

Our Greater MetroWest network of Jewish agencies provides extensive services and resources for older adults.

ACTIVITIES (EDUCATIONAL, SOCIAL) In-Person

JCC MetroWest

Gina Goldman, (973) 530-3448
ggoldman@jccmetrowest.org or
Michele Bernstein, (973) 530-3447
mbernstein@jccmetrowest.org
jccmetrowest.org

JESPY House (day program, engagement & enrichment services, and athletics & fitness for adults with intellectual & developmental disabilities)

(973) 762-6909
fbresnick@jespy.org
jespyhouse.org

**Jewish Community Housing Corporation
(for its residents only)**

(973) 731-2020
jchcorp.org

Jewish Vocational Service

Rebecca Shulman, rshulman@jvsnj.org
(day vocational rehab program only with appropriate referral)

ACTIVITIES (EDUCATIONAL, SOCIAL) Virtually

JESPY House (for adults with intellectual and developmental disabilities)

(973) 762-6909
fbresnick@jespy.org
jespyhouse.org

CAREGIVER SERVICES

Jewish Family Service of MetroWest

Siobhan Flynn-Higgins, (973) 637-1763
sflynn-higgins@jfsmetrowest.org
jfsmetrowest.org

JCC MetroWest

(for Littman Memory Center for family caregivers)

Michele Bernstein, (973) 530-3447
mbernstein@jccmetrowest.org
jccmetrowest.org

CASE MANAGEMENT

Jewish Family Service of MetroWest

Nicole Viola, (973) 637-1075
nviola@jfsmetrowest.org
jfsmetrowest.org

JESPY House (daily living skills for adults with intellectual & developmental disabilities)

(973) 762-6909
fbresnick@jespy.org
jespyhouse.org

CHAPLAINCY/SPIRITUAL SUPPORT

(at home & in hospitals and other settings)

Federation Chaplaincy

chaplaincy@jfedgmw.org
jfedgmw.org/chaplaincy

**Jewish Community Housing Corporation
(for its residents only)**

jchcorp.org

COUNSELING/MENTAL HEALTH SERVICES

(including Caregiver Support)

Jewish Family Service of MetroWest

(973) 765-9050

JESPY House

(clinical services for adults with intellectual & developmental disabilities and their families)

Vincent Visioli, (973) 762-6909
visioli@jespy.org
jespyhouse.org

COMMUNITY SERVICES FOR OLDER ADULTS ESSEX/MORRIS/SUSSEX COUNTIES

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DISABILITY SERVICES

(Residential Services and Day Programs)

JESPY House (day program and residential services for adults with intellectual & developmental disabilities)

(973) 762-6909

fbresnick@jespy.org

jespyhouse.org

Jewish Service for the Developmentally Disabled (provides residential services, day programs, therapies and coordination of services for adults with disabilities and their families)

(973) 272-7148

jsddmetrowest.org

JCC MetroWest (day habilitation program)

Marisa Cohen, (973) 530-3478

mcohen@jccmetrowest.org

jccmetrowest.org

Jewish Vocational Service

(day vocational rehab program only)

Rebecca Shulman, (973) 674-6330

rshulman@jvsnj.org

jvsnj.org

Jewish Family Service of MetroWest

(support coordination)

Danielle Crum, (973) 637-1709

dcrum@jfsmetrowest.org

jfsmetrowest.org

DOMESTIC ABUSE

(elder abuse and other domestic abuse)

Jewish Family Service of MetroWest

Rachel Coalition, (973) 740-1233

(domestic violence, intimate partner violence and high conflict relationships)

jfsmetrowest.org

FITNESS/EXERCISE PROGRAMS

JCC MetroWest

Pamela Bitner, (973) 530-3994

pbitner@jccmetrowest.org

jccmetrowest.org

Jewish Community Housing Corporation (for its residents only)

jchcorp.org

JESPY House

(group and individual fitness training, and Special Olympics participation for adults with intellectual & developmental disabilities)

(973) 762-6909

fbresnick@jespy.org

jespyhouse.org

FRIENDLY VISITORS

Jewish Family Service of MetroWest

Stephanie Grove, (973) 637-1776

sgrove@jfsmetrowest.org

jfsmetrowest.org

GERIATRIC ASSESSMENT

Jewish Family Service of MetroWest

Siobhan Flynn-Higgins, (973) 637-1763

sflynn-higgins@jfsmetrowest.org

jfsmetrowest.org

Jewish Community Housing Corporation (for its residents only)

David Rosen, (973) 929-2725

davidr@jchcorp.org

jchcorp.org

JESPY House

(onsite OT/PT services and weekly observation by agency nurse for adults with intellectual & developmental disabilities)

(973) 762-6909

fbresnick@jespy.org

jespyhouse.org

COMMUNITY SERVICES FOR OLDER ADULTS ESSEX/MORRIS/SUSSEX COUNTIES

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HOLOCAUST SURVIVOR SUPPORTS

(including accessing Claims Conference benefits, social programs, financial support, Russian language services)

Jewish Family Service of MetroWest

Liz Levy, (973) 637-1715
llevy@jfsmetrowest.org

For Russian language services:

Masha Penson, (973) 637-1716
mpenson@jfsmetrowest.org
jfsmetrowest.org

HOME DELIVERED MEALS

JCC MetroWest (for Essex County residents)

Joanne Bramnick, (973) 530-3414
jbramnick@jccmetrowest.org
jccmetrowest.org

HOUSING

Jewish Community Housing Corporation

Subsidized affordable housing
(973) 530-3972
Market rate housing
(973) 929-2725
jchcorp.org

Jewish Service for the Developmentally Disabled (for adults with disabilities)

(973) 272-7148
jsdd.org

JESPY House

(shared and aging-in-place housing for adults with intellectual & developmental disabilities)

(973) 762-6909
fbresnick@jespy.org
jespyhouse.org

INSURANCE COUNSELING

(SHIP - State Health Insurance Assistance)

Jewish Family Service of MetroWest (for residents of Essex County)

Brittany Bynum, (973) 637-1764
bbynum@jfsmetrowest.org
jfsmetrowest.org

JOB/CAREER COUNSELING

Jewish Vocational Service

(973) 674-6330
Lisa Vick, Lvick@jvsnj.org or
Rebecca Shulman
(for individuals with disabilities)
rshulman@jvsnj.org
jvsnj.org

JESPY House

(work readiness & employment services for adults with intellectual & developmental disabilities)

(973) 762-6909
lfiore@jespy.org
jespyhouse.org

LUNCH (Senior Drop-In)

JCC MetroWest

Susan Ochs-Scher, (973) 530-3504
sochsscher@jccmetrowest.org
jccmetrowest.org

MEMORY CARE (Day Programs)

JCC MetroWest

Bonnie Schechter, (973) 530-3491
bschechter@jccmetrowest.org
Joanne Bramnick, (973) 530-3414
jbramnick@jccmetrowest.org
jccmetrowest.org

MEMORY CARE (Residential Programs)

Jewish Community Housing Corporation

David Rosen, (973) 929-2725
davidr@jchcorp.org
jchcorp.org

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MONEY MANAGEMENT

(help writing checks, paying bills, organizing mail)

Jewish Family Service of MetroWest (for Essex County residents)

Taylor Ruszczyk, (973) 637-1742
trusczyk@jfsmetrowest.org
jfsmetrowest.org

JESPY House (for adults with intellectual and developmental disabilities)

(973) 762-6909
fbresnick@jespy.org
jespyhouse.org

REHAB

Daughters of Israel

(973) 731-5100
daughtersofisrael.org

SKILLED NURSING HOME

Daughters of Israel

(973) 731-5100
daughtersofisrael.org

SUPPORT GROUPS

Jewish Family Service of MetroWest (groups include bereavement, caregivers, and high conflict)

(973) 765-9050
jfsmetrowest.org

JCC MetroWest (Monthly Caregiver Support for family members of Littman Memory Center attendees)

Michele Bernstein, (973) 530-3447
mbernstein@jccmetrowest.org
jccmetrowest.org

TRANSPORTATION

Metro Transport

Cindy Denburg, (973) 325-1359
cdenburg@daughtersofisrael.org
daughtersofisrael.org

Jewish Community Housing Corporation (for its residents only)

jchcorp.org

TRAVEL/DAY TRIPS

JCC MetroWest

Michele Bernstein, (973) 530-3447
mbernstein@jccmetrowest.org

Jewish Community Housing Corporation (for its residents only)

jchcorp.org

TRAVEL/OVERNIGHT

JCC MetroWest

Sharon Gordon, (973) 530-3480
sgordon@jccmetrowest.org
jccmetrowest.org

VOLUNTEER OPPORTUNITIES

Jewish Family Service of MetroWest

Stephanie Grove, (973) 637-1766
sgrove@jfsmetrowest.org
jfsmetrowest.org

Jewish Vocational Service

(973) 674-6330
Rebecca Shulman, rshulman@jvsnj.org, or
Lynn Sternstein, lsternstein@jvsnj.org
jvsnj.org

Jewish Service for the Developmentally Disabled

(973) 272-7148
jsdd.org

JESPY House

**(sports and recreation opportunities to assist with adults
with intellectual & developmental disabilities)**

(973) 762-6909
amuslim@jespy.org
jespyhouse.org