




THE  
**Gary Shupin  
 Independent  
 Living Community**  
**WELCOMES YOU**

**Who Was Gary Shupin?**

Gary Shupin was an adult with developmental challenges who lived life to the fullest. He worked, enjoyed the love and caring of friends and family, and for 18 years lived in an apartment in the building named after him. When he passed away several years ago, his family—including his uncle, Gerson Bakar, and mother, Barbara Shupin—wished to honor his legacy and spirit by donating the building to JFCS in order to create this wonderful new resource for Bay Area families. Their hope was that other young adults with developmental disabilities could lead independent lives to the fullest extent possible.

 **Jewish Family and Children's Services**  
 of San Francisco, the Peninsula, Marin and Sonoma Counties  
 2150 Post St., San Francisco, CA 94115

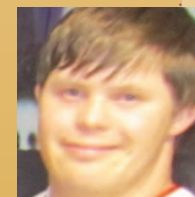
*Support for Gary Shupin Independent Living Community services is provided by fees and the generous gifts of individuals, foundations, and the business community. Special funding is made possible by Gerson and Barbara Bakar and the Barbara Shupin Endowment Fund for Independent Living.*



**Jewish  
 Family and  
 Children's  
 Services**



We all want people to thrive — to reach their potential throughout **their lives**. That's why JFCS has developed the Gary Shupin Independent Living Community for young adults with developmental disabilities.



**Learn How You Can  
 Partner with JFCS**

Contact us for a personal guided tour of the Shupin Community and its programs so you can experience the warmth and opportunities available for personal growth and independence. We are happy to work with you to ensure that your family member successfully establishes independent living in a community of caring.

Call 415-449-3822 or email [AlexandraH@jfcs.org](mailto:AlexandraH@jfcs.org). Learn more about the Gary Shupin Independent Living Community at [www.jfcs.org](http://www.jfcs.org).

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## Providing a Supportive Environment for Your Young Adult

Shupin Community provides a warm and supportive environment for young adults with developmental disabilities. We offer a broad range of services, activities, and opportunities that enable residents to enjoy full lives as members of our community.

The Shupin Community is managed by a team of JFCS professionals who work closely with residents to foster lifelong learning, success, and well-being. The JFCS staff also ensures that day-to-day programming is dynamic and well-structured and that it meets each resident's individual needs and interests.

Find out how we can partner with you to provide the best possible independent living environment for your adult son or daughter—now and well into the future.

## Providing Independent Living Skills

At every stage of life, most of us want to grow, explore, and learn. That's how we feel at the Shupin Community, too. Our staff works closely with residents on acquiring skills—whether it's opening up a bank account, going to the grocery store, taking public transportation, laundering clothing, dressing for work, or planning and cooking meals.

The Community's services include vocational training and resources, financial management, personal care, and coaching in social skills.

## Advancing Residents' Health and Well-Being

The Shupin Community is part of JFCS, a family service agency that has been helping members of our community for more than 160 years. We have a wealth of experience in meeting the needs of those who turn to us for support and assistance. At the Shupin Community, residents benefit from care management, health-care coordination, dietary planning, and more. Our staff works closely with you and other residents' families to offer individually tailored care plans that promote optimal health and well-being.



## Forming Community with Others in San Francisco

Residents are part of a welcoming community that offers them many choices of programs and activities. Our Social Club—for both residents and non-residents—sponsors cooking and music classes, get-togethers at the Jewish holidays, recreational opportunities, and social and cultural outings. Club members also benefit from a buddy/mentor program that gives them a chance to form friendships with students in the San Francisco community.

## Offering Safe, Secure, and Quality Living

The Shupin apartment building is located in one of San Francisco's most vibrant, beautiful neighborhoods: Laurel Village. Residents are steps away from shops, grocery stores, banks, transportation, and cultural and recreational institutions, including the Jewish Community Center.

Situated on a quiet, charming street, the Shupin Community offers private one-bedroom apartments or two-bedroom apartments that can be shared. Each light and airy unit includes a fully equipped kitchen and a bathroom with a bath and shower. Laundry is on-site.

The property also has a lovely private garden with a patio and is fully secured. The residential services coordinator lives on the premises.

## Meet the Shupin Community Team

### Abby Kovalsky, Supervisor of Case Management and Coordinator of the JFCS Disabilities Program

A licensed clinical social worker and Board-certified Diplomate, Abby has been working with adults with disabilities for almost 30 years. Abby received her master's degree in social work from the University of Southern California. Before she came to JFCS in 1993, she was a social worker at Golden Gate Regional Center.



### Alexandra Howard, Resident Services Coordinator

Alex, who lives and works on-site, previously taught at a private school for students with special needs. A graduate of Sonoma State University with a bachelor's degree in psychology, she received special training in behavior modification and in working with people with developmental disabilities.



### Vanessa Kahlon, Outreach Assistant

Vanessa earned her master's degree in clinical psychology from the Institute of Transpersonal Psychology. Before joining JFCS, she worked as a clinical director at STE Consultants, providing applied behavior analysis to people with developmental disabilities.



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