

# Seniors at Home

A program of the  
Joint Chaplaincy Committee

## What we do

**"Your kindness allows me to go on living."**

- Homebound senior and Shoah Survivor,  
visited by a Seniors at Home Chaplain



### **Decrease feeling of isolation among homebound seniors**

By making frequent calls and visits to homebound seniors in Greater MetroWest NJ, our Chaplains establish positive relationships with the seniors. The Chaplains serve as a supportive presence, actively listen to the seniors, and provide opportunities for meaningful conversations. In 2017, the program added a second chaplain due to increased demand and desire for this service.



### **Create and deepen a sense of belonging to a caring Jewish community**

When visiting, our Chaplains create a sacred space in which the senior feels safe and cared about. When appropriate, our Chaplains act as a resource about Jewish ritual, tradition, spirituality, and values. We want seniors to feel comfortable deepening their connection to Jewish tradition and spirituality and engaging in life review.



### **Inform and inspire the community**

The program's staff and Chaplains make GMW agencies, congregational rabbis and other synagogue staff, as well as members of the community, aware of the service provided by this program. As others learn of our model, it is our duty to share information so that the program serves as an inspiration to anyone looking to "create a caring community together".



How much we do



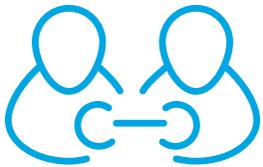
507

phone calls made to homebound seniors



The phone calls seniors received at holiday times (Rosh Hashanah, Hanukkah and Passover) were often their only contact with a rabbi during these holidays.

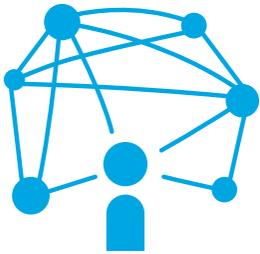
**Oh! I need you! (exclaiming immediately upon hearing it was the Chaplain on the phone)** - a homebound senior in GMW NJ



224

visits to homebound seniors in Greater MetroWest NJ. 77 distinct people were visited.

**"I wish you could come every day."** - a homebound senior in GMW NJ



13+

instances to inform & inspire the community.

It could be argued every encounter informs the community. Here are examples of specific, intentional instances.



Featured on NPR Weekend Edition. Reached millions nationally.

3

National conferences attended by Chaplains (OHALAH, CLAL, CCAR))

5

Interactions in community at which represented GMW (workshop on suicide, JCC, visit to Hoboken Synagogue, Kallah of the Reform Rabbis of NJ and the West Hudson Valley, B'nai Brith Housing)

5

Workshops to professionals and seniors at GMW Agencies (JFS Central NJ, JFS MetroWest NJ, JCHC, JCC Central)

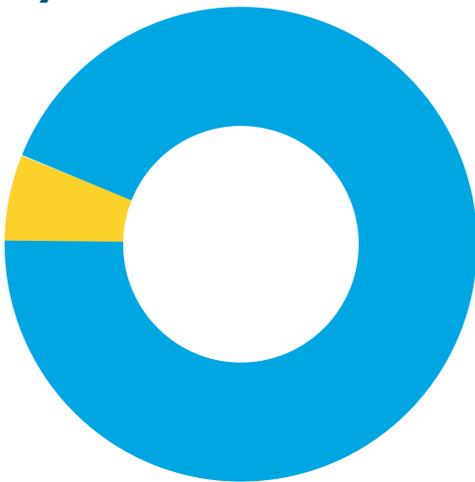
**"If only I heard this before my mother-in-law died. It could have been so different."**

- an attendee at a presentation at JFS given by our Chaplain on death and dying



## How well we do it

### Seniors want the Chaplains to return (again and again)...



**94% of visits are repeat visits.**

14 seniors over this time period have opted out or are no longer participating. Of those who have discontinued, it is largely because they have passed away.

**...and they find meaning in the visits.**

**"Your coming here is such a mitzvah."**  
- Homebound senior to the Chaplain



**~84% of seniors engage in life review with the Chaplain.**

But some especially appreciate they don't "come on with religion."

### Greater MetroWest agencies refer more than synagogues.

# of referrals by...

GMW Agencies



Rabbis & Synagogue Staff





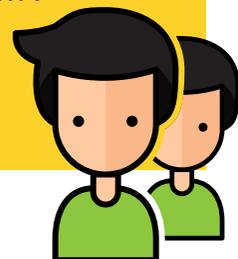
## Is anyone better off?

### Seniors feel understood...

"There's no one who understands me like you. I can talk to my aides and my children, but not like this."

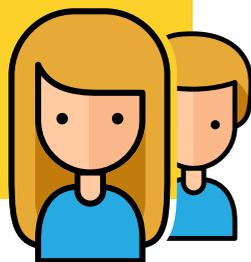


"Nobody understands. You made me feel better just talking to you. You're the only sane person I can talk to about this."



### ...And cared for by the Jewish Community.

"You're just so wonderful. You're so real. I was hoping you would call and come visit. Sometimes God really does listen.  
If it wasn't for the Jewish community, I don't know what I would do."



"Who can I talk to? You're Jewish: You understand."



### Seniors' caregivers appreciate this service.

"Thank you so much. You truly lift their spirits."





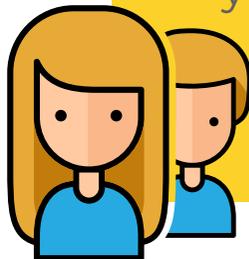
## Who are the key players?

### Seniors at Home Partners

- ★ Area healthcare chaplains
- ★ Area synagogues
- ★ Jewish Family Services of Central NJ
- ★ Jewish Family Services MetroWest
- ★ Jewish Federation of Greater MetroWest NJ

"Is there a way to dedicate a donation to the Jewish Federation to the work that you do?"

- Family member of homebound senior





## How much does Seniors at Home cost?

**= \$35,499 per year**

**- 2 chaplains at 30 combined hours per week**

From 2013 through June 2017, the program was grant funded (Wallerstein Fund, Grotta Fund for Senior Care & The Jewish Community Foundation).

As on July 1, 2016 the Joint Chaplaincy Committee became a department of Jewish Federation of Greater MetroWest. As of July 1, 2017, the Seniors at Home program is funded through the Joint Chaplaincy core budget.

## Looking Ahead

### Areas in which Seniors at Home plans further work in the year ahead:

- ★ Increase portfolio of chaplains in more Jewishly isolated locations.