



Bergen Family Center

Helping Local Families Since 1898



Annual Report 2016

OUR MISSION



BERGEN FAMILY CENTER
STRENGTHENS COMMUNITIES BY
PROVIDING VITAL SERVICES TO
FAMILIES.

WE PROVIDE SERVICES TO OLDER
ADULTS, TEENS AND TODDLERS TO
ENHANCE THEIR ABILITY TO FUNCTION
INDEPENDENTLY.



WE PROVIDE COUNSELING, AND VITAL
RESOURCES TO HELP FAMILIES MANAGE
CHALLENGES AND IMPROVE THE
QUALITY OF THEIR LIVES.



Helping Local Families Since 1898



WELCOME

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



Sharon Kinsman Salmon



Mitch Schonfeld

During 2016, we have made significant progress in our comprehensive Strategic Plan. Adopted in 2015, the plan includes four major goals with key measurable objectives and action plans for the next three years.

Our four major goals are:

- Expand our Operating Infrastructure and Facilities required to improve and increase services.
- Expand our Programs & Services for Adolescents, Children and Older Adults.
- Increase our Awareness & Philanthropic Support
- Increase our Opportunities for Volunteer Leadership & Engagement.

Nearly 4,500 individuals of all ages received services provided by Bergen Family Center this year. Our BFC team of 92 dedicated workers touched the lives of infants, toddlers, children, teens, adults, families, and older adults.

Their efforts generated 497,400 hours of service, helping individuals and families throughout our community address the challenges they face and achieve their potential.

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



Our Vision

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



Achieving Our Major Strategic Goals



Expand our Operating Infrastructure and Facilities required to improve and increase services.



Expand Programs & Services for Adolescents, Children and Older Adults.



Increase Awareness & Philanthropic Support.



Increase Opportunities for Volunteer Leadership & Engagement.

THE NUMBERS SHOW HOW WE HELPED

206

CHILDREN

Helped through Childcare
and Education Programs

1,075

ADOLESCENTS

Supported through
Programs for Positive Life
Choices

291

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.



With support from the **Estate of Renee Guller**, through National Council of Jewish Women, we rearranged our pre-k and infant-toddler rooms to provide more space for our young clients.

Counseling Services Helped

1,114

Individuals

Our counseling services helped 1,114 individuals to manage personal challenges and improve their well-being, leading to a better community.

Coaching and Mentoring

1,402

Family Members

We provided coaching, mentoring and professional support to some 1,400 family members, many of them children, helping them maintain stability and regain the ability to manage their lives.



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.

Critical Partnerships Inspire Dedicated Staffers

With support from the Henry & Marilyn Taub Foundation and training from Montclair State University Center for Autism & Early Childhood Mental Health, our staff received rigorous training in curriculum development, classroom management and social emotional development of young children. Classrooms were all outfitted with new equipment, furnishings and infrastructure.

As 2016 came to a close we began a two year project with **Grow NJ Kids**, a statewide effort aimed at improving quality of all New Jersey early childhood centers. In 2016 we secured funds from the estate of Renee Guller through the **National Council of Jewish Women** to expand an existing classroom for a new infant class.



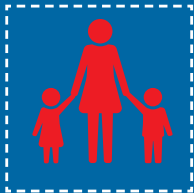
MILESTONES

Throughout 2016 we were able to expand programs and help more families than ever before.



Helping Parents

500 parents participated in parenting workshops at Bergen Family Center in 2016. Better parents make a better community.



Helping Children

The BFC Children's Clothing Closet provided more than 3,000 items of clothing in 2016 to families in Bergen County.



Helping After School

Our Summer Camp and after school programs enriched nearly 100 children in 2016. We make a difference.



Helping Kids

We nurtured 16 infants, 37 toddlers, 59 preschoolers and their families through Leonard Johnson Nursery 2016.



Helping Teens

Our new program at the Janis Dismus Middle School got rave reviews from the state of New Jersey, parents, teachers and students in 2016.



SENIORS THRIVE AT BFC

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

BFC began several initiatives with our Senior Citizens to give back to the community and to develop deeper friendships they've established at the Bergen Family Center. Our seniors, in conjunction with the High School students at our ZONE program, took on the task to knit more than 100 scarves for the children who attend the BFC pre-school and after school programs. Each child received a beautiful hand knitted scarf in order to begin the year with proper winter attire. Many of the scarves were done by our Shinning Lights Seniors - older adults who are blind or visually impaired.

Initially known as *Project 58*, because 58 high school and older adult knitters started with the

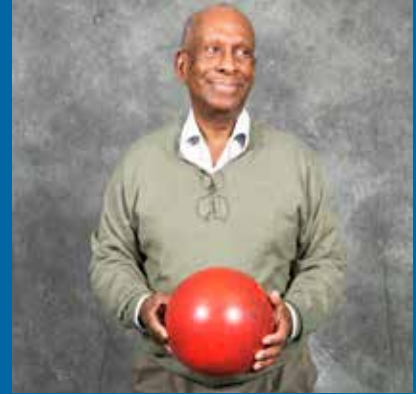
program, we now call the project *Knit With Us*. Volunteers have donated several thousand dollars of yarn and needles. BFC staff knitters teach the teens. Whenever possible, school schedules permitting, teens and older adults knit together.

Each generation benefits from this effort. We work to ensure that all participants receive the same special treatment and continue to develop a special one-on-one relationship with each other.

In addition to *Knit With Us*, seniors and preschoolers this year meet 2 times per month with an intergenerational mentoring activity, funded by the William G. & Helen C. Hoffman Family Foundation. Kids and older adults love it.



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



Mentoring Anyone?

The *Mentoring Anyone?* Program addresses senior citizens' lives holistically by impacting the mind, the body and the spirit. Our program includes a one year agreement between a volunteer-trained mentor and a senior.

Together, they outline a meeting schedule and set goals and objectives. Meeting a few hours a month, they prioritize areas to address. They promote positive activities that support self-efficacy, strengthen problem solving, and increase communication skills.

Mentors provide constant reinforcement and encouragement of their progress. The program also provides support and a break to primary caregivers. *Mentoring*

Anyone? is a valuable resource that helps seniors "stay in place" in their own homes and communities. *Mentoring Anyone?* helps promote independence and dignity to a vital community of valued senior citizens in Bergen County.

Home bound Help

Alexa was living alone with congestive heart failure. After a house fire destroyed many of her personal belongings, she came to Bergen Family Center as an emergency referral. Now, Alexa receives 8 hours of weekly home care, a daily *Meals On Wheels* hot lunch, home health screenings, plus Medicare and pharmaceutical assistance. BFC helped Alexa navigate through a complex network of social services to make sure she got the help she needed.

Everyday we make sure that several hundred of Bergen County's frailest older adults get the help they need as well. Regular home visits, arranging for home health aides and maintaining ongoing phone contact is just part of what we do.

Music and Movement

At Bergen Family Center we believe that keeping older adults active can be the best way to keep them healthy. We offer daily exercise programs that emphasize flexibility and movement. We even offer bowling to those seniors who want a bit more of a challenge. Our music program combines physical activity with fun and enhances our commitment to make sure older adults remain vital and happy.



SCHOOL BASED YOUTH SERVICES

A Safe Place to Talk About Life, Friends, the Future and More.

The ZONE - The ZONE at Dwight Morrow High School and Janis Dismus Middle School builds on the strength of young people and assists them in achieving their education and life goals. The ZONE provides comprehensive, culturally competent mental health and prevention services in a safe and affirming environment.

Project Speak Out - With a grant from Women United in Philanthropy, the ZONE implemented *Project Speak Out*, a gender based violence prevention program designed to prevent sexual and intimate partner violence by addressing these issues with adolescents within the school setting. WUIP is a woman's giving circle which collectively pools its philanthropy to make a positive impact on the lives of women.

Janus Dismus Middle School - A program for the Middle School was created, modeled after the high school ZONE program. It served 350 Janis Dismus Middle School students, and received rave reviews from the State of New Jersey, parents, students, faculty and administrators. We are currently working to raise funds needed for the second year of this program.

Project College - Funded by the State of New Jersey, Office of Faith Based Initiatives, Project College helped get 10 Dwight Morrow high school seniors accepted to college and worked with 9 juniors to prepare them to apply to colleges in their senior year. These are students who have the academic capacity but may otherwise lack the resources and support to engage in the college application process.



PROJECT COLLEGE

Project College prepares students for the future and achieves impressive results. Thanks to our efforts, ten Dwight Morrow seniors are now attending their first year of college.



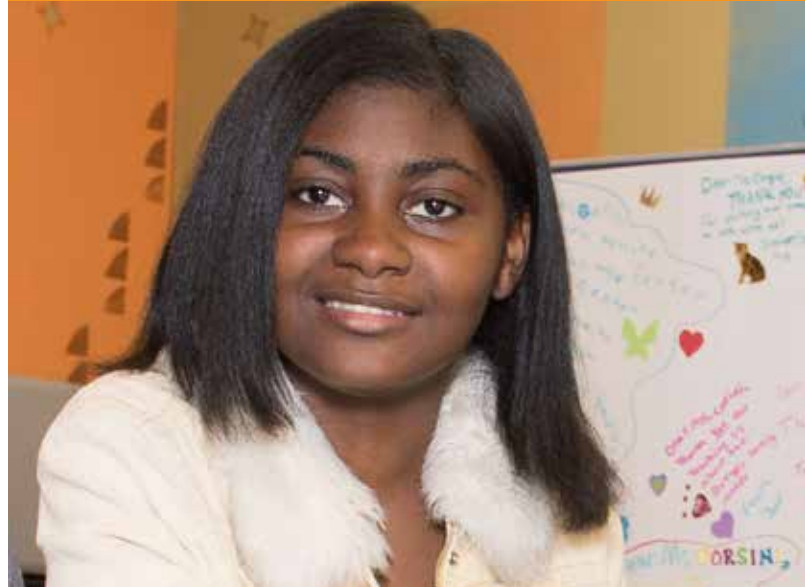
THE ZONE

Our school-based youth services program provides comprehensive clinical and primary prevention programs to students. We offer individual and group counseling, tutoring, work force readiness, leadership development, and health education.



350 NEW STUDENTS

A program patterned after THE ZONE was expanded to The Janus Dismus Middle School in 2016 - a great example of BFC's commitment to broadening programs that have proven track records.





FAMILY SUCCESS CENTER

The Shelley Taub Healthy Choices and Wellness Program for Women

Through the support of Ira and Shelly Taub and their family, Bergen Family Center launched a new program for women focused on nutrition and wellness. The program started in July 2016, continuing through 2017, it has served 50 women. Focusing on Nutrition and Health, participants attend a weekly workshop for 8 weeks.

On week one a medical doctor leads a conversation about women's health issues. Topics include how to improve overall health; how to prevent diseases by making good food choices; how to get sufficient exercise; how to manage stress and practice mindfulness.

In week two, the group completes a questionnaire and engages in a general discussion about current meal choices, eating habits and meal planning.

Moving from theory to practice, in week three we provide a hands-on workshop on how to prepare

healthful meals.

In the fourth week we learn how to shop. A field trip to a local supermarket teaches smart shopping strategies and how to read labels. All participants who attend receive \$25 Shop Rite card.

In week five, a qualified exercise instructor gives an introduction to the various movement activities that can facilitate good health including Yoga, Tai'chi, Zumba, power walking, and jogging.

Week six works on healthful choices when dining out and how to obtain and use SNAP benefits.

Week seven examines stress management by practicing wellness and mindfulness.

Week eight features graduation and celebration.

Each participant invites her family and brings a healthful pot luck dish. We also offer a weekly Yoga class for participants in the program and others in the community.



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.



AIDS Support Group Takes Action & Gets State Attention

Our Peer to Peer Support group is a vital part of treatment for people living with HIV/AIDS. Within the safety of the group, clients are able to talk about their fears, their frustrations, and even their shame. With changes in the Affordable Care Act, and lack of funding, many clients became ineligible for the program and were in danger of dropping out of Bergen Family Center's support group.

Rather than moving to unknown Medicaid-funded support groups, BFC's group took action. They formed "Jewel's Earthbound Angels". By staging

two talent shows in the summer and the fall of 2016, the group generated \$5,000 to keep their program going. More importantly they attracted the attention of New Jersey State Assemblyman, Tim Eustace (D-NJ), who was able to secure additional state funding for HIV services in Bergen County.

As a result, Bergen Family Center was able to expand services for our clients. The money raised through the talent shows supplemented federal funding and enabled Bergen Family Center to help HIV/AIDS clients and help reduce the spread of the disease.



150 clients

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

26 clients

Received Early Intervention Services from Bergen Family Center.

31 clients

Received individual counseling from Bergen Family Center.

Revenue & Expenses*

January 2016 - December 2016

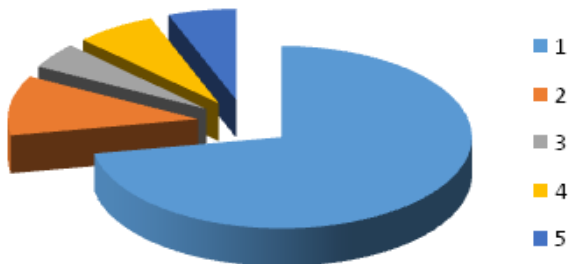


Revenue



| | |
|-------------------------|--------------------|
| 1. Contract and Grants | \$1,622,928 |
| 2. Fees and Third Party | \$1,487,711 |
| 3. Contributions | \$443,768 |
| 4. Fund Raising | \$291,054 |
| 5. Other Income | \$36,232 |
| Total Revenue | \$3,881,693 |

Expenses



| | |
|------------------------------------|-------------|
| 1. Personnel Costs | \$2,923,775 |
| 2. Professional Fees | \$336,093 |
| 3. Occupancy | \$211,954 |
| 4. Materials & Supplies | \$284,303 |
| 5. Other Expenses | \$166,738 |
| Sub total of program expenses | \$3,922,863 |
| Change in operations | (\$41,170) |
| Depreciation expense | \$58,533 |
| Net change in value of investments | \$32,048 |
| Change in program assets | (\$67,655) |

* Results shown are audited



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.



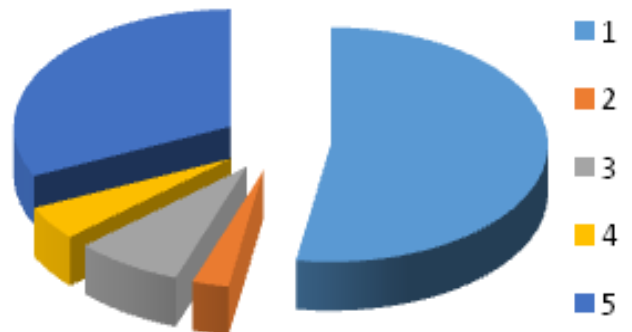
Distribution of Unduplicated Clients¹

| | |
|-----------------------------------|--------------|
| 1. Children’s Services | 593 |
| 2. Adolescents | 1,075 |
| 3. Elder Care Services | 291 |
| 4. Clinical Services | 1,114 |
| 5. Community Services | 1,402 |
| Total Unduplicated Clients | 4,475 |



Distribution of Program Hours

| | |
|----------------------------|----------------|
| 1. Services | 261,250 |
| 2. Adolescents | 14,025 |
| 3. Elder Care Services | 39,700 |
| 4. Clinical Services | 23,825 |
| 5. Community Services | 158,600 |
| Total Program Hours | 497,400 |



¹ Client who may be in more than one program

Staff



Bergen Family Center Staff

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President & CEO

Elizabeth Corsini, MPH (Masters of Public Health)
Vice President, Director of Programs

Mary Stevens, BS
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Davia Valenzuela, BA
Director of Human Resources

Sheila Mack, LCSW
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Sheila Steinbach, LPC
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Esther Freire, MA
Director of Leonard Johnson Day Nursery

Nathalie Zapletal, MA
Development Associate

Iris Maldonado, BA
Supervisor of Care Management Services

Holly Scipio, BA
Supervisor, Adult Day Care



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Estate of Kevork K. Fags
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Henry & Marilyn Taub Foundation

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

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

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\$1000 PROVIDES ONE CHILD WITH A FULL YEAR OF AFTER SCHOOL SERVICES 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.



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SPECIAL THANKS TO OUR HONOREES FOR 2017 FOR THEIR VITAL SUPPORT OF BERGEN FAMILY CENTER. WITHOUT THEIR DEDICATION, HARD WORK, AND FINANCIAL COMMITMENT WE WOULD NOT BE ABLE TO EXPAND OUR PROGRAMS, MEET OUR GOALS AND CONTINUE TO HELP FAMILIES IN BERGEN COUNTY.

C. Peter Croonquist
BFC Board of Trustees



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Kelly Sacks
Community Philanthropist



Miyako Schwartz
Community Philanthropist

