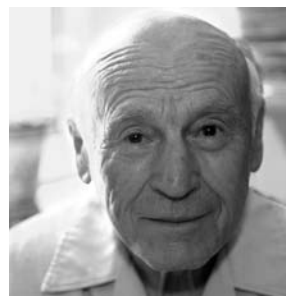


A^{to} Z Guide

to Eldercare Services



United Jewish Communities of MetroWest NJ

MetroWest CARES

Spring 2006



The A-Z Guide to Eldercare Resources lists services offered by Jewish agencies and organizations in the MetroWest community, which includes Essex, Morris, Sussex and North Union counties. For those with limited mobility, many services can be provided in the home. If you need more information, please call one of the agencies listed under the heading “Information and Referral” or contact United Jewish Communities of MetroWest NJ at (973) 929-3000 or on the web at www.ujcnj.org.

The A-Z Guide was developed by MetroWest CARES, the Coalition Addressing Resources for Eldercare Services.

Key for Agencies and Organizations included in the Directory

Abbreviation	Agency or Organization
CGR	MetroWest Caregivers Resource Center
DOI	Daughters of Israel
JCC	Jewish Community Center of MetroWest
JCHC	Jewish Community Housing Corporation
JFS	Jewish Family Service of MetroWest
JSDD	Jewish Service for the Developmentally Disabled
JVS	Jewish Vocational Service of MetroWest
Joint Chaplaincy	Joint Chaplaincy Committee of MetroWest
MHHC	MetroWest Health and Healing Center
NCJW	National Council of Jewish Women
Project SHIN	Spiritual Healing Integrating Nursing
UJC	United Jewish Communities of MetroWest NJ
YM-YWHA	Young Men-Young Women Hebrew Association

Adult Day Care

Herr Adult Medical Day Center (DOI) (973) 731-5100, ext. 205

Work Center on Aging (JVS) (973) 674-6330

Alzheimer's Special Care Unit

(State Certified)

DOI (973) 731-5100, ext. 107

Assisted Living

Lester Senior Housing Community (JCHC) (973) 428-0300, ext. 216

Benefits and Entitlement Assistance

Help in identifying and applying for appropriate programs and services, such as Medicaid, Medicare, etc.

CGR (973) 325-7873

JFS (973) 765-9050

JVS (973) 674-6330

Bereavement

JFS (973) 765-9050

Joint Chaplaincy (973) 929-3168

MHHC - New Beginnings (973) 530-3455

NCJW (973) 740-0588

Care Management/Geriatric Assessment

Professionals assess individual needs, provide linkages to community resources, and offer guidance on placement or care.

JFS	(973) 765-9050
Joint Chaplaincy	(973) 929-3168
JVS	(973) 674-6330

Caregiver Support

Educational programs, resources, support groups, and “Caregivers Connections” conference calls.

CGR	(973) 325-7873
DOROT	(877) 819-9147
JVS	(973) 674-6330
JSDD	(973) 325-1494
Project SHIN	(973) 530-3493

Chaplaincy and Religious Support

Spiritual support and visits to health care facilities. Pastoral care for individuals and families coping with aging, frailty, terminal illness, and loss.

Joint Chaplaincy	(973) 929-3168
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Counseling and Support Groups

CGR	(973) 325-7873
JFS	(973) 765-9050
JSDD	(973) 325-1494
MHHC	(973) 530-3455
NCJW	(973) 740-0588

Developmental Disabilities - Supportive Services

JESPY House	(973) 762-6909
JSDD	(973) 325-1494
JVS	(973) 674-6330

Donation of Goods

DOI Thrift Shop	(973) 731-5100, ext. 160
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Domestic Violence

Rachel Coalition (JFS)	(973) 765-9050, ext. 259
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Educational Activities

CGR	(973) 325-7873
Jewish Education Association	(973) 929-2961
JVS	(973) 674-6330
Lifelong Learning Center (JCC/NCJW)	(973) 530-3400
University Without Walls (DOROT)	(877) 819-9147
WAE Center (JSDD)	(973) 325-1494

Elder Abuse and Neglect

JFS	(973) 765-9050, ext. 259
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Employment, Training, and Job Placement

JVS	(973) 674-6330, ext. 285
NCJW	(973) 740-0588

Estate Planning

Assistance with financial planning for personal and philanthropic purposes.

Jewish Community Foundation (UJC)	(973) 929-3060
JFS	(973) 765-9050
NCJW	(973) 740-0588

Friendly Visiting

Community volunteers matched with older adults for visits.

JFS	(973) 765-9050
West Morris Section (NCJW)	(888) 895-3059

Holocaust Survivors

“Café Europa” social, educational, and volunteer activities; family counseling, supportive services for eligible individuals.

JFS	(973) 765-9050
Holocaust Council (UJC)	(973) 929-3066

Home Care

Companionship and non-medical care to frail older adults living at home.

JFS	(973) 765-9050
JVS	(973) 674-2415, ext. 293

Home Health Care

Nursing, home health aides, and social work services provided in-home for frail older adults.

JFS	(973) 765-9050
Project SHIN	(973) 530-3493

Home Repair

JVS

(973) 674-2415, ext. 294

Hospice and End of Life

DOI

(973) 731-5100, x107

Joint Chaplaincy

(973) 929-3168

MHHC

(973) 530-3455

Saint Barnabas Hospice & Palliative Care Center

(973) 322-4857

Housing

Senior apartments, and market-rate, subsidized, independent, and assisted living.

HAREL – Housing with Assistance (DOI) (973) 731-5100, ext. 204

JCHC

(973) 731-2020

Indigent Burials

JFS

(973) 765-9050

Joint Chaplaincy

(973) 929-3168



Information and Referral

Linkages to community resources and targeted assistance for older adults.

CGR	(973) 325-7873
Jewish Resource Line (UJC)	(973) 929-3100
JFS	(973) 765-9050
JSDD	(973) 325-1494
JVS	(973) 674-3672

Kosher Nutrition

Congregate Meals

JCC – West Orange and Irvington	(973) 530-3414
YM-YWHA in Union County	(908) 289-8112

Food Pantry

Bobrow Kosher Food Pantry at

Oheb Shalom Congregation

(973) 762-7067

Home Delivered Meals

JCC (Essex County)	(973) 530-3414
JFS of Central NJ (Union County)	(908) 352-8375
Morris County Nutrition Program	(973) 285-6870

Loans – Interest Free

Hebrew Free Loan of MetroWest

(973) 765-9050

Local County Offices on Aging

Essex (973) 395-8375

Morris (973) 285-6848

Sussex (973) 579-0554

Union (908) 527-4870

Nursing Home

Long-term care and short-term rehabilitation services.

DOI (973) 731-5100, ext. 107

Personal Emergency Response System

JFS (973) 765-9050

Personal Assistance

Help in the home with activities like cleaning, shopping, and paying bills.

JFS (973) 765-9050

JVS (973) 674-2415, ext. 293

Recreational and Social Activities

Herr Adult Day Medical Center	(973) 731-5100, ext. 205
JSDD	(973) 325-1494
Men, Women, and Couples at Leisure (JCC)	(973) 929-2928
NJ "Y" Camp - Kislak Adult Center	(973) 575-3333
Senior Centers and Synagogue Programs	(973) 530-3480
Women's Workshops (NCJW)	(973) 740-0588

Rehabilitation Services

Residential care for post-surgical recovery; work-centered day program.

DOI	(973) 731-5100, ext. 107
JVS	(973) 674-6330

Services to Émigrés

Care management, geriatric assessment, and education assistance.

JFS	(973) 765-9050
JVS	(973) 674-6330

Substance Abuse

JFS	(973) 765-9050, ext. 259
JVS	(973) 674-6330

Telephone Reassurance

Community volunteers matched with frail older adults for regular telephone calls.

JFS (973) 765-9050

Transportation

Limited door-to-door transportation for eligible individuals.
Call for information.

JVS (973) 674-2415, ext. 293

Metro Transport (973) 325-1359

Volunteer Activities

DOI (973) 731-5100, ext. 160

JFS (973) 765-9050

JVS (973) 674-6330

NCJW (973) 740-0588

Wellness and Spirituality

Joint Chaplaincy (973) 929-3168

MHHC (973) 530-3455

Project SHIN (973) 530-3493

Silver Sneakers (JCC) (973) 530-3400

WAE Center (JSDD) (973) 325-1494

SERVICE PROVIDERS

United Jewish Communities of MetroWest Beneficiary Agencies and MetroWest CARES (Coalition Addressing Resources for Eldercare Services) members indicated with an asterisk*

Daughters of Israel Plafsky Family Campus (DOI)*

1155 Pleasant Valley Way
West Orange, NJ 07052
(973) 731-5100
www.doigc.org

HAREL – Housing with Assistance

110 Vose Ave.
South Orange, NJ 07079
(973) 731-5100, ext. 204

Herr Adult Medical Day Center

(973) 731-5100, ext. 205

DOROT

171 West 85th St.
New York, NY 10025
(877) 819-9147
www.dorotusa.org

Hebrew Free Loan Society of MetroWest

901 Route 10

Whippany, NJ 07981

(973) 765-9050

www.freeloan.org/new-jersey.html

Jewish Community Center of MetroWest (JCC)*

Leon and Toby Cooperman JCC

760 Northfield Ave.

West Orange, NJ 07052

(973) 530-3400

Lautenberg Family JCC of Greater Morris

901 Route 10

Whippany, NJ 07981

(973) 428-9300

www.jccmetrowest.org



Jewish Community Housing Corporation (JCHC)*

750 Northfield Ave.

West Orange, NJ 07052

(973) 731-2020

www.jchcorp.org

Lester Senior Housing Community

903-905 Route 10

Whippany, NJ 07981

(973) 428-0300, ext. 216

www.jchcorp.org/lester.htm

Jewish Education Association of MetroWest NJ (JEA)*

901 Route 10

Whippany, NJ 07981

(973) 428-7400

www.jeametrowest.org

JESPY House, Inc.*

102 Prospect St.

South Orange, NJ 07079

(973) 762-6909

e-mail: lkucher@jespy.org



Jewish Family Service of Central NJ

655 Westfield Ave.

Elizabeth, NJ 07208

(908) 352-8735

www.jfscentralnj.com

Jewish Family Service of MetroWest (JFS)*

256 Columbia Turnpike, Suite 105

Florham Park, NJ 07932

(973) 765-9050

www.jfs-metronj.org

570 W. Mount Pleasant Ave., Suite 203

Livingston, NJ 07039

(973) 740-1233

500 Morris Ave.

Springfield, NJ 07081

(973) 467-3300

Jewish Service for the Developmentally Disabled of MetroWest (JSDD)*

395 Pleasant Valley Way

West Orange, NJ 07052

(973) 325-1494

www.jsddmetrowest.org

Jewish Vocational Service of MetroWest (JVS)*

111 Prospect St.

East Orange, NJ 07017

(973) 674-6330

www.jvsnj.org and www.MWjobs.org

Joint Chaplaincy Committee of MetroWest*

901 Route 10

Whippany, NJ 07981

(973) 929-3168

e-mail: casekoff@ujcnj.org

MetroWest Caregivers Resource Center (CGR)

Located on the campus of Daughters of Israel

1155 Pleasant Valley Way

West Orange, NJ 07052

(973) 325-7873

www.caregiversnj.org

MetroWest Health and Healing Center (MHHC)

Located at Leon and Toby Cooperman JCC

760 Northfield Ave.

West Orange, NJ 07052

(973) 530-3455

www.jccmetrowest.org/health.html

Project SHIN (Spiritual Healing Integrating Nursing)

(973) 530-3493

National Council of Jewish Women (NCJW)

Essex County Section

513 W. Mount Pleasant Ave.

Livingston, NJ 07039

(973)740-0588

www.ncjwessex.org

West Morris County Section

P.O. Box 533

Mount Freedom, NJ 07970

(888) 895-3059

www.ncjw.org

New Jersey “Y” Camps - Kislak Adult Center

21 Plymouth St.

Fairfield, NJ 07004-1686

(973) 575-3333, ext. 119

www.njycamps.org/adults/

Oheb Shalom Congregation – Bobrow Food Pantry

170 Scotland Road

South Orange, NJ 07079

(973) 762-7067

www.ohebshalom.org

**Saint Barnabas Hospice and Palliative Care Center -
Jewish Hospice Service**

95 Old Short Hills Road

West Orange, NJ 07052

(973) 322-4800

www.sbhsc.com/hospitals/hospice/index.html

United Jewish Communities of MetroWest NJ (UJC)*

901 Route 10

Whippany, NJ 07981

(973) 929-3000

www.ujcnj.org

YM-YWHA of Union County

501 Green Lane

Union, NJ 07083

(908) 289-8112

www.unionymywha.org



COUNTY OFFICES ON AGING

Essex County Division on Aging

50 South Clinton St., Suite 3200, Third Floor

East Orange, NJ 07018

(973) 395-8375

www.essexcountynj.org

Morris County Division on Aging

P.O. Box 900

Morristown, NJ 07963-0900

(973) 285-6848

www.co.morris.nj.us/services/humanservices.asp

Sussex County Division of Senior Services

One Spring St.

Newton, NJ 07860

(973) 579-0555

www.sussexcountyaging.com

Union County Division on Aging

10 Elizabethtown Plaza

Administration Building

4th Floor

Elizabeth, NJ 07207

(908) 527-4870

www.ucnj.org/aging

Jewish Holidays

5766/2006

Purim	Tuesday, March 14, 2006
Passover, First Seder	Wednesday, April 12, 2006
Passover, First Two Days	Thursday, April 13 and Friday, April 14, 2006
Passover, Last Two Days	Wednesday, April 19 and Thursday, April 20, 2006
Shavuot	Friday, June 2 and Saturday, June 3, 2006
Tisha B'Av	Thursday, August 3, 2006

5767/2006-2007

Rosh Hashanah	Saturday, September 23 and Sunday, September 24, 2006
Kol Nidre	Sunday, October 1, 2006
Yom Kippur	Monday, October 2, 2006
Sukkot	Saturday, October 7 and Sunday, October 8, 2006
Shemini Atzeret	Saturday, October 14, 2006
Simchat Torah	Sunday, October 15, 2006
Hanukkah, First Night	Friday, December 15, 2006
Purim	Sunday, March 4, 2007
Passover, First Seder	Monday, April 2, 2007

Passover, First Two Days	Tuesday, April 3 and Wednesday, April 4, 2007
Passover, Last Two Days	Monday, April 9 and Tuesday, April 10, 2007
Shavuot	Wednesday, May 23 and Thursday, May 24, 2007
Tisha B'Av	Tuesday, July 24, 2007

5768/2007-2008

Rosh Hashanah	Thursday, September 13 and Friday, September 14, 2007
Kol Nidre	Friday, September 21, 2007
Yom Kippur	Saturday, September 22, 2007
Sukkot	Thursday, September 27 and Friday, September 28, 2007
Shemini Atzeret	Thursday, October 4, 2007
Simchat Torah	Friday, October 5, 2007
Hanukkah, First Night	Tuesday, December 4, 2007
Purim	Friday, March 21, 2008
Passover, First Seder	Saturday, April 19, 2008
Passover, First Two Days	Sunday, April 20 and Monday, April 21, 2008
Passover, Last Two Days	Saturday, April 26 and Sunday, April 27, 2008
Shavuot	Monday, June 9 and Tuesday, June 10, 2008
Tisha B'Av	Sunday, August 10, 2008

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of the Jewish Community Foundation of MetroWest New Jersey,
the Wallerstein Foundation for Geriatric Life Improvement, and United Jewish Appeal.*



UNITED JEWISH
COMMUNITIES

OF METROWEST NEW JERSEY

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