

MEMPHIS JEWISH HOME & REHAB (MJHR)

MJHR enhances the lives of seniors within a supportive Jewish environment through rehabilitation and long-term care services.

MJHR provides:

- Physical, occupational, and speech therapies in a state-of-the-art rehab facility
- Aquatic therapy, outdoor therapy garden, private treatment areas
- All private rooms for rehab patients
- Certified kosher food service
- Nosh-A-Rye Deli (open to the public)
- Jewish religious services on Friday afternoons, Saturday mornings, and Jewish holidays
- Jewish programming provided by Director of Spiritual Care, other local clergy, and community members
- Broad array of general programming and outings offered by MJHR activities staff
- Respite services available

**36 Bazeberry Road
Cordova, TN 38018**

For more information, call **901-758-0036** or visit www.memphisjewishhome.org



PLOUGH TOWERS

Plough Towers' 150 apartments provide safe, HUD-subsidized, independent living housing and services for seniors, 62 or older, or those with mobility impairments that are under 62. Located near the MJCC, Plough Towers is convenient to synagogues, shopping malls, grocery stores, movie theaters, and doctor offices.

Apartments include:

- Separate living room and bedroom
- Complete kitchen
- Emergency call buttons
- Ample storage/closet space

On-Site amenities include:

- Beauty shop
- Computer center
- Convenience store
- Exercise classes
- Hot kosher lunches funded through the Scheidt-Hohenberg Hot Meals Program
- Housekeeping services
- Large dining room/gathering room
- Library
- Monthly Kabbalat Shabbat Services the third Friday of each month led by different local rabbis
- Parties, bingo, knitting, crafts, and much more
- Transportation to local synagogues, banks, groceries, shopping, and more

**6580 Poplar Avenue
Germantown, TN 38138**

For more information, call **901-767-1910** or visit www.ploughtowers.org



WENDY and AVRON B. FOGELMAN JEWISH FAMILY SERVICE at the MJCC

The Wendy and Avron B. Fogelman Jewish Family Service at the MJCC is your first point of contact for senior services. The Intake and Referral Coordinator will assess needs, provide information, and help community members access services at FJFS and elsewhere in the area.

Services include:

- Information & Referral
- Senior Case Management
- Shalom Shuttle transportation
- Limited emergency financial assistance
- Counseling
- Kosher Food Pantry
- Frozen Kosher Home-Delivered Meals
- Special Needs programs and services
- Holocaust survivor services
- Volunteer services
- Classes and support groups

**6560 Poplar Avenue
Memphis, TN 38138**

For more information, contact Senior Services Manager, **901-767-8511** or visit www.jccmemphis.org

MEMPHIS JEWISH COMMUNITY CENTER (MJCC)

The MJCC offers a wide variety of educational, physical, social and cultural activities to meet the diverse needs and interests of Memphis seniors.

Senior services include:

- Fitness classes
- Daily lunches
- Monthly themed luncheons
- Programs and outings
- Adult education
- Jewish cultural and Israel programming

**6560 Poplar Avenue
Memphis, TN 38138**

For more information, contact Adult Services Coordinator, **901-761-0810** or visit www.jccmemphis.org



SYNAGOGUE-BASED SERVICES FOR SENIORS

Our community's synagogues also offer an array of services to seniors who are congregational members. Please inquire at each individual synagogue:

Anshei Sphard-Beth El Emeth (Orthodox)
120 E. Yates Road North
901-682-1611 • www.asbee.org

Baron Hirsch Congregation (Orthodox)
400 S. Yates Road
901-683-7485
www.baronhirsch.org

Beth Sholom Synagogue (Conservative)
6675 Humphreys Blvd.
901-683-3591
www.bsholom.org

Chabad of Memphis
2570 Kirby Parkway
901-754-0404
www.jewishmemphis.com

Or Chadash Conservative Synagogue (Conservative)
6629 Massey Lane
901-435-6353
www.rabbicdj.wix.com/occs

Temple Israel (Reform)
1376 E. Massey Road
901-761-3130
www.timemphis.org

Young Israel of Memphis (Orthodox)
531 S. Yates Road
901-761-6060
www.yiom.org



SENIOR SERVICES

MEMPHIS JEWISH COMMUNITY 2020-2021

A PUBLICATION FOR MEMPHIS JEWISH SENIORS, THEIR FAMILIES, AND THEIR CAREGIVERS

Our seniors are important to us.

We strive to ensure that all Memphis Jewish seniors are taken care of and have access to all the resources our community has to offer.

As the central planning and fundraising arm of the Memphis Jewish community, Memphis Jewish Federation is proud to support our community partners who provide direct services to our seniors. We are pleased to share with you this compilation of the broad array of services our community has to offer

for Jewish seniors and their family members and care partners.

This directory was prepared by our Senior Services Collaborative, a community-wide group of active and retired senior services professionals, synagogue leaders, and community members, who have joined together to enhance the quality of life for all seniors from active to homebound and all in between.

We're here to help!

 **MEMPHIS JEWISH FEDERATION**
www.jcpmemphis.org



ACCESSING SERVICES/INFORMATION & REFERRAL

WENDY AND AVRON B. FOGELMAN JEWISH FAMILY SERVICE (FJFS) at the Memphis Jewish Community Center (MJCC) is your first point of contact for information, referrals and services related to senior needs.

Located at 6560 Poplar Ave., FJFS's licensed social workers and counselors are available Monday-Thursday, from 8:00am-5:00pm and Friday from 8:00am-4:00pm.

Please call **901-767-8511** or visit **www.jccmemphis.org**

Vital Needs

Scheidt-Hohenberg Frozen Meals: Ten nutritious, kosher, microwaveable frozen meals delivered every two weeks to homebound or otherwise eligible Jewish seniors age 60 and over who meet program criteria. Participating seniors are not eligible for the hot meals programs at MJCC or Plough Towers. Call for information and intake. **FJFS, 901-767-8511**

Emergency Assistance: Limited emergency financial assistance for low-income Jewish seniors to help pay medical bills, utility bills, or other basic necessities. Assistance determined on a case-by-case basis. **FJFS, 901-767-8511**

Senior Case Management: Experienced social worker works with Jewish seniors and their families as needed to clarify care options, provide support and encouragement, and help access needed services. **FJFS, 901-767-8511**

Handy Helpers: Carefully screened volunteers come to the home to do minor home maintenance and small household chores. **FJFS, 901-767-8511**

Companionship

Friendly Visitors: Carefully screened volunteers visit seniors at home periodically to offer companionship and support. **FJFS, 901-767-8511**

911 EMERGENCY SERVICES are only for emergencies that require immediate actions from a fire, police, or medical department. Non-emergency services are for situations when life or property is not in immediate danger but help is needed.

FOR NON-EMERGENCIES IN MEMPHIS
please call **901-545-2677**

FOR NON-EMERGENCIES IN SHELBY COUNTY
please call **901-545-5900**

OUR PARTNERS

MEMPHIS JEWISH FEDERATION
901-767-7100

WENDY AND AVRON B. FOGELMAN JEWISH FAMILY SERVICE AT THE MEMPHIS JEWISH COMMUNITY CENTER 901-767-8511

MEMPHIS JEWISH HOME & REHAB
901-758-0036

MEMPHIS JEWISH COMMUNITY CENTER 901-761-0810

PLOUGH TOWERS INDEPENDENT LIVING 901-767-1910

LOCAL SYNAGOGUES SEE BACK

Stay in Touch: Carefully screened volunteers provide periodic phone calls to seniors at home for companionship and support. **FJFS, 901-767-8511**

Transportation

Shalom Shuttle: Experienced driver provides door-to-door private car service for Jewish seniors. Provides rides to medical appointments, hair salon, shopping, etc. \$4 each way; \$8 round trip. Service is available Monday-Friday, daytime hours only. Pre-registration is required. **FJFS, 901-767-8511**

Volunteer Transportation: Carefully screened volunteers augment the services of Shalom Shuttle for Jewish seniors who are established JFS clients. Monday-Friday, daytime hours only. **FJFS, 901-767-8511**

Senior Transportation: Door-to-door transportation service to and from the MJCC for lunches and senior activities, \$2 roundtrip, Tuesday-Thursday. **MJCC, 901-761-0810**

Social, Recreational, and Educational Activities

Scheidt-Hohenberg Hot Meals Program: Opportunity for seniors to socialize and enjoy a hot, kosher meal, Monday-Friday at 11:30 am for \$2 suggested donation. Operated by Memphis Jewish Community Center in partnership with MIFA and Memphis Jewish Federation. **MJCC, 901-761-0810**

Monthly Themed Luncheon: A special hot, kosher meal with entertainment. \$5 suggested donation. **MJCC, 901-761-0810**

Senior Trips: Regular recreational trips to local cultural attractions and events. Seniors have the opportunity to socialize and transportation is provided. Cost varies per program. **MJCC, 901-761-0810**

Classes and Workshops: Lectures or hands-on instructional workshops in a variety of disciplines providing an opportunity for both socialization and learning. Cost varies per program. **MJCC, 901-761-0810**

Kol Rena So-Shuls Luncheon: Monthly lunch and entertainment for seniors. \$3 per luncheon. **Baron Hirsch Congregation, 901-683-7485**

Lena R. Katz Lunch and Learn: Bi-monthly class with congregational rabbi with homemade lunch provided, \$3 per session. **Anshei Sphard-Beth El Emeth Congregation, 901-682-1611**

Lunch & Learn: Weekly class exploring Jewish topics with congregational rabbi. Thursdays, 12:00 pm. **Beth Sholom Synagogue, 901-683-3591**

gational rabbi. Thursdays, 12:00 pm. **Beth Sholom Synagogue, 901-683-3591**

Prime Timers Coffee and Conversation: Social gathering and discussion of Jewish topics with congregation's senior educator. Thursdays, 10:00 am. **Temple Israel, 901-761-3130**

Wellness

Strong Seniors: Fitness class for all levels. Mondays, Wednesdays and Fridays at 10:00 am. Free to MJCC members. Non-member fee. **MJCC, 901-761-0810**

Balance/Movement Class: Designed to improve balance, range of motion, and stability for seniors age 65+. Tuesdays and Thursdays, 10:00 am. \$10 per class members. Additional fee non-member. **MJCC, 901-761-0810**

Boxing for Boomers: Non-contact class for agility, hand/eye coordination, balance and core. Tuesdays and Thursdays, 2:00 pm. \$15 members. Additional fee non-members. **MJCC, 901-761-0810**

Rock Steady: Boxing class to fight Parkinson's Disease. Mondays 1:00-2:00pm and Wednesdays/Fridays 2:00-3:00pm. Free to MJCC members. Non-member fee. **MJCC, 901-761-0810**

Senior Exercise Class: Tuesdays and Thursdays, 9:45 am. No fee. **Plough Towers, 901-767-1910**

Counseling: Experienced clinical social worker provides confidential counseling during regular weekday hours on a sliding scale basis. First session is free. **FJFS, 901-767-8511**

Services for Holocaust Survivors

Blue Card and Claims Conference: Assistance for Holocaust survivors in applying for survivor compensation and other benefits. **FJFS, 901-767-8511**

Coffee, Cake and Conversation: Experienced social worker hosts a monthly social gathering of Holocaust survivors. **FJFS, 901-767-8511**

KAVOD - Ensuring Dignity for Holocaust Survivors: In partnership with FJFS, offers a secondary resource for survivors to offset unexpected expenses in the form of a gift card to local grocery stores and pharmacies. If you are a survivor or you know of a survivor who needs assistance from KAVOD, please contact FJFS directly at **901-767-8511**. Visit online at www.kavodensuringdignity.com for more information or email amy.kavod@gmail.com.



Senior Volunteer Opportunities

Mitzvah Knitters: A knitters' group that meets twice a month to knit hats, scarves, and other items to donate to a variety of causes. **Baron Hirsch Congregation, 901-683-7485**

Volunteering for Fogelman Jewish Family Service: Volunteers are often needed to deliver meals, drive seniors to appointments, provide companionship in person or by phone, do odd jobs or provide household organization, help with food pantry, or assist in other ways. Volunteer screening includes references, background check, and drug test. **FJFS, 901-767-8511**

Jewish Life at Local Senior Living Residences

Memphis Jewish Home & Rehab and Plough Towers offer a wide array of Jewish services, including kosher food, to their residents. Please see separate sections for these residences. Kosher food may be brought in to some of the other senior residences. For more information, call **FJFS, 901-767-8511**.

Roving Jewish Activities Coordinator*: Memphis Jewish Federation professional works with residences' activities directors, local synagogues, Jewish agencies, schools, and youth groups to lead and coordinate Jewish engagement programming at many senior living residences in the greater Memphis area. **Memphis Jewish Federation, 901-767-7100**

Shabbat Shalom: FJFS staff, volunteers, and community leaders provide brief monthly Shabbat service and Jewish-themed activities for seniors in two senior living residences. **FJFS, 901-767-8511**

**Through a partnership with FJFS, the Jewish Activities Coordinator also provides Jewish engagement to homebound seniors.*

Care Partners Support Services

Support for Care Partners of Individuals with Memory Loss: Alzheimer's and Dementia Services of Memphis (ADS) Yad L'Yad support group held at the MJCC in collaboration with FJFS, the third Tuesday of the month at 7:00 pm. Call ADS to confirm dates and times. **ADS, 901-372-4585**

Support for Senior Care Partners of Adult Children with Special Needs: FJFS staff provide counseling, programming, advocacy, and support to help adults with special needs and their parents access needed services. **FJFS, 901-767-8511**

Caregiver Café: An uplifting hour of speakers, sharing, and communal support, providing a Jewish spiritual and emotional foundation to help with daily life in the role of caregiving. Sessions will also feature mindfulness and meditation techniques to ease stress and fatigue. All caregivers and former caregivers welcome. **Temple Israel, 901-761-3130**

Program details are subject to change. Contact the agency offering the program or service to confirm availability.