

Look what's coming to Caldwell for residents 60+

Home Maintenance and Repair: Contact JVS Home Maintenance Solutions at 973-674-2415, ext. 296 to schedule an appointment with a handyman specializing in working in seniors' homes. Services may include: installing grab bars, handheld shower heads and non-slip decals; flipping mattresses; installing or repairing railings; changing light bulbs and smoke detector CO/batteries; fixing doorbells; removing clutter; and hanging curtains. Safety checks and assessments are also available. Caldwell residents are eligible for up to one day of free service. (\$5 donation requested.) Non-residents may use this service for a fee.

Exercise & Fitness Education: Caldwell LIVE will be introducing new evidence-based exercise and wellness activities and a walking club designed specifically for older adults. Dates and times of classes will be included in future calendars. Call 973-403-0972 for more information.

Social Work Services: Karen Brand, a Jewish Family Service social worker, is at the Caldwell LIVE office on Mondays to offer counseling and case management services as well as information and referrals to community resources. She can also discuss benefits and entitlement eligibility. Visits can be arranged for homebound Caldwell residents. Please call 973-403-0972 for an appointment or more information.

Employment Services: Meet with a placement counselor from the Jewish Vocational Service or attend a group workshop to help with your job search. Contact Inna Kramers at 973-403-0972 to make an appointment. Drop-ins at the Caldwell LIVE office between 9 AM and Noon on Wednesdays are also welcome.

Transportation: Learn how to use public transportation at seminars and travel training classes offered by NJ TIP. Assistance with ACCESS Link applications will be provided. Look for details in future mailings. Transportation is available on a limited basis through Metro Transport for eligible individuals who have been referred by Caldwell LIVE staff.

Watch future mailings for more information on programs coming to Caldwell LIVE.

**Questions? Contact the Caldwell LIVE office at
1 Provost Square
973-403-0972**