

GREATER METROWEST CARES RESOURCE GUIDE OF SERVICES

*for adults 60+ in the
Greater MetroWest
Community*



Jewish Federation[®]
OF GREATER METROWEST NJ

GREATER METROWEST CARES MEMBERS

(listed alphabetically)

Daughters of Israel	p. 3
MetroTransport	p. 3
Jewish Community Centers/Y	p. 4
JCC of Central NJ	p. 4
JCC MetroWest	p. 5
YM-YWHA of Union Cty	p. 6
JESPY House	p. 7
Jewish Community Housing Corporation	p. 8
Jewish Family Service	p. 9
Jewish Family Service of Central NJ	p. 9
Jewish Family Service of MetroWest	p. 10
Jewish Service for the Developmentally Disabled	p. 11
Jewish Vocational Service	p. 12
Joint Chaplaincy Committee of Greater MetroWest	p. 13

For more information, contact
Greater MetroWest CARES,
(973) 929-3051 or www.jfedgmw.org/cares

What is Greater MetroWest CARES?

CARES is a collaboration of Jewish Federation of Greater MetroWest NJ (Federation) and its partners to create a continuum of care for adults 60+ in response to a broad range of concerns, including physical and mental health care, spiritual health and well-being, social and vocational services, and transportation and housing needs.

The mission of CARES is to bring together agency and Federation professionals and community leaders to leverage resources and strengthen the community's capacity to deliver services to mature adults. CARES seeks to foster older adults' independence, reinforce their community involvement, and ensure their dignity. CARES also provides leadership on eldercare issues by identifying trends to meet the emerging needs of the Greater MetroWest community, promoting advocacy, facilitating aging in place, and encouraging support for family caregivers.

Who does CARES serve?

CARES serves adults 60+ (and the people who care about them) who range from vital to frail, those living independently or in supportive residential settings, and targeted populations.

Where does CARES provide services?

Services are provided in Essex, Morris, Sussex, Union, and parts of Somerset counties.

Daughters of Israel (DOI)
1155 Pleasant Valley Way
West Orange
(973) 731-5100
www.daughtersofisrael.org

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 full-time 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

MetroTransport (973) 325-1359

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.

Jewish Community Centers/Y

Recreational, cultural, fitness, and educational opportunities are offered for adults 60+ to strengthen their bodies, expand their minds, and encourage socialization.

JCC of Central New Jersey (JCC Central)

1391 Martine Avenue, Scotch Plains

(908) 889-8800

www.jccnj.org

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 jong, 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

JCC MetroWest

760 Northfield Avenue, West Orange

(973) 530-3400

www.jccmetrowest.org

William Margulies Senior Center, a 4 day per week program including a subsidized hot kosher lunch program and 6 satellite centers at local synagogues

Women, Men, and Couples at Leisure groups meeting at the Aidekman Campus in Whippany

Together at Leisure for unattached, active seniors

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

Memory Center, a 3 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

YM-YWHA of Union County

501 Green Lane, Union

(908) 289-8112

www.uniony.org

Recreation program including 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, NJ shore

Fitness Center and personal training

JESPY House

102 Prospect Street, South Orange

(973) 762-6909

www.jespyhouse.org

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 consumer's interest

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

Jewish Community Housing Corporation (JCHC)

760 Northfield Road, West Orange

(973) 731-2020

www.jchcorp.org

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 Service

A range of client-centered health and social services addressing mental health needs are offered 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.

Jewish Family Service (JFS) of Central NJ

655 Westfield Avenue, Elizabeth

(908) 352-8375

www.jfscentralnj.org

Alzheimer's and related dementias program

Care Transitions Program

Caregiver support

Certified home health aide and homemakers under Registered Nurse supervision

Counseling

Door-to-door escorted transportation

Friend Advocate Program

In-home community health nursing and case management

In-home social work counseling and case management

Kosher food pantry and urban vegetable garden

Kosher meals on wheels

Services for Holocaust survivors and Café Europa

Jewish Family Service (JFS) of MetroWest
256 Columbia Tpk., Florham Park
(973) 765-9050
www.jfsmetrowest.org

Elderlink: eldercare information and referral service

Geriatric assessments

Counseling

Geriatric case management

Community education

Café Europa: the MetroWest Holocaust Survivor Friendship Society

Holocaust survivor support services

Hudson County kosher lunch program

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+

Jewish Service for the Developmentally Disabled (JSDD)

**270 Pleasant Valley Way, West Orange
(973) 272-7148
www.jsddmetrowest.org**

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

**Jewish Vocational Service of MetroWest
(JVS)**
(973) 674-6330
www.jvsnj.org

Corporate & Administrative Services:
354 Eisenhower Parkway, Livingston

Other offices:
7 Glenwood Avenue, East Orange
901 Route 10, Whippany

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

JVS in partnership with JEVS at Home: licensed and nurse supervised non-medical home care services provided by Certified Home Health Aides and companions for seniors and disabled adults

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

Joint Chaplaincy Committee of Greater MetroWest

901 Route 10, Whippany

(973) 929-3168

casekoff@jfedgmw.org

www.jfedgmw.org/chaplaincy

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, 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

Greater MetroWest CARES

is the department of Jewish Federation of Greater MetroWest NJ whose mission is to create and maintain a community in which adults 60+ live and thrive. CARES is proud to collaborate with its partner agencies and departments serving older adults and their families.

For further information,
please visit the CARES webpage at
www.jfedgmw.org/cares
or call 973-929-3051.



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