

## MetroWest CARES - Committee Addressing Resources for Eldercare Services

**What is MetroWest CARES?** A collaborative effort of United Jewish Communities of MetroWest NJ (UJC) and its agencies to create a continuum of care for the elderly; a comprehensive, consumer-oriented network of services, including physical and mental health care, spiritual health and well being, social and vocational services, advocacy, transportation and housing.

**Overarching Concept: Aging with Independence, Community Engagement and Dignity**

Provide leadership on eldercare issues, understand the market, outreach to the community, advocate for programs and services, facilitate aging in place, and support family caregivers.

**Who is served by MetroWest CARES?** Family caregivers (local and long-distance), well-elderly age 60+ (working or retired), older adults who need some help in the home (bathing, cooking, dressing) or within the community (shopping, transportation, housework), more frail elders who require personal assistance in the home, older adults requiring long term care and skilled nursing care, and Targeted Older adult populations: Russian speakers, aging parents of people with developmental disabilities, frail and vulnerable seniors, those with very low incomes and those newly at-risk due to the economic downturn, Survivors, and older adults with psychiatric disabilities.

**Where do older adults live in MetroWest?** Throughout MetroWest – Essex, Morris, Sussex and north Union Counties. In their own homes, in UJC-affiliated options: LIVE communities, JCHC apartments and assisted living, Bierman Home, Daughters of Israel; and, other places in the general community including apartments, 55+ communities, Continuing Care Retirement Communities, assisted living and long term care facilities.

### Agencies Participating in MetroWest CARES and Eldercare Services

<p><b>Jewish Family Service of MetroWest</b> (973) 765-9050 <a href="http://www.jfsmetrowest.org">www.jfsmetrowest.org</a></p> <ul style="list-style-type: none"> <li>▪ <b>Elderlink:</b> Eldercare Information and Referral Service</li> <li>▪ Geriatric Assessments</li> <li>▪ Counseling</li> <li>▪ Geriatric Case Management</li> <li>▪ Community Education</li> <li>▪ <b>Café Europa:</b> <i>The MetroWest Holocaust Survivor Friendship Society</i></li> <li>▪ Holocaust Survivor Support Services</li> <li>▪ Hudson County Kosher Nutrition Program</li> <li>▪ In-Home Health Care</li> <li>▪ <b>HouseCalls:</b> Social Work Services with Medical Support Services</li> <li>▪ Caregiver Support Services</li> <li>▪ Safety Net Services: Emergency Financial Assistance</li> </ul>	<p><b>Daughters of Israel</b> (973) 400-3300 <a href="http://www.doigc.org">www.doigc.org</a></p> <ul style="list-style-type: none"> <li>▪ Long Term Skilled Nursing and Residential Care</li> <li>▪ Sub-Acute Short Term Rehabilitation Services</li> <li>▪ The Healthcare Foundation of NJ Alzheimer’s Special Care Unit at Barnhard Pavilion- for People with Alzheimer’s Disease and related disorders</li> <li>▪ Hospice and Palliative Care Services</li> <li>▪ Respite Care and Services</li> <li>▪ The Charles Bierman Home – A Daughters of Israel Residence – Senior Housing with assistance</li> <li>▪ The Herr Adult Medical Day Center- A non-sectarian day program designed to promote and maintain each participant’s dignity and independence within the community</li> <li>▪ Metro Transport – UJC Community Transportation Program with DOI as lead agency, serving seniors and disabled adults in the community.</li> </ul>	<p><b>Jewish Vocational Service of MetroWest</b> (973) 674-6330 <a href="http://www.jvsnj.org">www.jvsnj.org</a></p> <ul style="list-style-type: none"> <li>▪ Home Maintenance Solutions (basic home repair and maintenance)</li> <li>▪ Caregiving Companions (non-medical care and companionship)</li> <li>▪ Maturity Works (comprehensive job placement services for unemployed and underemployed individuals aged 45-85+)</li> <li>▪ Life Work Planning</li> <li>▪ Creative Maturity Expo (a day of seminars, health screenings, and exhibits)</li> <li>▪ Citizenship and Case Management Services for Older Refugees and Immigrants</li> <li>▪ Work Center on Aging (vocational rehabilitation, case management, specialized health related services, social supports, skills training, and job placement services for people with disabilities age 55+)</li> <li>▪ Work Activity Center at DOI (vocational rehabilitation and social supports for residents and day program participants at Daughters of Israel in West Orange).</li> </ul>
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<p><b>Jewish Community Center of MetroWest</b> (973) 530-3400 <a href="http://www.jccmetrowest.org">www.jccmetrowest.org</a></p> <ul style="list-style-type: none"> <li>▪ <u>Senior Centers</u> - William Margulies Senior Center, a 4-day a week program including a subsidized congregational kosher nutrition program, and 9 senior satellite centers.</li> <li>▪ <u>At Leisure</u> - Women, Men and Couples at Leisure groups meet at the Lautenberg Family JCC on the Aidekman Campus in Whippany.</li> <li>▪ <u>Life Long Learning</u> - provides university level courses on topics ranging from history, the arts, politics, and Jewish-related subjects.</li> <li>▪ <u>Kosher Nutrition</u> – congregational kosher nutrition centers at the JCC in West Orange and Irvington. Home delivered meals are provided to the homebound elderly.</li> <li>▪ <u>New Beginnings</u> - A group for individuals who have suffered the loss of a spouse.</li> <li>▪ <u>Fitness</u> - classes targeted to older adults and personal training available.</li> </ul>	<p><b>Jewish Community Housing Corporation</b> (973) 731-2020 <a href="http://www.jchcorp.org">www.jchcorp.org</a></p> <ul style="list-style-type: none"> <li>▪ 600 units of housing, including both independent and assisted living options, at five (5) buildings in Morris and Essex County;</li> <li>▪ Food program for residents and Kosher Nutrition Site which is open to income-eligible individuals living in the community;</li> <li>▪ Offering our residents a full range of social programs and recreational activities;</li> <li>▪ Providing transportation for shopping, museums, shows and other attractions;</li> <li>▪ Through a state program available at three JCHC buildings, subsidizes frail, elderly individuals who need assistance with housekeeping, personal care, shopping and meals in order to maintain an independent lifestyle;</li> <li>▪ Engaging in collaborations with fellow agencies to provide additional services for our residents including medical care (the HouseCalls Program with Jewish Family Services of MetroWest); and,</li> <li>▪ Making available religious services, educational programs and counseling provided through the Joint Chaplaincy Committee of the United Jewish Communities of MetroWest.</li> </ul>	<p><b>Joint Chaplaincy Committee of MetroWest</b> (973) 929-3168 <a href="mailto:casekoff@ujcnj.org">casekoff@ujcnj.org</a></p> <ul style="list-style-type: none"> <li>▪ Professional pastoral/spiritual care and chaplaincy services are provided to all Jewish Community Housing Corporation buildings and religious services are offered in those facilities where they are desired.</li> <li>▪ Chaplains individually visit tenants to develop a relationship and assess any individual needs.</li> <li>▪ Chaplains also visit tenants when in the hospital or recovering in rehabilitation facilities.</li> <li>▪ The Chaplains at Daughters of Israel and in area hospitals are part of Joint Chaplaincy, providing continuity for those JCHC tenants who are hospitalized or become residents of Daughters.</li> <li>▪ Community-based chaplains also visit hospitals and provide professional chaplaincy services to elderly people and their families throughout MetroWest and beyond.</li> </ul>
<p><b>JESPY</b> (973) 762-6909 <a href="http://www.jespyhouse.org">www.jespyhouse.org</a></p> <ul style="list-style-type: none"> <li>▪ Nutrition groups - healthy eating</li> <li>▪ Special Education Teacher who is also a fitness trainer</li> <li>▪ Special recreation opportunities as needed</li> <li>▪ Health department educational presentations</li> <li>▪ New building with an elevator</li> <li>▪ Entitlements coordinator</li> <li>▪ Day program for clients who retire</li> <li>▪ Volunteer placements in the community</li> </ul>	<p><b>Jewish Service for the Developmentally Disabled of MetroWest, Inc (JSDD)</b> (973) 325-1494 <a href="http://www.jsddmetrowest.org">www.jsddmetrowest.org</a></p> <ul style="list-style-type: none"> <li>▪ Supervised, supportive residential services, including medical case management and opportunities to stay engaged and connected to the community</li> <li>▪ Information and referral</li> <li>▪ Enrichment and continuing education opportunities in a range of areas that include wellness (i.e. yoga, Pilates, meditation, nutrition), the arts (i.e. painting, creative writing, poetry, film appreciation, photography) and Jewish education and other areas of life enrichment.</li> </ul>	<p><b>United Jewish Communities of MetroWest NJ</b> (973) 929-3193 – Eldercare Services <a href="http://www.ujcnj.org/eldercare">www.ujcnj.org/eldercare</a></p> <ul style="list-style-type: none"> <li>▪ UJC staff to work with CARES agencies to pursue additional resources to support key collaborative efforts, including government advocacy, and frame new community ventures.</li> <li>▪ Develop <u>A to Z Guide</u>, Eldercare webpages, Making Connections and staff development events, coordinate LIVE programming, develop NJJN Eldercare Columns, work in partnership with member agencies on targeted programs related to health promotion, mobility, family caregiving, and more.</li> </ul>

**How is MetroWest CARES supported?** CARES receives grant funding from Healthcare Foundation of New Jersey, UJC, and the federal Administration on Aging. The Wallerstein Foundation, Jewish Community Foundation of MetroWest, Grotta Fund for Senior Care and the State of New Jersey, have also supported CARES programs. Services delivered through CARES agencies are funded through government contracts (Older Americans Act, Division of Vocational Rehabilitation, Department of Labor, and others), fees for service, Medicare and Medicaid reimbursements, insurance and managed care reimbursements, private donors, private service contracts, endowment funds, Claims Conference survivor reparations, local United Ways, and UJC allocations.