JEWISH LIFE AT LOCAL SENIOR LIVING FACILITIES

Local clergy, JFS professionals and community members make regular visits to many local senior living facilities to:

- Lead services
- Provide Jewish programming
- Offer pastoral counseling
- Distribute holiday packages

At some facilities, kosher food may be brought in upon request. **CALL JFS at the MJCC (901-767-8511)** for details and an updated list of senior living facilities offering Jewish services.

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 JFS, the third Tuesday of the month at 7:00 pm. Call ADS to confirm dates and times. **901-372-4585**

Support for Senior Care Partners of Special Needs Adult Children: Counseling, programming, advocacy and comprehensive support to help navigate services. **JFS at MJCC, 901-767-8511**

MEMPHIS JEWISH HOME & REHAB (MJHR)

MJHR is a state of the art rehab and long-term care facility serving seniors of all faiths with compassion, dignity, and commitment. The following services are available:

- Physical therapy
- Occupational therapy
- Speech therapy
- Long-term care
- Respite services
- Certified kosher facility
- Nosh-a-Rye Deli (open to the public)
- Jewish religious services on Friday afternoons, Saturday mornings and Jewish holidays
- Jewish programming provided by local clergy and community members
- Broad array of general programming and outings offered by MJHR's Activities Department

36 Bazeberry Road
Cordova, TN 38018

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

** In partnership with Memphis Jewish Federation*

*** In partnership with MIFA and Memphis Jewish Federation*

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.*

JEWISH FAMILY SERVICE at the MJCC

JFS at the MJCC is your first point of contact for senior services. The Intake Coordinator will assess needs, provide information, and help community members access services at JFS and elsewhere in the area. Referrals to community partners will be provided if needed. The following senior services are available:

- Information & Referral
- Case Management
- Shalom Shuttle transportation
- Emergency Assistance
- Classes and support groups
- Counseling
- Kosher Food Pantry
- Special Needs services
- Workshops & seminars
- Holocaust survivor services

6560 Poplar Avenue
Memphis, TN 38138

For more information, contact senior services manager, **901-767-8511** or visit *www.jccmemphis.org/jfs*

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
- 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 senior adult coordinator, **901-761-0810** or visit *www.jccmemphis.org/senior-adults/senior-adults*

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 **2017-2018**

Our seniors are important to us.

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

Jewish Community Partners, managing Memphis' central fundraising and planning organizations for the Memphis Jewish community, is proud to support our community partners who provide 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 caregivers.

This directory was prepared by our Senior Services Collaborative, a community-wide group of 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!

JEWISH COMMUNITY PARTNERS
Memphis Jewish Federation | Jewish Foundation of Memphis

www.jcpmemphis.org

ACCESSING SERVICES/INFORMATION & REFERRAL

JEWISH FAMILY SERVICE (JFS) 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., JFS' 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/JFS**

VITAL NEEDS

Kosher Food Pantry: Shelf-stable kosher food and basic toiletries available to low-income individuals. **JFS at the MJCC, 901-767-8511**

Scheidt-Hohenberg Frozen Meals: Ten nutritious, kosher, microwaveable, frozen meals delivered every two weeks to homebound seniors. Not income-based. Operated by **JFS at the MJCC*, 901-767-8511**

No Hungry Senior: Ten nutritious, kosher, microwaveable, frozen meals delivered every two weeks to low-income seniors. Participating seniors are not eligible for the hot meals at MJCC or Plough Towers. Operated by **JFS at the MJCC**, 901-767-8511**

Financial Assistance: Emergency assistance for low-income seniors to pay medical bills, utility bills, or other basic necessities. **JFS at the MJCC, 901-767-8511**

OUR PARTNERS

JEWISH COMMUNITY PARTNERS 901-767-7100

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

Home Assessments: Qualified social workers visit senior homes to assess the home environment for basic safety and other needs. **JFS at the MJCC, 901-767-8511**

Handy Helpers: Volunteers come to do one-time home maintenance and minor home repairs. **JFS at the MJCC, 901-767-8511**

Blue Card: Assistance for Holocaust survivors in applying for survivor compensation and other benefits. **JFS at the MJCC, 901-767-8511**

COMPANIONSHIP

Friendly Visitors: Volunteers visit seniors at home periodically to offer companionship. **JFS at the MJCC, 901-767-8511**

J Café: Regular phone calls to seniors at home to provide companionship and support. **JFS at the MJCC, 901-767-8511**

TRANSPORTATION

Shalom Shuttle: Door-to-door transportation service for seniors, to grocery store, medical appointments, hair salon, etc. $4 per ride, Mon-Fri. **JFS at the MJCC, 901-767-8511**

Senior Transportation: Door-to-door transportation service to and from the MJCC for hot meals and senior activities, $2 roundtrip, Tues-Thurs. **MJCC, 901-761-0810**

SOCIAL, RECREATIONAL, EDUCATIONAL ACTIVITIES

Scheidt-Hohenberg Hot Meals Program: Opportunity for seniors to socialize and enjoy a hot, kosher meal, M-F, for $2 suggested donation. Participating seniors are not eligible for the No Hungry Senior frozen meals. Operated by **Memphis Jewish Community Center**, 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: Lunch and entertainment for seniors. $3 per luncheon. **Baron Hirsch Congregation, 901-683-7485**

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

Lunch and Learn: Class with Rabbi, 1st and 3rd Thursdays of the month at noon. Bring your own vegetarian lunch. **Beth Sholom Synagogue, 901-683-3591**

Old Enough to Know Better: Special events geared to active seniors 60+. **Beth Sholom Synagogue, 901-683-3591**

Coffee, Cake, and Conversation: Monthly social gathering of Holocaust survivors. **JFS at the MJCC, 901-767-8511**

WELLNESS

Strong Seniors: Fitness class, Mondays, Wednesdays and Fridays at 10:10 am. Free with MJCC membership or $12.50 a calendar month non-members. **MJCC, 901-761-0810**

Fit Over Fifty: Fitness class for active senior women, Tuesdays and Thursdays at 10:15 am. Fee per class. **MJCC, 901-761-0810**

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

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, 901-683-7485**

Eyeglasses for Africa: Ongoing senior Mitzvah project to collect old eye-glasses and cases to be sent to Sierra Leone, West Africa. **MJCC, 901-761-0810**