



Welcome

This periodic newsletter will provide you with useful information about resources our Greater MetroWest Jewish community offers to older adults and to those who care about them. **In this issue, we feature arts programs at the CARES constituent agencies.**

What is CARES?

Greater MetroWest CARES 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. It is well known that 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 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. To reach CARES, call (973) 929-3051 or email mmarlowe@jfedgmw.org.

The Arts at CARES Agencies

It's relaxing... It provides an outlet for expressing emotions... It can bring people together and decrease isolation... It stimulates the brain... It's simply fun! All of the above are answers to the question: What are some common-sense reasons to participate in the arts?

We often hear about the psychological, emotional, and health benefits of participating in the arts, particularly for older adults. Here in Greater MetroWest, there is a surprisingly wide variety of arts programs at the CARES constituent agencies. Here are a few examples:

Drop-in Programs

The JCC of Central NJ in Scotch Plains offers senior adult art classes that enrich the soul, help students to develop their inner creativity, improve hand dexterity, and foster new friendships. These art classes are designed exclusively for seniors. In addition, these classes provide opportunities for individual recognition, something that seniors may not often receive, and participation in the Union County Senior Art Show has become a highlight. The classes are offered at a senior discount price and transportation is available. Classes include: Introduction to Crafts, Mosaics and Mixed Media Jewelry, and Art Appreciation. The Crafts and Mosaics classes are made possible through a John H. Van Winkle Foundation grant and the Art Appreciation programs are sponsored by the Westfield Foundation. The JCC of CNJ also offers **music programs** for seniors. These include a monthly high-level series, *From Bach to Sinatra*, taught by Thomas Elefant, an educator, musician and conductor, which is sponsored by Elinor Goldman in memory of her late husband Leonard Goldman. Another favorite is *Musical Theater and Film* with Professor John Kendrick who takes participants behind the scenes of productions and into the lives of celebrities. For more information, including detailed descriptions of the classes, visit www.jccnj.org. To make reservations or to be added to the mailing list, email arivlin@jccnj.org or call (908) 889-8800 ext. 260. For questions, call Barbara Weisbart, Adult Enrichment Director, at (908) 889-8800 ext. 207.

The **JCC MetroWest** in West Orange provides cultural, educational, and recreational activities. In addition to the weekly entertainment in the JCC MetroWest's senior center, several times a year it presents top-quality music programs in the state-of-the-art Maurice Levin Theater. Additionally, JCC MetroWest presents the New Jersey Jewish Film Festival, which is one of the premier Jewish cultural events in the state and screens award-winning premieres and first-run Israeli, American, and international films of Jewish interest, followed by thought provoking post-screening discussions. In addition to this springtime festival, there are film programs throughout the year, such as the Reel Film Series class and Extra! screenings and receptions. JCC MetroWest also offers day and overnight trips of cultural interest. For further information, visit www.jccmetrowest.org or call (973) 530-3400.

Jewish Family Service of Central NJ (JFS CNJ), whose main office is located in Elizabeth, offers two programs that utilize music in innovative ways to benefit those with dementia. The *Music and Memory Program* uses music to tap into memories not lost to dementia. The brain is wired to connect music to long-term memories. When these memories are recalled through favorite musical pieces, individuals with dementia are "brought back to life," allowing them to feel like themselves again and to socialize and stay in the present. With guidance from a caregiver, JFS CNJ volunteers load iPods with music that is meaningful to each participant. At the *Memory Café*, individuals with dementia and their caregivers enjoy lunch and musical entertainment free of charge. The program provides an opportunity to socialize without feeling judged or embarrassed by some of the behaviors caused by dementia. Each Memory Café is facilitated by a social worker with assistance from a registered nurse and community volunteers. JFS CNJ provides two Memory Café programs each month – one at its main office in Elizabeth and one at the Lavy House in Westfield. For further information, visit www.jfscentralnj.org or call (908) 352-8375.

The **YM-YWHA of Union County** in Union offers a class in pastels through its Senior & Adult Department to which many of the students return year after year to increase their expertise as artists. An annual highlight of the class is the students' participation in the Union County Senior Citizens Art Exhibit at Liberty Hall. The class is free to members and open to all at a nominal charge. For further information, visit www.uniony.org or call (908) 289-8112.

Residential Programs

Daughters of Israel in West Orange is a multi-faceted nursing facility. Its Frances Davis Fund has made possible exciting new programming for residents, including a comprehensive art series. Residents have been able to participate in Sip 'n' Paint, Art of the Masters, and Creative Clay, which are all interactive and guided by professional instructors. The resulting creations have brought much enthusiasm. For further information, visit www.daughtersofisrael.org or call (973) 731-5100.



Pictured: Gertrude Carrington putting the final touches on her ladybug, part of the Creative Clay program at Daughters of Israel.

Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC), which provides independent, assisted living and memory care options in four buildings in Essex and Morris Counties, offers its residents many avenues for creative expression. Facilitated by the non-profit organization ARTS by the People, the classes offer seniors opportunities to write poetry or memoirs, compose original songs, dabble in the fine arts, and learn flower arranging or create floral art pieces. In addition to hands-on classes in horticulture, performing, and fine arts, JCHC residents also enjoy art and music lectures and live music programs by local performers. Last year, a group of memoir writers at the Lester Senior Housing Community in Whippany collaborated with animation students at Holon Institute in Tel Aviv who transformed their written works into multi-media short films, which premiered at the annual Animix Festival at the Cinemateque Theatre in Tel Aviv and were shown locally. For further information, visit www.jchcorp.org or call (973) 731-2020.

Programs for Adults with Disabilities

JESPY House in South Orange supports adults with intellectual and developmental disabilities, allowing them to achieve their full potential and lead independent lives. Its Social Wellness & Expressive Arts program provides JESPY clients with a range of activities that promote health, encourage self-expression and boost self-confidence. Offerings include knitting, poetry, photography, art, "Zentangle," healthy cooking, theater, Zumba, yoga, meditation, book clubs, music composition and technology, the JESPY Band, and gardening. Gardening is especially popular among JESPY's older clients. Clients join in planning the garden, germinating seeds, and caring for the blossoming flowers, herbs, and vegetables. Gardening has also allowed clients to create saleable items such as natural insect repellents and decorative pots of plants, which they enjoy selling at the South Orange Farmer's Market. For further information, visit www.jespyhouse.org or call (973) 762-6909.



Jewish Service for the Developmentally Disabled (JSDD) serves adults with developmental disabilities Monday through Friday, 12 months

a year, at its WAE (Wellness, Arts, Enrichment) Center in West Orange. This program boasts a professional staff of facilitators consisting of visual artists, photographers, writers, yoga and meditation practitioners, musicians, actors, an audio/visual specialist, an occupational therapist, a nutrition coach and chaplain. Student interns and volunteers augment this diverse, creative mix of specialists who inspire members through their passion for their work. The WAE Center assists its members in discovering what they wish to learn and explore and, as clients age, services are adapted to meet their changing needs. For further information, visit www.jsddmetrowest.org or call (973) 272-7148.

Greater MetroWest CARES is chaired by Amy Ganz Sadeghi.

For more information about CARES, please contact CARES Coordinator Marian Marlowe at mmarlowe@jfedgmw.org or (973) 929-3051.