILIES SINCE 1898

WWW.BERGENFAMILYCENTER.ORG





Helping Local Families Since 1898

OUR MISSION

BERGEN FAMILY CENTER STRENGTHENS COMMUNITIES BY PROVIDING SERVICES TO INDIVIDUALS, FAMILIES AND CHILDREN TO ENHANCE THEIR ABILITY TO FUNCTION INDEPENDENTLY, TO MANAGE CHALLENGES AND TO IMPROVE THE QUALITY OF THEIR LIVES.



Bergen Family Center - 44 Armory St. Englewood, NJ 07631 - 10 Banta Place Hackensack, NJ 07601





WELCOME

*From: Sharon Kinsman Salmon,
Chairperson Bergen Family Center Board
& Mitch Schonfeld, President and CEO
Bergen Family Center*

More than 4,200 individuals of all ages received services provided by Bergen Family Center this year. Our BFC team of 112 dedicated workers touched the lives of infants, toddlers, children, teens, adults, families, and older adults.

Their efforts generated 494,250 hours of service, helping individuals and families throughout our community address the challenges they face and achieve their potential.

The range of care and nurturing is impressive and underscores our commitment to helping families in Bergen County.



Sharon Kinsman Salmon



Mitch Schonfeld

This year, thanks to funding provided by the Henry & Marilyn Taub Foundation, we developed a comprehensive strategic plan. A key element of the planning process was an extensive series of surveys and personal interviews with key constituents, donors, volunteers and individuals receiving service.

Their input recommended efforts to expand our highly regarded programs for adolescents, children and older adults, strengthen our infrastructure, and increase volunteer engagement and support. The plan includes measurable goals and objectives to achieve these recommendations over the next three years.

Sharon Kinsman Salmon
Mitch Schonfeld





Our Vision

Bergen Family Center is a recognized community leader in providing quality and comprehensive human services to people of all ages.



Your continued support makes our accomplishments and achieving our future goals possible.



Bergen Family Center - 44 Armory St. Englewood, NJ 07631 - 10 Banta Place Hackensack, NJ 07601



THE NUMBERS SHOW HOW WE HELPED

201

CHILDREN

Helped through Childcare
and Education Programs

974

ADOLESCENTS

Supported through
Programs for Positive Life
Choices

286

SENIORS

Helped through Adult Day
Care and Home Based Care

These achievements were made possible by your contributions, the dedication of our volunteers and staff, government grants, foundation support and client fees. Local businesses, religious institutions and schools provided volunteers and financial support.




FINANCIAL SUPPORT
Financial Support is the life-blood of any organization that services the community.




VOLUNTEER EFFORTS
Samsung, PNC Bank and Suez volunteers contributed their time and resources.



Thanks to funding provided by the **Henry & Marilyn Taub Foundation** Bergen Family Center was able to develop a comprehensive strategic plan.

Counseling Services Helped

1,092

Individuals

Our counseling services helped 1,092 individuals to manage personal challenges and improve their well-being, leading to a better community.

Coaching and Mentoring

1,302

Family Members

We provided coaching, mentoring and professional support to some 1,302 family members, many of them children, helping them maintain stability and regain the ability to manage their lives.



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EARLY CHILDHOOD SERVICES

Our children benefit from the care and nurturing interactions with our trained and qualified staff in a structured environment

Leonard Johnson Day Nursery

Bergen Family Center's Leonard Johnson Day Nursery promotes positive child development and social interaction for infants to children five years of age. Through an array of daily educational activities, including reading, writing, arts and crafts, songs, and scholastic games guided by our devoted teachers, children are prepared for future academic, social and emotional success.

A Healthy Diet Helps Children Grow and Learn

For many children, the nutritious meals provided by BFC are crucial for their daily nourishment. Ana, our cook, prepares breakfast, lunch and snacks Monday through Friday for all the children. Lucas, Jayleana and Ryan in Ms. Aliya's "Sunshines" class always enjoy the lasagna and spaghetti but tacos is their absolute favorite. A healthy diet is essential early childhood development.



MILESTONES

Throughout 2015 we were able to expand programs and help more families than ever before.



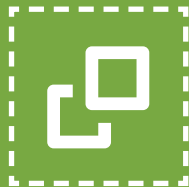
Helping Parents

Did you know more than 500 parents participated in parenting workshops at Bergen Family Center in 2015?



Childrens Clothing Closet

The BFC Children's Clothing Closet provided more than 3,000 items of clothing, including prom dresses for 75 teenagers.



Summer Programs

Our Summer Camp and after school programs enriched nearly 100 children in 2015.



Oh Baby

We nurtured 15 infants, 36 toddlers, 55 preschoolers and their families through Leonard Johnson Nursery 2015.



Children at Play

SUEZ and Habitat for Humanity built a new outdoor playhouse for the children to enjoy.



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ADULT DAY CARE

We realized a long time ago that older members of our community are an invaluable resource in building a better tomorrow.

BFC delivered a new health program in 2015 to 58 senior citizens and the Englewood community at large: a health fair which served as a means for seniors to assess their routine health. Critical information on health conditions affecting our seniors was exchanged under one roof, including diabetes, physical therapy, healthy heart alternatives and lifeline services.

Lillian Knight, a newcomer, was so grateful for this one stop shopping approach to health that allowed her to review all of her important health needs. She was ecstatic when an American Association of Retired Persons representative offered her a lifeline prevention application.

The amazing response from seniors at the health fair led to a daily “Art of Juicing” activity which brought a new dimension to the seniors and their health and wellness. Caroline, one of our ADC staff, combined a variety of fruits and vegetables to deliver a nutrient-packed, delicious shake every morning to the seniors. Caroline educated our seniors on the many benefits and health components of each juice and the positive effects it has on the mind and body. The seniors enjoyed learning and practicing new lifestyle and dieting changes. The apple and lemon combination remains the most popular.



Our Senior Care Management program helps solve many crucial issues which senior citizens may experience at a vulnerable time in their lives.



Technology Thrives

BFC offers “Shining Lights,” the only program in Bergen County that provides services for visually impaired seniors. The program teaches the seniors how to navigate in the darkness. With funds from the Hoffman Family Foundation, our clients learned to use adapted technology, including computers and iPads. Now, they listen to books, music, play games and most important, use voice recognition to improve their social skills. Angela, who has been a client at the Center since the early 90’s, is happy to participate in learning new skills. The iPads have opened up many venues for her, particularly Danielle Steele romance novels. She never misses a Friday book discussion group.

Senior Care Management

After Dolores learned she had chronic heart failure and a rare blood disorder,

she felt as if her life were over. On top of her health issues, her husband had recently died and she was being evicted from her home. Fortunately, a friend of Dolores referred her to Bergen Family Center’s Care Management program for home-bound seniors, where her life began to turn around. The program provides free care management services for low income senior citizens in Bergen County, as well as caregiver support and education groups, and linkage to programs that provide home care services.

Vital Emotional Support

Once at BFC, Dolores was assigned to a care manager who helped her find a bereavement group, where she met other widows who were experiencing similar feelings. She quickly began to receive emotional support and make new friendships. Her care manager

worked with her to navigate the legal system which culminated in a positive outcome - she was not evicted.

Key Services Delivered

Dolores was also connected to care-giver support, which included transportation and home care services. With free transportation, Dolores no longer had to worry about how she would get to her many medical appointments. Furthermore, she was given a home health aide to assist her with activities of daily living such as bathing, food preparation, cleaning, and shopping.

Dolores’ story is just one example of how the lives of home bound seniors are being changed every day at Bergen Family Center.



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SCHOOL BASED YOUTH SERVICES

Adolescents confront many challenges. Social and emotional wellness is a critical component to academic achievement and economic advancement.

The ZONE - Funded by the NJ Department of Children and Families, The ZONE at Dwight Morrow High School provides comprehensive mental health and prevention services to more than 500 students in a safe and nurturing environment. Dedicated to building upon the strengths of students, the ZONE supports students as they strive to reach their full potential. Services include confidential counseling, academic support, college preparation, job placement, mentoring, gender based violence prevention, and leadership training.

Project 58 - Knitting as Therapy In October 2015, the ZONE launched a new program, *Project 58*. The new program served a dual purpose to help students

de-stress to promote health and wellness while knitting winter scarves for 58 seniors enrolled in BFC's Adult Dare Care Program.

Many of the scarves were created through a collective effort with the students working together as a team on a single scarf. Kara Cooper, a transition counselor at the ZONE, noticed the environment, which can normally be busy and loud, turned calm and quiet. The project enabled students to bond, relax and engage in good conversation. Project 58 not only aided as a stress reducer for students, it also brought them joy and the satisfaction of participating in a community service project.





PROJECT 58

"...Project 58 has made a huge impact on students relieving stress, whether it's school or family life –it has really helped."

Ms. Desirae, clinician at The ZONE



THE ZONE

Services are free and voluntary and offered Monday through Friday 8 AM to 5 PM



500 STUDENTS

The ZONE provided mental health and prevention services in a safe and nurturing environment for more than 500 students in 2015.



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FAMILY SUCCESS CENTER

Bergen Family Center operates the only HIPPY program in New Jersey, and reaches diverse ethnic and geographic groups in Bergen County.

Judy Chicas came to BFC when she was three years old with her mother, Areli. Judy was having difficulties adjusting to day care and her behavior, at times, was a challenge. Once they visited the Family Success Center, they were helped through our “Mommy and Me” Program, which increases socialization skills. Soon after, they joined the Home Instruction for Parents of Pre-School Youngsters (HIPPY) Program, which strengthens the parent-child bond and enhances early learning.

For 30 weeks, a home instructor visited Judy and Areli, bringing curriculum, encouraging parent-child bonding, and building school readiness skills. Through monthly workshops and field trips funded and led by National Council of Jewish Women, Bergen County Section, the family was nurtured with peer support, educational enrichment, socialization and recreation.

Areli was thrilled with the progress Judy was making; her communication skills were improving and she began socializing more with other children. HIPPY provided Areli and Judy with tools for school readiness and also a sense of pride, self-esteem, confidence, and dignity.

Now, at age 11, Judy is thriving. She’s enthusiastic about learning and being involved in extra curricular activities and programs. She says she will become President of the United States of America. Before her run for the White House she plans on being a national bestselling author, since BFC helped her learn to appreciate and love books. She credits the educational head start she received from HIPPY and the enormous amount of support from the Family Success Center for providing her with a love for learning.





COUNSELING & INTERVENTION

Victims of domestic violence and sexual assault.
Families facing challenges that disrupt their lives.
Individuals diagnosed with or affected by HIV/AIDS.
Families & adolescents involved with Family Court.



Our group counseling and early intervention services help those living with HIV/AIDS offering friendship and support for so many in Bergen County.

Jenny was referred to Bergen Family Center when, at 34 weeks pregnant, she tested positive for HIV during her prenatal visit. Frightened for herself, her unborn baby and her older child, she also worried about her husband who had to be tested. While the medications available today can be taken during pregnancy and babies are no longer being born HIV positive, it was scary because Jenny found out her diagnosis just six weeks before her due date.

Paula Tenebruso, one of our Licensed Clinical Social Worker's, guided Jenny to reduce her stress and its potential negative impact on her and her baby's health. Paula got Jenny connected to an Infectious Disease

Specialist who accompanied her to her doctor visits. Paula and our staff also assisted her husband to get tested. Upon a positive result, they were immediately linked to the appropriate care. Lacking health insurance they were helped by BFC to gain eligibility for the Federal Ryan White grant to help cover his medications.

The day the baby was born, Paula was there to provide emotional support for Jenny and her husband. It was an unbelievably happy moment when Jenny delivered a healthy baby, who tested negative for HIV. Today, the family continues to do well and are grateful to Bergen Family Center for helping them through a very difficult time.

Counseling and Early Intervention met or surpassed all of our contracted goals for health, outreach and early intervention services.

221 clients

100 % of them engaged in medical care and support services.

22 clients

Received Early Intervention Services from Bergen Family Center.

39 clients

Received individual counseling from Bergen Family Center.



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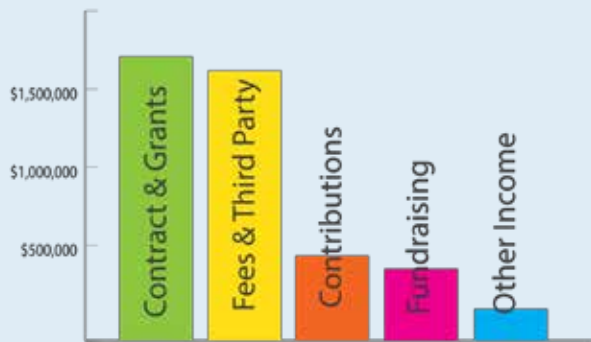


Revenue & Expenses

January 2015 - December 2015



Revenue



Contract and Grants	\$1,640,286
Fees and Third Party	\$1,551,912
Contributions	\$281,927
Fund Raising	\$365,777
Other Income	\$25,090

Expenses



Personnel Costs	\$2,731,212
Professional Fees	\$402,281
Occupancy	\$173,643
Materials & Supplies	\$259,675
Other Expenses	\$220,208
Sub Total Expenses	\$3,787,019
Change in Operations	\$77,973
Depreciation Expense	\$54,790
Net Change in Value of investments	(\$37,798)
Change in Program Assets	(\$14,615)

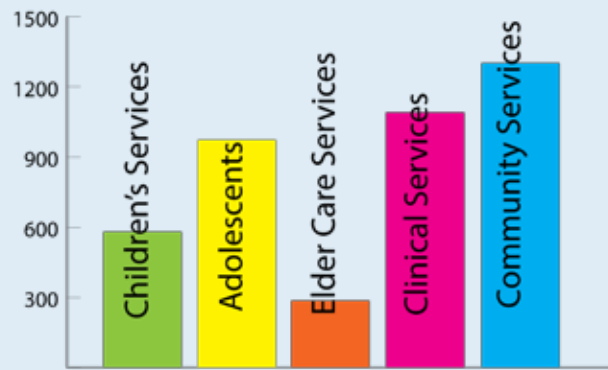
Results audited by Steven T. Cirillo, CPA

Our financial condition continues to improve thanks to robust efforts by our leadership to generate the resources needed to provide vital human services to our community.



Distribution of Unduplicated Clients¹

Children's Services	581
Adolescents	974
Elder Care Services	286
Clinical Services	1,092
Community Services	1,302
Total Unduplicated Clients	4,235



Distribution of Program Hours

Services	259,800
Adolescents	13,425
Elder Care Services	39,700
Clinical Services	23,425
Community Services	157,900
Total Program Hours	494,250



¹ Client who may be in more than one program



Bergen Family Center - 44 Armory St. Englewood, NJ 07631 - 10 Banta Place Hackensack, NJ 07601



Staff



Bergen Family Center Staff

Mitch Schonfeld, MSW
President & CEO

Mary G. Connolly, BA
Chief Development Officer

Elizabeth Corsini, MPH (Masters of Public Health)
Director of School Based Youth Services

John Cuttito, LCSW
Director of Clinical Services

Ester Freire, MA
Head Teacher

Marcia Gongora, MA
Director of Family Success

Sebastian Rodriguez, MS
Director of Programs & Administration

Sheila Shur, LCSW
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Mary Stevens, BS
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Henry & Marilyn Taub Foundation

FAMILY BENEFACTORS - \$10,000 to \$24,999

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DID YOU KNOW?

DONORS CAN MAKE SPECIFIC BEQUESTS TO ANY PROGRAMS WE HAVE AT BERGEN FAMILY CENTER

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When you share both your time and resources you can create profound changes in the lives of our families. Join our "Friends of the Family" volunteers.

Planned Giving

Consider leaving a legacy for future generations by including BFC in your long term financial planning. Contact us to discuss a variety of financial options that can meet your charitable financial goals.

Donate Online

Make a difference close to home and improve your community. Your support will help nearly 5,000 Bergen County residents and make a profound difference in the lives of families.

2016 ANNUAL DINNER

Wednesday November 16, 2016

Rockleigh Country Club

26 Paris Avenue, Rockleigh, NJ 07647

Cocktails and Auction - 6:00 pm

Dinner, Silent Auction & Awards - 7:45 pm

HONOREES

Lamarr Thomas & Yessenia Gonzalez

Bergen Family Center School-Based Adolescent Services

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