

COMMUNITY SERVICES FOR OLDER ADULTS

ESSEX/MORRIS/SUSSEX COUNTIES

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



Jewish Federation
of Greater MetroWest NJ

ACTIVITIES (EDUCATIONAL, SOCIAL)

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 and enrichment services, and athletics & fitness for adults with intellectual and developmental disabilities)

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

Jewish Vocational Service (day vocational rehab program only with appropriate referral)

Rebecca Shulman, (862) 704-2248
rshulman@jvsnj.org
jvs.org

CAREGIVER SERVICES

Jewish Family Service of MetroWest

Caregiver Help Line, (973) 637-1740
Caregivers@jfsmetrowest.org
Siobhan Flynn-Higgins, (973) 637-1763
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) 637-1705
nviola@jfsmetrowest.org; jfsmetrowest.org

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

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

CHAPLAINCY/SPIRITUAL SUPPORT

(at home and in hospitals and other settings)

Federation

Marian Marlowe, (973) 929-3051
mmarlowe@jfedgmw.org
jfedgmw.org/chaplaincy

COUNSELING/ MENTAL HEALTH SERVICES

(including Caregiver Support)

Jewish Family Service of MetroWest

(973) 765-9050
jfsmetrowest.org

JCC MetroWest

(for Littman Memory Center for family caregivers)

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

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

Vincent Visioli, LCSW, (973) 762-6909, x433
vvisioli@jespy.org
jespyhouse.org

DISABILITY SERVICES

(Residential Services and Day Programs)

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

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

JSDD (providing Residential Services, Day Program, Therapeutic Services, Technology Assessments and coordination of services for adults with disabilities and their families)

(973) 272-7148
jsdd.org

JCC MetroWest (day habilitation program)

Marisa Cohen, (973) 530-3478
mcohen@jccmetrowest.org
jccmetrowest.org

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DISABILITY SERVICES

(Residential Services and Day Programs)

Jewish Vocational Service

(vocational evaluation, job placement and in-house vocational rehabilitation program)

Rebecca Shulman, (862) 704-2248

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

JESPY House

(group and individual fitness training, and Special Olympics participation for adults with intellectual and 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

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

(973) 762-6909

fbresnick@jespy.org

jespyhouse.org

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

HOUSING

Jewish Community Housing Corporation

(housing available in Essex and Morris counties)

Assisted Living

(973) 929-2725

Market Rate Housing

Lester Senior Housing,

Whippany

(973) 929-2725

Village Apartments,

South Orange

(973) 763-0999

CherylK@jchcorp.org

Subsidized Affordable Housing

Jewish Federation Plaza,
West Orange

(973) 530-3972

KerryR@jchcorp.org

SOBBFH, South Orange

(973) 761-4602

JacquelineM@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 and developmental disabilities)

(973) 762-6909

fbresnick@jespy.org;

jespyhouse.org

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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

Janet Sewell, (862) 704-2260, jsewell@jvsnj.org
Elisa Udaskin, (862) 704-2292, Eudaskin@jvsnj.org
or Rebecca Shulman (for individuals with disabilities),
(862) 704-2248, rshulman@jvsnj.org; jvsnj.org

**JESPY House (work readiness and
employment services for adults with
intellectual and developmental disabilities)**

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

LUNCH (served to groups)

JCC MetroWest (for Essex County residents)

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

HOME-DELIVERED MEALS

JCC MetroWest (for Essex County residents)

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

MEMORY CARE (DAY PROGRAMS)

Littman Memory Center at JCC MetroWest

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

MEMORY CARE (Residential Programs)

Jewish Community Housing Corporation
(973) 929-2725
jchcorp.org

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

Mike Maykish (973) 400-3377
mmaykish@daughtersofisrael.org
daughtersofisrael.org

SKILLED NURSING HOME

Daughters of Israel

Adina Twersky (973) 400-3351
atwersky@daughtersofisrael.org
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

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TECHNOLOGY SERVICES

Life/Home/Tech (Technology solutions and assessments to support greater independence and aging in place)

JSDD

(973) 272-7148
JSDD.org

TRANSPORTATION

Metro Transport

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

TRAVEL/DAY TRIPS

JCC MetroWest

Michele Bernstein, (973) 530-3447
mbernstein@jccmetrowest.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, lsterstein@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 and developmental disabilities)

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