



## Welcome

This periodic newsletter provides information about resources that our Greater MetroWest Jewish community offers to older adults and to those who care about them. **In this issue, we feature programs that provide support for caregivers and/or respite from their responsibilities.** (Previous editions have focused on memory care and arts programs for seniors provided by the CARES 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. 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. [more](#)



Visit [www.jfedgmw.org/cares](http://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.

## Being a Caregiver

Along with one's own changing and often increasing needs, aging often brings new challenges for the caregiver. Many older adults take on new responsibilities as they care for a spouse, just as adult children assume new roles as they provide help to their parents. Caregiving takes many forms and may present physical, emotional, and financial demands. For many caregivers, these demands can be weighty.

Here in Greater MetroWest, several of the CARES agencies provide support for caregivers. Let's take a look at some of these programs.

**Jewish Family Service of Central NJ (JFS CNJ)**, whose main office is located in Elizabeth, runs a variety of programs for caregivers, including programs for caregivers of Holocaust survivors through its grant from the Jewish Federations of North America Center for Advancing Holocaust Survivor Care and programs for caregivers of clients with Alzheimer's and related dementias. [more](#)

**Jewish Family Service of MetroWest (JFS MW)**, whose main office is located in Florham Park, provides a free telephone and online caregiving support program, CARE Consultation, to those living in or caring for someone who lives in Morris, Essex, or Sussex counties. Care Consultation is for those caring for a loved one 55 or older and, if appropriate, the care recipient. [more](#)

**JCC MetroWest (JCC MW)**, located in West Orange, provides two opportunities for respite, one of which has caregiver support built into the program. [more](#)

**Jewish Community Housing Corporation (JCHC)** offers short-term assisted living respite stays at its Judy & Josh Weston Assisted Living Residence in Lester Senior Living in Whippany. It also provides short-term respite stays in its Memory Care Suite (located in the Judy & Josh Weston Assisted Living Residence) for older adults with dementia-related diagnoses. Seniors with memory disorders enjoy the safety, security, and warmth of a home-away-from-home with personalized attention from specially trained caregivers who support each resident's needs. [more](#)

**Daughters of Israel (DOI)**, located in West Orange, is a multi-faceted nursing facility. Its Family Council provides an array of educational programming and support services for caregivers. Some of the annual programs sponsored by Family Council include the NJ Mental Health Players, who portray scenarios of typical situations faced by caregivers; an open forum on enhancing communication between nursing staff and families; and Medicaid guidance seminars. [more](#)



**NJ Mental Health Players' interactive seminar on "Dealing with Guilt" at Daughters of Israel**

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

[Click here](#) to view previous CARES e-newsletters

*Greater MetroWest CARES is chaired by Amy Ganz Sadeghi.*

**Building an inclusive community is a priority. Contact us and we will make every effort to meet your needs**



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