

WINTER 2018



Welcome

Welcome to the inaugural issue of *Ha Keshet*. This periodic newsletter will provide you with useful information about resources that our Greater MetroWest Jewish community offers to older adults and to those who care about them.

This issue will focus on Greater MetroWest programs for individuals with memory loss and cognitive impairment, which are painful realities for many members of our community. Greater MetroWest CARES recognizes that these conditions present difficult challenges both for the affected individual and for that person's family and caregivers. In this issue, we feature supports available through the CARES constituent agencies.

What is CARES?

Greater MetroWest CARES (Committee Addressing Resources to Engage Seniors) is the department of Jewish Federation of Greater MetroWest NJ that is charged with addressing the broad range of needs and interests of our community's older adults. As is well-known, our community is aging, and the very existence of CARES indicates that Federation endorses practical ways to fulfill the mitzvah to honor parents and the elderly.

CARES recognizes that the definitions of "older adults" and "seniors" are not universally agreed upon and that our aging community has diverse needs and interests. In fact, the term "older adults" might be used to refer to two generations; it might include both a 65-year-old "baby boomer" who is seeking new volunteer or travel opportunities as he starts to have more free time and it might include the boomer's 90-year-old mother who receives meals-on-wheels and the assistance of a home health aide. An individual with special needs who could benefit from a creative day program, a Holocaust survivor

seeking information about the benefits to which he is entitled and a daughter becoming a caregiver to her aging parents *all* may require a variety of *different* resources.

CARES acts as Federation's point of contact with the community for all things senior-related and as an advocate for seniors and those who care about them. By staying attuned to current trends and community needs, CARES also helps to inform Federation's planning process. CARES's effectiveness is derived in large measure from its structure as a collaborative network of professionals and lay leaders from 11 Federation partners that serve older adults.

Visit www.jfedgmw.org/cares for more information about CARES and a complete list and descriptions of the agencies in our Greater MetroWest community. For further information about any of the agencies, you can contact them directly.

Programs for Individuals with Cognitive Impairments

DAY PROGRAMS

JCC MetroWest Jonathan and Nancy Littman Memory Center

The Jonathan and Nancy Littman Memory Center is a new and innovative program serving adults who have mild to moderate cognitive impairment. The program is designed to enhance the physical, cognitive, and social well-being of each participant while providing a safe and stimulating environment. It serves clients who: can no longer structure daily activities, cannot be left alone, are looking to enhance cognitive skills, want to socialize with others who have similar needs, and/or want to improve their self-esteem. The Memory Center recognizes the needs of caregivers by providing respite, guidance, and assurance that they are not alone. For more information <http://jccmetrowest.org/adult-enrichment/memory-center/>

The facility is open Mondays, Tuesdays, and Thursdays from 9:30 a.m. to 3:30 p.m. Participants can come any or all days. Social workers from Jewish Family Services are available to provide individual and group counseling and referral to community resources as needed. The center was established with additional generous support from The Healthcare Foundation of New Jersey. For more information, please call Bonnie Schechter at JCC Memory Center, 760 Northfield Ave., West Orange, NJ 07052; (973) 530-3491.

Jewish Community Housing Corporation

Lester Senior Housing Community's new Memory Care Suite offers a "Friends & Neighbors Program" for cognitively impaired individuals who live at home. The program runs Monday through Friday from 10 a.m. to 3 p.m. and includes individualized and group activities and a kosher lunch and snacks. For more information, please contact David Rozen at (973) 929-2725 or DavidR@jchcorp.org.

RESIDENTIAL PROGRAMS

Jewish Community Housing Corporation

With aging often comes memory loss, which requires specialized care as the condition progresses. The Lester Senior Housing Community's new Memory Care Suite offers compassionate, person-centered care for adults ages 62 and older with dementia-related diagnoses. The carefully designed floor provides for residents' comfort in an intimate, supportive environment, and caregivers have been specially trained through Comfort Matters, a nationally recognized best practices accreditation process. Its approach emphasizes individualized care plans that focus on each person's wellness of mind, body, and soul, and fosters family and social connections that enhance residents' overall health and well-being. A centrally located care manager station and an elopement prevention monitoring system maintain the utmost safety and security. For more information about Memory Care at Lester Senior Housing, please contact David Rozen at (973) 929-2725 or DavidR@jchcorp.org.

Daughters of Israel

Daughters of Israel's Healthcare Foundation of NJ Special Care Unit (SCU) at Barnhard Pavilion is a state-certified Alzheimer's Unit offering a range of stimulating and creative activities for the residents in this unit. One of the latest innovative programs is "Companion Pets," in which SCU residents enjoy interacting with life-like, interactive cats and dogs manufactured by Hasbro. SCU residents also enjoy a comprehensive art series. Both programs are made possible by the Frances Davis Fund. One long-standing and award-winning program on the SCU is "Music and Memory," which utilizes highly personalized music as a form of both therapy and enjoyment. For more information on the SCU at Daughters of Israel, please contact Admissions Director Adena Twersky at (973) 400-3307 or atwersky@daughtersofisrael.org.

SUPPORT FOR FAMILIES

Support for families facing the challenges of Alzheimer's Disease and other forms of dementia is provided by GMW's two Jewish Family Service agencies: Jewish Family Service of MetroWest (973-765-9050; www.jfsmetrowest.org) and Jewish Family Service of Central NJ (908-352-8375; www.jfscentralnj.org).

RESPIRE CARE

Lester Senior Housing Community's new Memory Care Suite offers respite stays of 10 to 60 days. For further information, please contact David Rozen at 973-929-2725 or DavidR@jchcorp.org.