

SENIOR SERVICES

MEMPHIS JEWISH COMMUNITY

A PUBLICATION FOR
**MEMPHIS JEWISH SENIORS,
THEIR FAMILIES AND 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.

This publication is a project of the 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 are here to help!

ACCESSING SERVICES/ INFORMATION & REFFERAL

THE WENDY AND AVRON B. FOGELMAN JEWISH FAMILY SERVICE

(Fogelman JFS) at the Memphis Jewish Community Center (MJCC) is your first point of contact for information, referrals and services. Located at 6560 Poplar Avenue, Fogelman JFS's licensed social workers and counselors are available Monday-Thursday, from 8:00 am–5:00 pm and Friday from 8:00 am–4:00 pm. For more information or to access services, call 901-767-8511 or visit jccmemphis.org/featured-boxes/jfs-services/.

VITAL NEEDS

Finestone Family Home Delivered

Meals: Ten nutritious, kosher, microwavable frozen meals delivered every two weeks to homebound or otherwise eligible Jewish seniors 60 and over or Jewish adults with disabilities who meet program criteria. Intake required. **Fogelman JFS, 901-767-8511**

The Peggy E. and L.R. Jalenak Food Pantry: Shelf-stable kosher food provided at no cost to any Shelby County resident in need of food. May be augmented with donated fresh fruit or produce provided in partnership with Beth Sholom Synagogue. Intake required. **Fogelman JFS, 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. **Fogelman JFS, 901-767-8511**

Senior Case Management: Under the Larry and Judy Moss Senior Services program, senior case

management is provided by an experienced social worker assisting Jewish seniors and their families in accessing needed services and providing support and encouragement. Intake required. **Fogelman JFS, 901-767-8511**

Handy Helpers: Carefully screened volunteers provide minor home maintenance and engage in small household chores. **Fogelman JFS, 901-767-8511**

Resources:
THE 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 for phone numbers.

COMPANIONSHIP

Bikkur Chaverim/Friendly Visitors:

Carefully screened volunteers visit Jewish seniors to provide companionship and socialization.

Fogelman JFS, 901-767-8511

Staying In Touch: A volunteer-based telephone assurance program matching homebound seniors with other senior adults to check in on safety and well-being. **Fogelman JFS, 901-767-8511**

TRANSPORTATION

Kay & Allen Iskiwitz Shalom Shuttle:

Experienced driver provides door-to-door transportation to medical appointments, hair salons, shopping, etc. for Jewish seniors anywhere in Shelby County. Service available Monday-Friday, daytime hours; canes or walkers accommodated. Cost: \$5 each way/\$10 round trip. Intake required. **Fogelman JFS, 901-767-8511**

Volunteer Transportation:

Carefully screened volunteers augment the service of Shalom Shuttle for Jewish seniors, based on volunteer availability Monday-Friday daytime hours. Intake required. **Fogelman JFS, 901-767-8511**

MJCC Van Transportation:

Door-to-door transportation to and from the MJCC for lunches and senior activities for seniors living within an approximate 15-minute drive from the MJCC. Cost: \$2 round trip. Registration required 24 hours before the program. **MJCC, 901-761-0810**

SOCIAL, RECREATIONAL, AND EDUCATIONAL ACTIVITIES

Senior Café at the J: Hot, kosher meal provided to seniors with socialization and camaraderie, available Monday-Friday, 11:30 am. Operated by the MJCC in partnership with MIFA, Scheidt-Hohenberg Hot Meals Program and Memphis Jewish Federation. Suggested donation: \$2. **MJCC, 901-761-0810**

MJCC Ben and Larisa Baer Senior Adult Club: Monthly themed luncheon offered on Wednesdays with hot, kosher meal and entertainment. Suggested donation: \$5. **MJCC, 901-761-0810**

Baron Hirsch Kol Rena So-Shuls Luncheon: Monthly luncheon and entertainment (excluding holidays and summer) offered on Wednesdays. Cost: \$5. **Baron Hirsch Congregation, 901-683-7485**

911 EMERGENCY SERVICES are 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 GERMANTOWN, please call 901-757-7338.

FOR NON-EMERGENCIES IN SHELBY COUNTY, please call 901-379-7625.



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

MJCC Senior Trips: Regular recreational/social trips to local cultural attractions and events with transportation provided. Cost varies per program. **MJCC, 901-761-0810**

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

Inclusion and Diverse Abilities Program: Provides information, referral, educational, social, and therapeutic activities for Jewish community members, including seniors with developmental and acquired disabilities. Intake required. **Fogelman JFS, 901-767-8511**

WELLNESS

MJCC Classes: Offers a wide range of classes for seniors, including Balance and Mobility, Strong Seniors fitness, Chair and Gentle Yoga and Rock Steady boxing class for those with Parkinson's Disease. Cost varies per program. **MJCC, 901-767-0810**

Plough Towers Senior Exercise Class: Open to all Jewish seniors at no cost. Call for days and times. **Plough Towers, 901-767-1910**

Counseling: Experienced clinical social worker provides confidential counseling during weekday hours on a sliding fee scale with first session at no cost. Intake required. **Fogelman JFS, 901-767-8511**

Support Groups: Monthly Parkinson's support group offered in coordination with MJCC's Rock Steady boxing class. **Fogelman JFS, 901-767-8511**

SERVICES FOR HOLOCAUST SURVIVORS

Benefits Access: Experienced social worker assists Holocaust survivors with accessing benefits such as Blue Card, Claims Conference, KAVOD and others. **Fogelman JFS, 901-767-8511**

KAVOD-Ensuring Dignity for Holocaust Survivors: In partnership with Fogelman JFS, provides a secondary resource for survivors to offset unexpected expenses. **Fogelman JFS, 901-767-8511**

JEWISH LIFE AT LOCAL SENIOR LIVING RESIDENCES

Memphis Jewish Home & Rehab and Plough Towers offer a wide array of Jewish services to their residents including kosher food. Please see separate sections for these residences.

Roving Jewish Activities Coordinator: In partnership with Memphis Jewish Federation's Senior Services Collaborative, a Fogelman JFS professional provides and coordinates Jewish engagement programming for Jewish seniors at many local senior living residences and connects homebound Jewish seniors to Memphis Jewish life. **Fogelman JFS, 901-767-8511**

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

CARE PARTNERS SUPPORT SERVICES

Caregiver Café: Hosted in partnership by Memphis Jewish Home & Rehab and Temple Israel, a therapist-moderated, monthly support group for caregivers in a small group setting; meets on second Sundays at 2:00 PM at MJHR. **Baylee Less at bless@memphisjewishhome.org or 901-758-0036**

Ronna K. Newburger Adult Day Center: Operated by Memphis Jewish Home & Rehab, program offers peace of mind to caregivers. See full description under MJHR.

Hospice of Hope: Jewish end-of-life care and support program accredited by the National Institute for Jewish Hospice offers services sensitive to Jewish customs, rituals and laws. **hospiceofhopetn.com or 901-560-3600**

Subject to change without notice.

SENIOR VOLUNTEER OPPORTUNITIES

Mitzvah Knitters: Volunteers meet twice monthly to knit hats, scarves and other items to donate to a variety of causes. **Baron Hirsch Congregation, 901-683-7485**

Fogelman JFS: Volunteers are needed to deliver meals, drive seniors to appointments, provide in-person and phone companionship and do minor household chores, and help with Food Pantry. Volunteer screening includes references, background check, and drug testing. **Fogelman JFS, 901-767-8511**

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 Fogelman JFS and elsewhere in the area.

Services include:

- Information & Referral
- Senior Case Management
- Shalom Shuttle transportation
- Limited emergency financial assistance
- Counseling
- Kosher Food Pantry
- Kosher, frozen, 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, call 901-767-8511 or visit jccmemphis.org/featured-boxes/jfs-services/

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 the Adult Services Coordinator, 901-761-0810 or visit jccmemphis.org



MEMPHIS JEWISH HOME & REHAB (MJHR)

Memphis Jewish Home & Rehab is a nonprofit long-term care and rehabilitation facility. Jewish in character and environment, MJHR is dedicated to providing the highest level of care possible with compassion, dignity, and commitment.

MJHR provides:

- Skilled, 24/7 nursing care
- Physical, occupational, and speech therapies in a state-of-the-art facility
- Aquatic therapy, outdoor therapy garden and private treatment areas
- Engaging daily activities, general programs, and outings
- Respite, hospice, and palliative care
- Private spaces for indoor and outdoor gatherings
- Certified kosher food service and on-site deli
- Jewish religious services for Shabbat and holidays
- Jewish programming provided by Director of Spiritual Care, other local clergy, and community members

36 Bazeberry Road, Cordova, TN 38018

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

RONNA K. NEWBURGER ADULT DAY CENTER

Located inside Memphis Jewish Home & Rehab, the Ronna K. Newburger Adult Day Center provides compassionate daytime services to seniors and other adults in a safe and stimulating environment.

The Ronna K. Newburger Adult Day Center provides:

- Engaging daily activities and outings
- Medical and rehab services, including physical therapy and wound care
- Individualized care plans
- Group socialization
- Certified kosher food service and on-site deli
- Jewish religious services for Shabbat & holidays
- Indoor and outdoor gathering time

36 Bazeberry Road, Cordova, TN 38018

For more information, call 901-758-0036 or visit memphisjewishhome.org/services/adult-day

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
- Wellness clinic
- Exercise classes
- Hot, kosher lunches
- Housekeeping services
- Large communal dining room/gathering room
- Library
- Monthly Kabbalat Shabbat services led by different local rabbis
- Array of activities including parties, bingo, knitting, crafts and 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 ploughtowers.org

SYNAGOGUES

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

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.wixsite.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

This publication was made possible by the generous donations made in memory of Mrs. Pearl K. Zuckerbrot and a grant from Memphis B'nai Tzedek, a teen philanthropy program of the Jewish Foundation of Memphis. Published in July, 2025