

**GREATER
METROWEST
CARES**

**RESOURCE
GUIDE
OF
SERVICES**

for adults 60+
in the
Greater MetroWest
Community



Jewish Federation[®]
OF GREATER METROWEST NJ

GREATER METROWEST CARES

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For further information visit CARES at



or call (973) 929-3051

CARES is the department of Jewish Federation of Greater MetroWest NJ that focuses on caring for our community's older adults. By gathering information about needs and trends, CARES informs Federation's planning and allocations process. CARES also creates a network among 11 local partners that provides direct services to seniors and enhances those services.

The CARES member partners provide a wide range of services to address a variety of interests and needs. Together, they provide a continuum of care to help older community members handle physical, mental health, and spiritual concerns and provide social and vocational opportunities as well as housing and transportation.

This **Resource Guide** is designed to help you find the agencies that provide the services you may need throughout Greater MetroWest — Essex, Morris, Sussex, Union, and parts of Somerset counties.

Please contact the CARES partners directly for more information about the services they provide.

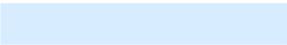
For more information about CARES visit www.jfedgmw.org or call (973) 929-3051.



A multi-faceted, state-of-the-art skilled nursing facility offering the most modern and comprehensive services available in a warm and caring environment. Newly renovated facility includes indoor lounge areas, outdoor multi-sensory gardens, synagogue with a rabbi, beauty parlor, gift shop, and coffee shop. Residents receive varied levels of health care as well as a full array of social, recreational, and spiritual programming ranging from chair yoga and horticulture to writing workshops and music appreciation.

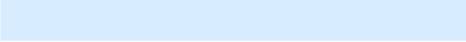
- Long-term skilled nursing
- Short-term/sub-acute rehabilitation
- State-certified Alzheimer's unit on the Healthcare Foundation of New Jersey's Special Care Unit
- Hospice & palliative care services
- Short-term respite stays

A nonprofit community transportation program that provides rides to senior citizens and adults with special needs, regardless of their ability to pay. Service is available in Essex and parts of Morris and Union counties.



Four-day-a-week senior adult recreation program including socialization, senior group exercise classes and intellectually stimulating programs, special entertainment, and day trips

- Transportation to JCC senior programs is available for most of Union County
- Subsidized hot kosher lunch program prepared in-house
- Active Adult Adventures including day trips, special entertainers and speakers, and other enrichment opportunities such as canasta, mah jongg, art and music appreciation, authors, and much more
- Spotlight Speaker Series offering evening lectures usually presented by authors or college professors
- Strength training, Friday morning walking club, pool, and specialized personal training for seniors



William Margulies Senior Center is a four-day-per-week program including a subsidized hot kosher lunch program and six satellite centers at local synagogues.

- Women at Leisure, Men at Leisure, and JETS at the Aidekman Jewish Community Campus in Whippany
- At Leisure Sundays for couples and others
- Life Long Learning university-level courses on topics including history, the arts, politics, and Jewish-related subjects
- Hot kosher lunch programs at the JCC in West Orange and at Village Apartments in South Orange
- Hot kosher meals-on-wheels for the homebound elderly
- Fitness classes and personal training tailored to older adults
- Volunteer opportunities throughout the community
- Day and overnight trips
- Littman Memory Center, a three-day per-week program for those with mild to moderate cognitive impairment — a place for educational, recreational, and social programs in a stimulating, safe and therapeutic environment
- Women Insync — for JCC fitness members who are recent retirees or empty nesters

Recreation program includes a subsidized hot, glatt kosher lunch program

- Van transportation to Y programs as needed
- Programming for every interest including art, exercise, swimming, college classes, AARP 55 Alive driving class, concerts, lectures, Sunday events
- Life Long Learning university-level courses sponsored through Union County College
- Weekly Biblical literature class
- Weekly therapeutic exercise class
- Monthly celebrations of Jewish and secular events featuring dinners and entertainment
- Trips throughout the year, including subscription to NJPAC Thursday Concert Series, sculpture garden, boat rides, discount shopping malls, and NJ shore
- Fitness center and personal training



A program enabling adults with learning and developmental disabilities to achieve their full potential and lead independent lives. As clients age, services are adapted to meet their changing needs.

- Prepare clients for independent living, competitive employment, and volunteer opportunities
- Day program for clients who are unemployed and/or retired
- Recreation and social and cultural activities customized to client's interests
- Fitness training in a state-of-the-art, fully accessible center
- Nutrition groups focusing on meal planning and healthy eating
- Entitlement coordinator assists with access to government benefits





Greater MetroWest's central agency for the development, ownership, and management of housing with services for adults age 62 or older. JCHC offers the independent Jewish elderly a choice of housing that meets their needs for space, comfort, and modest assistance in a positive, nurturing, and enriching Jewish environment.

- 435 units of housing, including independent and assisted living options and memory care at four buildings in Morris and Essex County
- Kosher food program for residents and kosher nutrition site open to income-eligible individuals living in the community
- Full range of social programs and recreational activities
- Transportation for shopping, museums, shows, and other attractions
- State program available at two JCHC buildings which subsidizes frail, elderly individuals requiring assistance with housekeeping, personal care, shopping, and meals in order to maintain an independent lifestyle
- Collaboration with fellow agencies to provide additional services for residents, including medical care
- Religious services, educational programs, and counseling provided through the Joint Chaplaincy Committee of Greater MetroWest

JEWISH FAMILY SERVICES

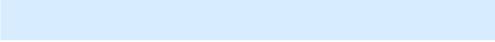
The two Jewish Family Service agencies in Greater MetroWest offer a range of client-centered health and social services addressing mental health needs to enhance the independence and well-being of adults and their families throughout all stages of life. More specifically, compassionate services are available to assist older adults and their families in coping with the complexities of the aging process, including coordination of care to enhance their ability to age in place. Services and programs for older adults and their families are delivered by a dedicated staff of licensed clinical social workers specializing in the field of geriatrics. Depending on income, services are free of charge or fee for service.



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- Alzheimer's and related dementias program
 - Career counseling
 - Caregiver support
 - Certified home health aide and homemakers under registered nurse supervision
 - Door-to-door escorted transportation
 - Friend Advocate Program
 - In-home community health nursing and case management
 - In-home social work counseling and case management
 - In-office counseling
 - Kosher food pantry and urban vegetable garden
 - Kosher meals on wheels
 - Services for Holocaust survivors and Café Europa
 - Social day care for individuals with Alzheimer's disease/dementia

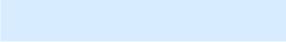
- Geriatric assessments
- Counseling
- Geriatric case management
- Community education
- Café Europa: the MetroWest Holocaust Survivor Friendship Society
- Holocaust survivor support services
- Friend Advocate Program
- HouseCalls — social work services with medical support services
- Caregiver support services
- Emergency financial assistance
- SHIP Medicare counseling
- RSVP of Essex and Hudson Counties — volunteer opportunities for 55+





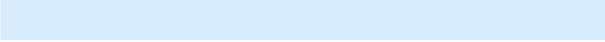
A program providing kosher supportive residential services to individuals with developmental disabilities who require assistance and support in order to live in the community. JSDD strives to maximize the potential of individuals with developmental disabilities and promotes opportunities for their integration into the Jewish and general communities. As clients age, services are adapted to meet their changing needs.

- Supervised, supportive residential services, including medical case management and opportunities to remain engaged and connected to the community
- Enrichment and continuing education opportunities in a range of areas that include wellness (yoga, Pilates, meditation, nutrition), the arts (painting, creative writing, poetry, film appreciation, photography), Jewish education, and other areas of life enrichment



The Ronald I. Coun Center for Creative Maturity offers an array of vocational, social, and health-related services for the mature adult.

- Licensed and nurse-supervised non-medical home care services provided by certified home health aides and companions for seniors and disabled adults (in partnership with JEVS at Home)
- Pre-Placement & Supported Employment—job placement services for unemployed and underemployed individuals aged 45-85+
- Career Discovery Program—vocational rehabilitation, case management, specialized health-related services, social supports, and skills training for people with disabilities 55+
- Citizenship instruction for older refugees and immigrants
- Home Maintenance Solutions—basic home repair and maintenance services including grab bar installation and minor safety modifications for seniors and disabled adults
- Work Activity Center at Daughter of Israel—vocational rehabilitation and social supports for residents and day program participants

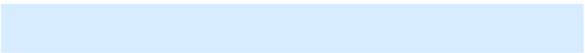


Professional, trained chaplains visit Jewish individuals, offering them and their families pastoral and spiritual care and guidance.

- Pastoral and spiritual care to older adults at home and in hospitals, nursing homes, senior residences, hospices, county mental health facilities, group homes for people with developmental disabilities, and rehabilitation and assisted-living facilities
- Religious services and Jewish programming when appropriate
- Joint Chaplaincy Committee of Greater MetroWest serves as a referral for chaplaincy services nationwide

is the department of Jewish Federation of Greater MetroWest NJ whose mission is to create and maintain a community in which we all will want to age. CARES is proud to collaborate with its partner agencies and departments serving older adults and their families.

For further information visit CARES at



or call (973) 929-3051



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