

ujc metrowest

connecting you

to a
JEWISH Community
RESOURCE GUIDE

met·ro·west

1. A geographic area that includes Essex, Morris, Sussex, and northern Union counties.

jew·ish com·mu·ni·ty

1. A group of people having common interests; Jews helping Jews; collaborating to create new possibilities for each other; helping those in need and building a brighter, more vital, more Jewish future.

con·nec·tion

1. To join together; unite; achieve partnerships between and among MetroWest Jewish agencies and organizations to benefit the whole community.

RETHINK FEDERATION
RETHINK THE
POSSIBILITIES


UNITED JEWISH
COMMUNITIES
OF METROWEST NEW JERSEY

The MetroWest community is rich with resources that care for Jews in need and ensure a vibrant Jewish future through Federation and its incomparable network of partner agencies.

This guide puts all of these resources at your fingertips. Whether short- or long-term, locally or around the world, Federation is capable of reaching out to answer Jewish needs anywhere they are found throughout the world, and immediately respond to emergencies as they arise. Seniors, families in crisis, the unemployed, those with special needs, immigrants, Israelis living under terror threats, and many others depend on the support Federation provides. Federation and its agencies are able to respond to the gamut of the Jewish community's needs.

Available services include assistance for victims of domestic violence, job counseling, supportive services for older adults and those with special needs, programs to enhance spiritual well-being, Israel advocacy, and more.

Federation and its partners also have a wealth of programs and institutions that foster and strengthen Jewish identity and help Jews connect to each other in Israel, overseas, and MetroWest. All of these and more help to ensure that the Jewish people will remain a unique and united people in the years to come.

When Jews help Jews,
everything is possible.

The following pages are a summary of community resources United Jewish Communities of MetroWest NJ (UJC) provides with our partner agencies.

Helping People in Crisis

When individuals and families face crisis, UJC MetroWest and its partner agencies stand ready to help.

Hebrew Free Loan
(973) 765-9050
www.ujcnj.org/hflnj

Provides interest-free loans to Jewish individuals with varied needs.

Jewish Family Service of MetroWest (JFS)
(973) 765-9050
www.jfsmetrowest.org

Provides counseling to individuals, couples, families, and children.

Other services include adoption information and support, care management for seniors, financial counseling, case management, information about government entitlement programs, and geriatric assessments.

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.

Partners with 45 synagogues on a community-wide job bank website (**www.MWjobs.org**), and LinkedIn.com sub-group (JVS MetroWest Jobs Connection).

Administers the Scholarship Loan Program, which provides interest-free, need-based loans for full-time college and graduate programs, and grants for medical education to help MetroWest Jewish families. **Deadline mid-May. Lynne Robbins, (973) 674-6330, ext. 272, or lrobbins@jvsnj.org.**

JVS Refugee Resettlement Program
Yelena Linets, (973) 674-6330, ext. 231
ylinets@jvsnj.org • www.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 and citizenship classes, vocational counseling and job placement assistance, and help with the naturalization process.

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

Provides counseling and legal assistance to victims of domestic violence and their children. Services include a 24-hour emergency response, availability of safe housing, individual, family and group counseling, support groups, legal assistance, and volunteer opportunities.

Services for Older Adults and Their Families

UJC MetroWest meets the social, physical, and emotional needs of seniors who age in place as well as those requiring more supportive environments.

Daughters of Israel (DOI)
Adena Twersky, (973) 400-3307
admissions@doigc.org • www.doigc.org

Provides long-term skilled nursing and residential care; sub-acute short-term rehabilitation services; hospice and palliative care services; and respite care and services.

Healthcare Foundation of NJ Alzheimer's Special Care Unit at Barnhard Pavilion for people with Alzheimer's disease and related disorders.

Charles Bierman Home (formerly HAREL), a DOI residence that offers semi-independent living in a private apartment setting. Services include communal meals, housekeeping, and medication reminders. **Contact Daisy Pujals, (973) 303-7018.**

Elderlink
(973) 765-9050, ext. 1740
elderlink@jfsmetrowest.org • www.elderlinkmetrowest.org

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

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

Offers a wide variety of social and recreational activities in West Orange, Whippany, and seven area synagogues, including discussion groups, trips, entertainment, and lectures. A Jewish Family Service (JFS) social worker is available for consultation.

Provides kosher meals at three congregated sites and through Kosher Meals on Wheels.

Jewish Community Housing Corporation
(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.

Jewish Family Service of MetroWest Older Adult Services (JFS)
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 also coordinates support groups for loss and bereavement, safety net emergency financial assistance, and services for caregivers. For Holocaust survivors, JFS offers the Lore Ross Café Europa, a bi-monthly socialization program, and supportive counseling services.

JVS At Home Services

Rachel Cohen, (973) 674-2415, ext. 293
rcohen@jvsnj.org • www.jvsnj.org

Offers two programs for seniors aging in place and individuals with disabilities at competitive rates.

Caregiving Companions are non-medical aides who provide companionship and help with light housekeeping, laundry, meal preparation, grocery shopping, and medication reminders. Aides also accompany clients on doctor visits and other appointments. Home Maintenance Solutions handymen provide basic maintenance and repairs with a focus on safety issues.

MetroTransport

Lauren O’Gorman, (973) 325-1359
logorman@doigc.org • www.doigc.org

Uses accessible vehicles to help seniors and disabled adults travel to recreational programs, medical appointments, and synagogue events.

Spiritual Life

Programs and services that address the spiritual, emotional, and physical well-being of members of the MetroWest Jewish community.

Joint Chaplaincy Committee

Cecille Asekoff, (973) 929-3168
casekoff@ujcnj.org

Provides professionally trained Jewish chaplains to hospitals, nursing homes, hospice programs, senior residences, group homes for the developmentally disabled, and other healthcare facilities. Chaplains provide individuals, their families, and staff of the facilities with professional pastoral/spiritual care, chaplaincy services and guidance.

MetroWest Jewish Health and Healing Center

Rhonda Lillianthal, (973) 530-3519
rlillianthal@jccmetrowest.org
www.jccmetrowest.org/jewishlife

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

Meeting Special Needs

UJC MetroWest and its partner agencies are dedicated to creating a community that includes the active and meaningful participation of all of its members through opportunities for access into every aspect of Jewish life.

MetroWest ABLE

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

Rebecca Wanatick, (973) 929-3129

rwanatick@ujcnj.org • www.metrowestable.org

Coordinates a network of agencies and advocates that serve individuals of all ages with special needs and their families. Services include information and referral, consultation, vocational training, kosher residences, enriching day programs, and schools, camp, and social activities.

JESPY House: an extraordinary program for adults with learning and developmental disabilities who demonstrate the ability to live independently and gain competitive employment. **Contact Frank Bresnick, (973) 762-6909. www.jespyhouse.org**

Jewish Service for the Developmentally Disabled of MetroWest, Inc. (JSDD): Multi-purpose agency dedicated to providing an integrated program of community education, advocacy, and services for individuals with developmental disabilities and their families. **Contact Linda Press, (973) 272-7141. www.jsddmetrowest.org**

Wellness, Arts & Enrichment Center (WAE): A JSDD program, WAE offers wellness (yoga, nutrition), arts (painting, creative writing) and enrichment (book club, comparative religion) opportunities in an atmosphere of unconditional acceptance. **Contact Marilyn Schneider, (973) 272-7148. www.waecenter.org**

Friendship Circle: Provides children and teenagers with autism and other special needs and their families with many of the social and recreational opportunities that are available to the general community. **Contact Rabbi Zalman Grossbaum, (973) 251-0203. www.fcj.com**

JCC Special Needs Services: Programs, activities, trips, resources, referrals, workshops, respite, and support seven days a week. Morning, afternoon, after school, and evening options available. **Contact Rebecca Gallanter, (973) 530-3998. www.jccmetrowest.org**

Connecting to Jewish Life

Our community is intimately connected by the shared Jewish values of Klal Yisrael (one Jewish people), areyvut (Jewish mutual responsibility), and tikkun olam (repairing the world). UJC MetroWest is a proud partner with area synagogues in bringing all things Jewish to MetroWest.

Center for Jewish Life

Rhonda Lillianthal, (973) 530-3519

rlillianthal@jccmetrowest.org

www.jccmetrowest.org/jewishlife

New Beginnings, a group for widows/widowers 55+ who come together once a month for companionship, fun, and thought-provoking programs.

JCC MetroWest

(973) 530-3400

www.jccmetrowest.org

Offers a world of Jewish experiences for all ages, from arts, education, and recreation to camp and early childhood programs.

Jewish Historical Society of MetroWest (JHS)

Linda Forgosh, (973) 929-2994

lforosh@jhsmw.org • www.jhsmw.org

Offers “On the Road” Speakers Bureau, traveling exhibitions, and public forums.

Maintains a climate-controlled archives vault containing institutional and synagogue records, photographs, artifacts, oral histories, and memorabilia.

Researchers and those interested in local Jewish history can view the collections by visiting www.jhsmw.org.

MetroPass

Stacey Brown, (973) 929-3027

metropass@ujcnj.org • www.ujcnj.org/metropass

Free High Holiday tickets for Rosh Hashanah and Yom Kippur services to those who are new to the community and who are not synagogue members.

Participating synagogues can be found by visiting www.ujcnj.org/metropass.

Morris County Connection

Dana Lichtenberg, (973) 929-2936

dlichtenberg@ujcnj.org • www.jccmetrowest.org/morriscounty

Helps people who are new to and unfamiliar with our community connect in ways that are meaningful for them. A variety of classes and events, held mostly in secular locations, create new entry points and open new doorways into the Jewish community. Signature events include Hanukkah Story Time and Passover in the Aisles at a local supermarket.

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

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

The PJ® Library provides free, high-quality, age-appropriate Jewish books for children ages 6 months to 5½ years.

Introduces all b'nai mitzvah children to a variety of mitzvah projects for the whole family.

JTEEN^{MW} (Jewish Teen Educational Experiences Network, MetroWest) offers dozens of compelling social, educational, and service experiences for pre-teens and teens, including programs housed at synagogues through the "JTEENMW @" program.

Distributes UJC's \$1,000 One Happy Camper grants.

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

UJC Missions

Neimah Tractenberg, (973) 929-3046
ntractenberg@ujcnj.org • www.ujcnj.org/missions

Israel. Argentina. Cuba. Brazil. Cherkassy...and that's just the beginning.

UJC missions are truly unique journeys that could never be secured through a typical agency. These adventures take participants to fascinating places where they are guaranteed to get up close and personal — meeting people where and how they live — and experiencing it all through a memorable and meaningful Jewish perspective. Itineraries include time to take in the sights, sample the local cuisine, and shop.

Waldor Memorial Library

(973) 929-2959

Largest collection of Judaica open to the public in New Jersey.
Hours: Monday–Thursday, 10 a.m.–2 p.m.

Jewish Education

UJC is committed to sustaining lifelong learners grounded in their Jewish heritage.

Center for Jewish Life

Rhonda Lillianthal, (973) 530-3519
rlillianthal@jccmetrowest.org
www.jccmetrowest.org/jewishlife

Features the Florence Melton Adult Mini-School, a Jewish literacy core curriculum for adults that incorporates Jewish history, philosophy, theology, lifecycle, and ritual. Foundations of Jewish

Family Living is a new curriculum for parents bringing the Jewish conversation home to share with their children.

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 MetroWest
Barbara Wind, (973) 929-3066
bwind@ujcnj.org • www.ujcnj.org/holocaust

Provides Holocaust and genocide education to the general public, special target audiences such as schools professionals and the Jewish community-at-large through advocacy, programs, trips to museums and other Shoah-related venues, and events. Also, interfaith outreach, conferences, and exhibits.

Jewish Day Schools in MetroWest
www.ujcnj.org/dayschools
www.ujcnj.org/dayschoolcampaign

UJC MetroWest proudly supports these excellent Jewish day schools:

Golda Och Academy (formerly Solomon Schechter Day School of Essex and Union), an affiliate of the Conservative movement, **(973) 602-3600, grades pre-K–12, www.goldaochacademy.org.**

Joseph Kushner Hebrew Academy/Rae Kushner Yeshiva High School, a Modern Orthodox yeshiva, **(973) 597-1115, grades pre K–12.** www.jkha.org or www.rkyhs.org. The school also houses the 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.

Nathan Bohrer-Abraham Kaufman Hebrew Academy of Morris County, a trans-denominational community school, **(973) 584-5530**, early childhood center (beginning 18 months) through grade 8, **www.hamc.org.**

Building Living Bridges With Israel

Ensuring the security and prosperity of the Jewish homeland is one of the ways we maintain our Jewish heritage and ourselves as a people.

Legow Family Israel Program Center (IPC)
Justine Reuben, (973) 929-3054
israelprograms@ujcnj.org • www.ujcnj.org/israel

The IPC coordinates and facilitates programs, projects, and missions that deepen the connection between Israel and MetroWest. It is also a resource to synagogues and agencies.

Of special note are community-wide events such as the Yom Ha'atzmaut gala, the annual celebration of Israel Independence Day. Israeli shlichim (emissaries) bring a positive awareness of

Jewish heritage to the community and provide educational programming to synagogues and other organizations.

To strengthen ties between young American Jews and Israel, the IPC offers a variety of opportunities for teen travel to Israel.

Programs include:

Passport to Israel — Community subsidy that makes an experience in Israel a life-changing reality for MetroWest teens every year.

Birthright Israel — A transformative experience for young adults ages 18–26 via a free 10-day trip to Israel to help build stronger Israel/Jewish connections.

MASA — Semester, long-term, and volunteer programs in Israel for ages 18–30.

UJC MetroWest brings the religious values of our diverse synagogue communities to Israel through its Religious Pluralism in Israel grant program.

Advocacy

Standing up for Israel and advocating on behalf of the public policy agenda for local, state, and national issues are integral components of the UJC MetroWest mission.

Community Relations Committee of MetroWest NJ (CRC)

Melanie Roth Gorelick, (973) 929-3087

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

Public affairs and policy arm of UJC MetroWest.

Focuses on Israel and world affairs, government relations and public policy, and community-based initiatives.

Advocates the views of the Jewish community to legislators and engages other constituencies, such as civic and interfaith leaders and other ethnic and cultural communities, on these matters.

Informs the MetroWest community on current events and mobilizes them to participate in advocacy campaigns such as stopping Iran from having nuclear weapons and ending assaults on Israel's legitimacy.

Works actively with synagogues and provides multiple opportunities for involvement.

Giving

The MetroWest Jewish community, through the UJA Campaign and other fundraising vehicles, supports Jews in need locally, in Israel, and around the world.

United Jewish Appeal of MetroWest NJ (UJA)

Julie Rosenberg, (973) 929-3029

jrosenberg@ujcnj.org • www.ujcnj.org

UJA is the fundraising arm of UJC. 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, Jewish lives are improved every day.

Jewish Community Foundation of MetroWest NJ (JCF)

Joshua Rednik, (973) 929-3060

jrednik@ujcnj.org • www.jcfmetrowest.org

UJC's planned giving and endowment arm, JCF provides charitable gift planning services that help individuals and families identify and fulfill their philanthropic goals and leave a lasting legacy for themselves and their families.

JCF also assists investors in designing efficient ways to manage their family's charitable giving utilizing a Donor Advised Fund. It offers advice on how to create an income stream while supporting the community by setting up a Charitable Gift Annuity.

Additionally, JCF assists MetroWest Jewish agencies and synagogues in enriching their own planned giving programs, providing education, strategic planning assistance, and custody of their endowment funds.

Jewish Women's Foundation of New Jersey (JWF)

Jocelyn Gilman, (973) 929-3091

jgilman@ujcnj.org • www.jwfnj.org

JWF is a collaborative philanthropy whose dedicated trustees award strategic grants that empower women and girls to reach their full potential, thereby creating real social change throughout their communities and beyond.

Grants awarded to date have covered such areas as education, workplace, family and financial independence, child and foster care, human trafficking, civic and political engagement, and more. Information about grant applications and joining the foundation is available on its website.

Getting More Information

To discover more about the services listed in this brochure, contact the Jewish Resource Line, the centralized information and referral service providing access to local and regional health, educational, vocational, cultural, recreational, and social services offered under Jewish auspices.

Call (973) 929-3100;
e-mail jewishresource@ujcnj.org;
or visit www.ujcnj.org.

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