

Federation's

JEWISH COMMUNITY

RESOURCE GUIDE



CONNECTING YOU TO
GREATER METROWEST



Jewish Federation[®]
OF GREATER METROWEST NJ

We Care. We Build. We Save.

TOUCHING MORE LIVES EVERY DAY

This guide is your one-stop resource for all the services that Jewish Federation of Greater MetroWest NJ helps provide to members of our community together with our many partner agencies.

Whether you are looking to get more involved in your Jewish community, seek help during a time of personal crisis, build connections with Israel, deepen your Jewish identity, or find programs for the specific needs of you and your family, this guide will help you in your search.

Resource Guide

Contents

Help for People in CRISIS	3
Chaplaincy Services	5
Domestic Violence Support	5
Family Crisis Counseling and Support	3, 4
Loan Services	3
Vocational Services	4
Getting INVOLVED	6
Advocacy/Public Policy	6
Jewish Philanthropy	6, 7, 8
Volunteerism	6, 7
Connecting with ISRAEL	9
Israel Center	9
Missions	10
Getting a JEWISH EDUCATION	11
Adult Education	11
Holocaust Council	11
Jewish Day Schools	11
Living a JEWISH LIFE	13
Camps	15
Community Centers	13, 14
Families/Children	13-17
Health and Wellness	13-16
Jewish Educators	16
Jewish Historical Society	14
Missions	13
Synagogue Life	14
Teens	16
Young Leadership	17
Services for SENIORS and their Families	18
Assisted/Independent Housing	18, 19
At-Home Services	20
Chaplaincy Services	21
Community Centers	19
Eldercare Referral Service	18
Health/Social Services	19-21
Nursing Home/Rehabilitation	18
Transportation Services	21
Services for People with SPECIAL NEEDS	22

Help for People in CRISIS

HEBREW FREE LOAN OF NJ

Malkie Ratzker, (973) 637-1739

www.jfedgmw.org/hebrew-free-loan

Administered by JFS MetroWest, serves the community by helping Jews in need obtain confidential, interest-free loans. Loans are provided for many purposes and the amounts vary depending upon need. Examples of typical loans include medical expenses, debt consolidation, and starting or expanding a business. All calls are strictly confidential.

JEWISH FAMILY SERVICE OF CENTRAL NJ (JFS Central)

(908) 352-8375 • info@jfscentralnj.org

www.jfscentralnj.org

Provides a comprehensive array of quality health and social services to individuals, families, and children in need through the Wilf Center for Family and Children's Services, and for the elderly through the Harry and Jeanette Weinberg Center for Seniors. JFS is licensed as a homecare agency and as an outpatient mental health agency providing individual and family counseling in addition to being licensed to perform adoption home studies. JFS has an ongoing kosher food pantry, a Kosher Meals on Wheels program, and an urban community garden to provide supplemental nutritional staples for those in need.

Other services include support for individuals with special needs and their caregivers; individualized career coaching and related support groups; case management; information and referral for government entitlement programs; emergency financial assistance; care management for seniors; home health aide and homemaker services; nursing and social work consultation; Personal Care Transportation program; Friend Advocate program; Safety in the Home program; Holocaust Survivor Assistance program; monthly Café Europa social and cultural events; Caregivers at Home, a private homecare service; Alzheimers and dementia caregiver support program; and a new Retired Seniors Volunteer Program. JFS Central is a managed care provider for mental health services and has a sliding fee scale for those who are unable to pay the full fee. Offices are located in Elizabeth and Mountainside.

See page 20 for more information on programs for seniors and their families.

JEWISH FAMILY SERVICE OF METROWEST (JFS MetroWest)

**(973) 765-9050 • intake@jfsmetrowest.org
www.jfsmetrowest.org**

A comprehensive social service agency providing mental-health counseling and support services. For children and families, JFS MetroWest provides individual, couple, child and family counseling; play therapy; mom and baby groups; school- and synagogue-based social work services; family life education; and other assistance needed to support healthy families. Services for individuals with disabilities include support coordination, case management, and treatment for children on the autism spectrum. Bi-monthly Café Europa meetings provide a relaxed group where Holocaust survivors can participate in social and educational activities and develop supportive relationships. Individuals experiencing financial challenges can access assistance with entitlements and emergency safety net services.

See page 20 for more information on programs for seniors and their families.

JEWISH VOCATIONAL SERVICE OF METROWEST NJ (JVS)

Career Counseling and Placement Services

**Meryl Kanner, (973) 674-6330 ext. 271
mkanner@jvsnj.org • www.jvsnj.org**

Provides workshops, support groups, individualized career counseling, job search training, and job placement assistance to unemployed or unhappily employed individuals of all ages and employment backgrounds. Partners with 45 synagogues on a community-wide job bank and LinkedIn.com group (JVS MetroWest Synagogue Jobs Connection).

Scholarship Loan Program

**Lynne Robbins, (973) 674-6330 ext. 272,
lrobbins@jvsnj.org**

Provides interest-free, need-based loans for full-time college and graduate programs, and grants for medical education. Deadline mid-May.

Jewish Vocational Service Refugee Resettlement Program

**Lynn Hendershot, (973) 674-6330 ext. 231
lhendershot@jvsnj.org**

Provides services for Jewish émigrés from the Former Soviet Union and Iran, including assistance with the resettlement process, English as a Second Language (ESL) and citizenship classes, vocational counseling and job placement assistance, and help with the naturalization process.

Help for People in CRISIS (cont'd)

JOINT CHAPLAINCY COMMITTEE OF GREATER METROWEST

Cecille Asekoff, (973) 929-3168

casekoff@jfedgmw.org

www.jfedgmw.org/chaplaincy

Provides professionally trained Jewish chaplains to hospitals, nursing homes, hospice programs, seniors at home, senior residences, group homes for people with developmental disabilities, and other health-care facilities. Chaplains provide individuals, their families, and staff of the facilities with professional pastoral/spiritual care, chaplaincy services, and guidance, as well as Jewish programming when appropriate. Interagency and interstate referrals are provided as appropriate.

RACHEL COALITION

(973) 740-1233 • rachel@rachelcoalition.org

www.rachelcoalition.org

Provides counseling and legal assistance to victims of domestic violence and their children, as well as counseling to family members in high-conflict relationships. Services include 24-hour emergency response; availability of safe housing; individual, family, and group counseling; support groups; legal assistance; and volunteer opportunities. Rachel Coalition also provides education and support to the larger community through various initiatives. Rachel Coalition is a division of Jewish Family Service of MetroWest.

Getting INVOLVED

CENTER FOR VOLUNTEERISM

Lindsay Napchen, (973) 929-2948

lnapchen@jfedgmw.org

www.jfedgmw.org/volunteer

Provides information on volunteer opportunities throughout the Greater MetroWest community. Let us know what interests you, and we will put you in touch with local organizations that could use your help. We can also advise on mitzvah project options. In the summer, our Volunteer Boot Camp offers weekly opportunities for the whole family to help others.

COMMUNITY RELATIONS COMMITTEE OF GREATER METROWEST NJ (CRC)

Melanie Roth Gorelick, (973) 929-3087

mgorelick@jfedgmw.org • www.jfedgmw.org/crc

Stand up for Israel and advocate on behalf of the public policy agenda for local, state, and national issues. As the public affairs and policy arm of Federation, we focus on Israel and world affairs, government relations and public policy, and community-based initiatives.

- Advocate the views of the Jewish community to legislators and engage other constituencies, such as civic and interfaith leaders and other ethnic and cultural communities, on these matters.
- Inform the Greater MetroWest community on current events and mobilize participation in advocacy campaigns such as stopping Iran from having nuclear weapons, ending assaults on Israel's legitimacy, safeguarding the most vulnerable and those in need, and protecting the needs of Federation beneficiary agencies.
- Work actively with synagogues and provide multiple opportunities for involvement.

JEWISH COMMUNITY FOUNDATION OF GREATER METROWEST NJ (JCF)

(973) 929-3113 • jcf@jfedgmw.org

www.jcfmetrowest.org

As Federation's planned giving and endowment arm, JCF provides charitable gift planning services that help individuals and families fulfill their philanthropic goals and leave a lasting legacy for themselves and their community. JCF assists donors in designing efficient ways to manage their family's charitable giving utilizing Donor Advised Funds and Supporting Foundations. It offers

Getting INVOLVED (cont'd)

Charitable Gift Annuities, which create an income stream for donors while supporting the community, and works with donors to leverage assets with charitable intent via Charitable Remainder Trusts and other giving vehicles.

JCF assists Greater MetroWest agencies and synagogues in enriching their own planned giving programs, providing education, strategic planning assistance, and custody of their endowment funds. JCF manages Federation endowments for Lester Society, Annual Campaign Endowment, and Lion of Judah Endowment programs, as well as for its own MetroWest Tomorrow and Herskowitz Society.

JEWISH WOMEN'S FOUNDATION OF NEW JERSEY (JWF)

Susan Friedman, (973) 929-3005

sfriedman@jfedgmw.org • www.jwfnj.org

JWF provides our region's women with a powerful vehicle to engage in collective philanthropy, collaborative grant-making, and community education. JWF members pool their philanthropic dollars to strategically award grants that address areas of need and importance to all women and girls. By highlighting what have been considered "women's issues" — workplace concerns, work/life balance, self-esteem, education, family caregiving, and domestic violence — and moving them to the main stage, JWF members empower women and girls while improving the quality of life for the entire community.

THE RETIRED & SENIOR VOLUNTEER PROGRAM CENTER OF ESSEX AND HUDSON COUNTIES (RSVP)

Stephanie Grove, (973) 637-1766

sgrove@jfsmetrowest.org

www.jfsmetrowest.org/RSVP

The RSVP Center of Essex and Hudson Counties offers a diverse range of volunteer activities for individuals ages 55 and older. Volunteers can become a friendly visitor for homebound elderly, work in soup kitchens, help victims of domestic violence, and assist in disaster preparedness. The Center staff will suit the opportunity to the volunteer's interest. Become part of a nationwide effort, and at the same time, belong to a special community of volunteers. The Center is a program of Jewish Family Service of MetroWest and is supported by the federal Corporation for National & Community Service.

THE RETIRED SENIOR VOLUNTEER PROGRAM CENTER OF UNION COUNTY (RSVP)

Nathalie Garcia, (908) 352-8375

ngarcia@jfscentralnj.org

The RSVP Center of Union County offers a variety of volunteer opportunities for individuals ages 55 and older. Among the many available opportunities, JFS Central volunteers can tutor children; assist victims of natural disasters; recruit, manage, and train other volunteers; and assist with food pantries and soup kitchens. Volunteer stations include community gardens, food pantries, libraries, Family Success Centers, congregate nutrition centers, the Red Cross, and many more.

UNITED JEWISH APPEAL OF GREATER METROWEST NJ (UJA)

(973) 929-3000 • www.jfedgmw.org/uja

The annual UJA Campaign provides the unrestricted funding needed to answer the most pressing needs facing our community every day and as they arise. Thanks to community donors, UJA sustains critical services here, in Israel, and for Jews around the globe. By becoming involved and by giving to the annual campaign, you will improve Jewish lives by supporting eldercare, job counseling services, Jewish identity building programs, community building in Israel, and much more.

WOMEN'S PHILANTHROPY

Sarabeth Wizen • (973) 929-3040

swizen@jfedgmw.org • www.jfedgmw.org/wp

Engages Jewish women in dynamic social, educational, and networking programs that benefit their lives and others in Greater MetroWest, Israel, and overseas. The UJA Women's Campaign offers a variety of opportunities for participation and involvement.

YOUNG LEADERSHIP DIVISION

Opportunities for young Jewish adults ages 45 and under to get involved.

See page 17 for more information.

Connecting with ISRAEL

LEGOW FAMILY ISRAEL PROGRAM CENTER (IPC)

Justine Reuben, (973) 929-3054

israelprograms@jfedgmw.org

www.jfedgmw.org/israel

Facilitates programs that deepen the connection between Israel and the Jewish community of Greater MetroWest. IPC is served by professional staff and Israeli *shlichim* (emissaries), who bring positive awareness of Israel to the community by providing educational programs to synagogues and schools.

Emissaries are available to speak at your organization's program or event. Short- and long-term home hospitality opportunities are also available throughout the year. Community-wide events include the annual celebration of Yom Ha'atzmaut (Israel's Independence Day), commemoration of Yom HaZikaron (Israel's Memorial Day), and the Celebrate Israel Parade in New York City. IPC offers a variety of opportunities for travel to Israel. Programs include, but are not limited to:

Taglit-Birthright Israel: Free 10-day trips to Israel for young adults ages 18 to 26.

Diller Teen Fellows: Leadership development program for exceptional Jewish teens in grades 10 and 11.

Hosting Israeli Visitors, Delegations, and Young Emissaries: Connect and build relationships with Israelis from our partnership communities through home hospitality. Short- and long-term opportunities are available.

Masa: Semester, long-term, and volunteer programs in Israel for young adults ages 18 to 30.

MetroWest Negev Internship: Seven-week summer program for young adults ages 19 to 26. This innovative, challenging fellowship provides a comprehensive perspective on a variety of issues in today's Israeli society, with a focus on sustainable development in the Negev region.

Passport to Israel: Jewish high school students ages 14 to 18 are eligible to receive a grant of up to \$1,000 for travel to Israel on an educational peer group trip. Qualified programs include those organized by a synagogue, school, or youth group for a minimum of 10 days.

Peoplehood Project: A challenging two-year leadership program for adults interested in exploring their Jewish identity together with Israeli counterparts.

Peoplehood Next: Leadership program for adults involved in previous Peoplehood cohorts.

Volunteer in Israel: Opportunities for professional exchanges, English-speaking day camps, sports clinics, social-action projects, and more.

FEDERATION MISSIONS

Travel experiences to Israel and elsewhere.
See page 13 for more information.

JOINT CHAPLAINCY COMMITTEE OF GREATER METROWEST

Referrals to chaplaincy and spiritual care services in Israel.
See page 5 for more information.

Getting a JEWISH EDUCATION

CENTER FOR JEWISH LIFE

Rhonda Lillianthal, (973) 530-3519

rlillianthal@jccmetrowest.org

www.jccmetrowest.org/jewishlife

Features the Florence Melton School of Adult Jewish Learning, a Jewish literacy core curriculum for adults that incorporates Jewish history, philosophy, theology, lifecycle, and ritual. The Foundations of Jewish Family Living is a curriculum for parents bringing the Jewish conversation home to share with their children. Also offers numerous classes in Hebrew, Yiddish, Tanach, Jewish history, monthly Rosh Chodesh programs, the Amelia & Ephraim Hirschhorn Senior Adult Jewish Education Program, and more.

HOLOCAUST COUNCIL OF GREATER METROWEST

Barbara Wind, (973) 929-3066

bwind@jfedgmw.org

www.jfedgmw.org/holocaust

Provides Holocaust and genocide education to the general public and special target audiences through advocacy, programs, and trips to museums and other Shoah-related venues and events. Other offerings include Holocaust commemorations, interfaith outreach, conferences, exhibits, Real to Reel Holocaust Film Series, speakers bureau, Adopt a Survivor, b'nai mitzvah twinning, Lunch 'n Learn, and Bagels and Books.

JEWISH DAY SCHOOLS IN GREATER METROWEST

www.njdayschools.org

Golda Och Academy

(973) 602-3600 • www.goldaochacademy.org

Affiliated with the Conservative movement while welcoming students and families from a range of synagogue affiliations and Jewish expression, grades pre-K-12.

Gottesman RTW Academy (formerly Hebrew Academy of Morris County)

(973) 584-5530 • www.grtwacademy.org

A community day school that welcomes families from a wide range of Jewish backgrounds from early childhood (beginning 18 months) through grade 8. Accredited by the New Jersey Association of Independent Schools (NJ AIS).

Jewish Educational Center

(908) 355-4850 • www.thejec.org

A modern Torah college preparatory yeshiva, grades pre-K-12.

- **Yeshiva of Elizabeth (girls and boys elementary)**
- **Rav Teitz Mesivta Academy (boys gr. 6-12)**
- **Bruria High School for Girls (gr. 7-12)**
- **Arrowsmith Program** uses the science of neuroplasticity and cognitive exercise to address students with learning difficulties.
**Rabbi Eliyahu Teitz, edteitz@thejec.org.
www.arrowsmithschool.org**

Joseph Kushner Hebrew Academy/Rae Kushner Yeshiva High School

(862) 437-8000, www.jkha.org • www.rkyhs.org

A Modern Orthodox yeshiva, grades pre-K-12

- **SINAI Special Needs Institute**
The metropolitan area's only yeshiva elementary school program catering to children with developmental challenges, as well as Maor, Sinai's high school extension.

THE PARTNERSHIP FOR JEWISH LEARNING AND LIFE

Provides dozens of Jewish educational experiences for young people and their families.

See page 15 for more information.

Living a JEWISH LIFE

FEDERATION MISSIONS

Heidi Kuperman, (973) 929-3046

hkuperman@jfedgmw.org

www.jfedgmw.org/missions

Federation missions offer distinctive programming that builds bridges of understanding and connection, and gives you a heightened appreciation and connection to your Jewish identity. Explore the past, present, and future of the Jewish people in locations as diverse as Israel, Poland, Cuba, Argentina, Cherkassy, Italy, and Former Soviet Union. Subsidies are available for first-time mission participants through The Fried-Saginaw Family Mission Endowment Fund.

JCONNECTION

www.jfedgmw.org/jconnection

A hub for young Jewish families who wish to be more involved in our Jewish community. Offers year-round classes, social gatherings, and family-friendly events for children of all ages to create new entry points into the Jewish community.

Montclair Area

Leemor Ellman, (973) 929-2979

lellman@ThePartnershipNJ.org

Central NJ

Randi Zucker, (908) 889-8800 ext. 253

rzucker@jccnj.org

JEWISH COMMUNITY CENTER OF CENTRAL NJ (JCC Central)

(908) 889-8800 • www.jccnj.org

Offers hundreds of classes, events, and recreational and cultural programs for every age. Programs include preschool; full-day kindergarten; day, travel, and specialty summer camps; fitness and aquatics; teen leadership; active and senior adult services; afterschool care, infant and toddler classes; Jewish holiday celebrations; cultural arts and education programs; and much more. The JCC has a state-of-the-art fitness center with group exercise and spin studios, indoor and outdoor pools, an air-conditioned gymnasium, an art studio, a conference center, as well as a kosher café.

See page 19 for specific information on senior programming.

JEWISH COMMUNITY CENTER METROWEST/ LEON & TOBY COOPERMAN CAMPUS (JCC MetroWest)

(973) 530-3400 • www.jccmetrowest.org

The JCC Metrowest provides cultural, social, and educational experiences in addition to fitness and wellness programs. The JCC strives to enhance the mind, body, and spirit for all ages. Programs include the JCC Early Childhood Center; JCC summer camps including Camp Deeny Riback, pre-school camp, Exploration Camp, Triple Threat Theater Camp; Kids Club grade school afterschool program; aquatics; sports and recreation, fitness and wellness; The Gaelen Center for the Arts including fine arts; music; dance; theater; the Margulies Senior Center; the Center for Jewish Learning, religious celebrations, festivals and education; enrichment classes; Department for Special Needs and the Special Needs Teen Tracks Travel Camp.

See page 19 for specific information on senior programming.

JEWISH HISTORICAL SOCIETY OF NJ

Linda Forgosh, (973) 929-2994

lforgosh@jhsmw.org • www.jhsmw.org

Offers “On the Road” speakers bureau, traveling exhibitions, and public forums. Maintains a climate-controlled archive vault with 600 collections, including historic documents from institutions, volunteer organizations, social service agencies, synagogues, and private donors. There is a digital library housing thousands of photographs, numerous artifacts, oral histories, and memorabilia. Past issues of the *New Jersey Jewish News* and *The Jewish Chronicle* are on microfilm. Researchers and those interested in local and New Jersey Jewish history as it relates to Jewish life in Essex, Morris, Union, Sussex, and portions of Somerset counties can view the collections by visiting www.jhsmw.org. Tours of the archives are also available by appointment.

METROPASS

Aviva Roland, (973) 929-3179

metropass@jfedgmw.org

www.jfedgmw.org/metropass

Free High Holiday tickets for Rosh Hashanah and Yom Kippur services for those who are new to the Greater MetroWest community and who are not synagogue members. Contact us to apply or to find participating synagogues.

METROWEST JEWISH HEALTH AND HEALING CENTER

Rhonda Lillianthal, (973) 530-3519

rlillianthal@jccmetrowest.org

www.jccmetrowest.org/jewishlife

Works in partnership with Jewish Family Service of MetroWest to provide resources and programs designed from a Jewish perspective to enhance physical, emotional, and spiritual well-being.

NJY CAMPS

(973) 575-3333 (winter)

(570) 296-8596 (summer)

info@njycamps.org • www.njycamps.org

Offers a wide variety of Jewish overnight summer camp options for all ages and levels of religious observance, as well as specialty camps, programs for children with special needs, and family camp weekends.

THE PARTNERSHIP FOR JEWISH LEARNING AND LIFE

(973) 428-7400 • info@ThePartnershipNJ.org

www.ThePartnershipNJ.org

Greater MetroWest's Jewish identity-building organization with a mission to bring Jewish learning to life provides dozens of Jewish educational experiences for young people and their families from early childhood through the teenage years.

PJ Library®

Provides free, high-quality, age-appropriate Jewish books for young children ages 0 to 5. The Partnership brings PJ Library families with young children together through educational experiences and programs to inspire them on their Jewish journeys.

To subscribe, contact **Andrea Bergman, (973) 929-3128, abergman@ThePartnershipNJ.org,**

For information on community-wide programs and to connect with other families, please contact **Leemor Ellman, (973) 929-2979, lellman@ThePartnershipNJ.org.**

One Happy Camper NJ

Tracy Levine, (973) 929-2970

tracy@onehappycamperNJ.org

www.onehappycampernj.org

A free resource for families that connects children with the perfect overnight camp. With more than 150 camps — from traditional to every specialty imaginable — there is a Jewish camp for each and every child. First-time campers may be eligible for a \$1,000 grant. Information also available about Jewish day camps.

JTEEN

(Jewish Teen Educational Experiences Network)

Rabbi Shmuel Greene, (973) 929-2975

SGreene@ThePartnershipNJ.org

www.jteenmw.org

Offers many compelling social, educational, and service experiences for pre-teens and teens, including programs housed at synagogues.

Professional Development for Jewish Educators

Amy Dorsch, (973) 929-2980

adorsch@ThePartnershipNJ.org

Leemor Ellman, (973) 929-2979

lellman@ThePartnershipNJ.org

Provides preparation and ongoing professional development opportunities for all Jewish educators in all educational settings. Special education consultations are also available.

TUV HA'ARETZ (The Community Supported Agriculture Program at JCC MetroWest)

Rhonda Lillianthal, (973) 530-3519

rlillianthal@jccmetrowest.org

www.jccmetrowest.org/jewishlife

Tuv Ha'Aretz (Good For/From the Land) members buy shares in a local farm and get weekly deliveries of healthy, local, mostly organic produce at competitive prices while supporting local farmers, building community, and expanding our understanding of what it means for food to be kosher — not only fit for us, but fit for the earth as well. Food is delivered to the JCC once a week, July through September.

YM-YWHA OF UNION COUNTY

Jackie Baranoff, (908) 289-8112

jackieb@uniony.org • www.uniony.org

Provides area residents with a range of services spanning the social, cultural, educational, and recreational spectrum. The licensed Early Childhood Center accommodates children ages 6 weeks through kindergarten. There is an afterschool program, vacation program, senior program, and a day camp that houses close to 500 children each summer. The Y boasts a large

Living a JEWISH life (cont'd)

recreation area, picnic area, and campgrounds; state-of-the-art fitness center; dance studio; full-service health club; full-size gym; Olympic-size indoor heated pool and private outdoor pool. Special events, programs, and classes year round are offered in a warm, friendly, and congenial atmosphere. The Y is Glatt kosher and closed on Shabbat and all Jewish holidays.

YOUNG LEADERSHIP DIVISION (YLD)

Lindsay Napchen, (973) 929-2948

lnapchen@jfedgmw.org • www.jfedgmw.org/yld

Provides opportunities for young Jewish adults ages 45 and under to meet new people and network, support Israel, and involve their families in Jewish life locally and around the world. Find your fit in our community throughout the year with our special interest groups. Volunteer with YLD while learning about our local agencies, join us for family programming, and connect to other Jews in the broader community. Take advantage of leadership development opportunities and community resources.

Services for **SENIORS** and Their Families

GREATER METROWEST CARES

**(Committee Addressing Resources to
Engage Seniors)**

Marian Marlowe, (973) 929-3051

mmarlowe@jfedgmw.org

www.fedgmw.org/eldercare

The collaborative network of Federation and its 11 partner agencies serving older adults and their families. Its mission is to create a continuum of care for adults ages 60 and older, both those aging in place and those requiring more supportive environments. CARES's goal is to bring these partner agencies together to leverage resources and strengthen our community's capacity to deliver services to older adults.

Daughters of Israel (DOI)

Adena Twersky, (973) 400-3307

admissions@daughtersofisrael.org

www.DaughtersofIsrael.org

The only Jewish skilled nursing and residential care facility in Greater MetroWest, provides short-term rehabilitation services for sub-acute care, long-term care, memory care, hospice and palliative care services, and respite stays.

Charles Bierman Home

Tamira Jones, (973) 303-7018

BiermanHome@DaughtersofIsrael.org

A DOI residence that offers semi-independent living in a private apartment setting. Services include communal meals, housekeeping, and medication reminders.

ELDERLINK

(973) 765-9050

elderlink@jfsmetrowest.org

www.elderlinkmetrowest.org

Telephone and web-based eldercare information and referral service for older adults and their families.

Services for SENIORS and Their Families (cont'd)

Jewish Community Center of Central New Jersey (JCC Central)

Barbara Weisbart, (908) 889-8800 ext. 207
bweisbart@jccnj.org • www.jccnj.org

Offers a wide variety of programs for active and senior adults, including day trips and recreational, cultural, and educational programs. The Senior Adult social program meets four days a week (Monday-Thursday), providing an array of intellectually stimulating activities plus senior exercise and the opportunity for seniors to socialize with new and familiar friends. A well-balanced kosher meal is served each day the program meets, and round-trip, door-to-door transportation is usually available.

Jewish Community Center MetroWest (JCC MetroWest)

Sharon Gordon, (973) 530-3480
sgordon@jccmetrowest.org
www.jccmetrowest.org

Offers a wide variety of social, educational, and recreational activities at the JCCs of West Orange and Whippany, and at seven area synagogues. Activities include discussion groups; health and wellness classes; separate social clubs for men, women, couples and senior singles; trips; entertainment; and lectures. Provides kosher meals at two congregated sites and through Kosher Meals on Wheels.

Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC)

(973) 731-2020 • www.jchcorp.org

Operates independent and assisted-living apartments in Morris and Essex counties for seniors seeking a more supportive residential setting. JCHC has developed, owns, and manages four buildings providing 469 units of affordable and market-rate housing for individuals 62 years of age or older. Services offered at JCHC housing include transportation, kosher meals, housekeeping, recreational and social activities, activities of daily living, and much more.

Jewish Family Service of Central NJ (JFS Central)

Chris Kaiser, (908) 352-8375

info@jfscentralnj.org

www.jfscentralnj.org

Provides a comprehensive array of quality health and social services to older adults. Services include in-home assessments by a team of licensed social workers and community health nurses; Kosher Meals on Wheels; escorted transportation program that provides door-to-door service to medical appointments and health-related essential activities; safety in the home consultations; Holocaust survivor assistance program; monthly Café Europa social and cultural events; certified home health aide and homemaker service; Alzheimer's & dementia family care program; respite care; Friend Advocate program; kosher food pantry; urban garden and nutritional education; RSVP volunteers; emergency financial assistance; social work case management; in-home counseling; and information about government entitlement programs. JFS Central also offers Caregivers at Home, a private fee-for-service home health aide program. Offices in Elizabeth and Mountainside.

Jewish Family Service of MetroWest Older Adult Services (JFS MetroWest)

Susan Schechter, (973) 765-9050 ext. 1727

sschechter@jfsmetrowest.org

www.jfsmetrowest.org

Offers a variety of supportive services to help older adults age in place with dignity and independence, including in-home assessments, mental health counseling, geriatric case management, referrals to home health-care services, and community education programs. JFS MetroWest also coordinates support groups for loss and bereavement, safety net emergency financial assistance, and services for caregivers. For Holocaust survivors, JFS MetroWest offers the Lore Ross Café Europa, a bi-monthly socialization program, and supportive counseling services.

Jewish Vocational Service At-Home Services (JVS)

Frances Ramirez, (973) 674-6330, ext. 289

framirez@jvsnj.org • www.jvsnj.org

(click At Home Services under Our Services)

Offers two programs for seniors aging in place.

Caregiving Companions, a certified home health care agency, provides experienced home health aides and companions to help with a range of services including assistance with daily activities, housekeeping, laundry, meal preparation, grocery shopping, and medication reminders. Aides also

Services for SENIORS and Their Families (cont'd)

accompany clients on doctor visits and other appointments. Hourly and live-in assistance is provided in private homes, senior buildings, and skilled medical facilities. All aides are trained in kashrut and working in a Jewish home. Companions are also available to help during the holidays, including Rosh Hashanah, Thanksgiving, and Passover. **Home Maintenance Solutions** handymen provide basic maintenance and repairs with a focus on safety issues. JVS accepts long-term care insurance and coordinates its services with other providers.

Joint Chaplaincy Committee of Greater MetroWest

Provides Jewish chaplains to hospitals, nursing homes, senior residences, etc.

See page 5 for more information.

Metrotransport

Cindy Denburg, (973) 325-1359

cdenburg@daughtersofisrael.org

www.DaughtersofIsrael.org

Uses accessible vehicles to help seniors and adults with special needs travel to recreational programs, medical appointments, and synagogue events in Essex and lower Morris counties.

YM-YWHA of Union County

Susan Silberner, (908) 289-8112 ext. 34

susans@uniony.org • www.uniony.org

The Senior/Mature Adult Department's specially tailored programs for older adults focus on creativity, enrichment, Jewish education, wellness, and socialization. Classes, lectures, Shabbat parties, brunches, Jewish films, music, and art all complement a daily kosher lunch program. Programs include, but are not limited to, Yiddish Vinkl, senior exercise, nutrition, Union County Lifelong Learning classes, Jewish literature, current events, discussion/support groups, Sunday events, and monthly trips. Transportation is available to select areas.

Services for People with SPECIAL NEEDS

GREATER METROWEST ABLE

(Access, Belonging, and Life Enrichment for People and Families with Special Needs)

Rebecca Wanatick, (973) 929-3129

rwanatick@jfedgmw.org

www.metrowestABLE.org

A network of community leaders and professionals that work together to advocate for and support individuals with special needs and their families. Together we engage our families, synagogues, and local agencies in creating a community that provides access to meaningful Jewish opportunities for all members of the community. Services include information and referral, consultation, vocational training, kosher residences, enriching day programs, and schools, camp, and social activities.

Friendship Circle of MetroWest

Rabbi Zalman Grossbaum, (973) 251-0203

www.fcny.com

Provides children and teenagers with special needs and their families with many social, recreational, and Judaic opportunities.

Jewish Community Center of Central NJ

Mike Goldstein, (908) 889-8800 ext. 218

www.jccnj.org

Provides a warm, welcoming, and inclusive environment that supports families with special needs, including shadow programs, resources, and referrals.

Jewish Community Center MetroWest Special Needs Services

Marisa Cohen, (973) 530-3998

www.jccmetrowest.org/specialneeds

Year-round social, recreational, and life-skills programming for children, teens, and adults. Inclusion opportunities are available for children and teens in all JCC camps including Early Childhood, Exploration, Triple Threat Theater, and Camp Deeny Riback. Specialized summer camp programs include Club JCC Summer and Club JCC Teen Tracks Travel.

Services for People with SPECIAL NEEDS (cont'd)

JESPY House

Frank Bresnick, (973) 762-6909
www.jespyhouse.org

A residential, day, and vocational program for adults with learning and developmental disabilities who demonstrate the ability to live independently and gain competitive employment.

Jewish Family Service of Central NJ

(908) 352-8375, www.jfscentralnj.org

Counseling and support for children and families.

Jewish Family Service of MetroWest NJ

(973) 765-9050, www.jfsmetrowest.org

Support services to help families manage life challenges, including programs specifically for children with special needs (DIR Floortime, Sibling and Mom's Support Groups, Support Coordination Services).

Jewish Service for the Developmentally Disabled of MetroWest (JSDD)

Linda Press, (973) 272-7141
www.jsddmetrowest.org

Multi-purpose agency dedicated to providing an integrated program of community education, advocacy, and services for individuals with developmental disabilities and their families, including residential and day programming.

Jewish Vocational Service (JVS)

(973) 674-6330 ext. 241
www.jvsnj.org • (click Vocational Rehabilitation under Our Services)

Provides vocational evaluations, training, and rehabilitation services.

Joint Chaplaincy Committee of Greater MetroWest

Provides Jewish chaplains to people with special needs.

See description on page 5.

MetroTransport

Transportation services for adults with special needs.

See description on page 21.

The Partnership for Jewish Learning and Life
(973) 428-7400 • www.ThePartnershipNJ.org

Jewish educational experiences for the Greater MetroWest community with a focus on children from early childhood through the teenage years, and their families, including special needs support services for early childhood programs and teen youth groups.

Round Lake Camp
(973) 575-3333, info@njycamps.org
www.njycamps.org

An overnight summer camp program under the auspices of NJY Camps for children with learning differences and social communication disorders.

SINAI Special Needs Institute
Yeshiva for children with special needs.
See description on page 12.

Wellness, Arts & Enrichment (WAE) Center
Marilynn Schneider, (973) 272-7148
www.waecenter.org

A program of JSDD, WAE offers an alternative learning program for individuals with developmental disabilities. These programs include wellness (yoga, nutrition), arts (painting, creative writing), and enrichment (book club, comparative religion) opportunities in an atmosphere of unconditional acceptance.

YM-YWHA of Union County
Programs, resources, referrals, and support for families with children with special needs.
See description on page 16.

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TOUCHING MORE LIVES EVERY DAY

The agencies and programs mentioned here are funded by United Jewish Appeal of Greater MetroWest NJ, Jewish Community Foundation of Greater MetroWest NJ, and The Healthcare Foundation of NJ, along with the support of our many generous philanthropists in Greater MetroWest.

Federation cares for people in need, builds Jewish life, and saves the world, one person at a time, every day.

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