

# COMMUNITY SERVICES FOR OLDER ADULTS

## ESSEX/MORRIS/SUSSEX COUNTIES

Our Greater MetroWest NJ 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, x302  
Joseph Calabrese  
jcalabrese@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 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, x207  
Shaleice Jenkins  
sjenkins@jespy.org  
jespyhouse.org

### CHAPLAINCY/SPIRITUAL SUPPORT

(at home and in hospitals and other settings)

#### Jewish Federation of Greater MetroWest NJ

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)

Amanda Morse, LCSW, (973) 762-6909, x166  
amorse@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, x302  
Joseph Calabrese  
jcalabrese@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@jccmwsupports.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

Angie Edwards, (973) 530-3436

aedwards@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, x302

Joseph Calabrese

jcalabrese@jespy.org

jespyhouse.org

### FRIENDLY VISITORS

#### Jewish Family Service of MetroWest

Kathy Mikula, (973) 637-1751

kmikula@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, x302

Joseph Calabrese

jcalabrese@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, x302

Joseph Calabrese

jcalabrese@jespy.org

jespyhouse.org

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### INSURANCE COUNSELING

(SHIP - State Health Insurance Program)

#### 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, x302  
Joseph Calabrese  
jcalabrese@jespy.org  
jespyhouse.org

### SENIOR LUNCH (served at the JCC MetroWest)

#### JCC MetroWest

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

#### Daughters of Israel

973-731-5100  
www.daughtersofisrael.org

### MONEY MANAGEMENT

(help writing checks, paying bills, organizing mail)

#### JESPY House (for adults with intellectual and developmental disabilities)

(973) 762-6909, x302  
Joseph Calabrese  
jcalabrese@jespy.org  
jespyhouse.org

### REHAB

#### Daughters of Israel

Rebecca Kojchev (973) 400-3377  
rkojchev@daughtersofisrael.org  
daughtersofisrael.org

### SKILLED NURSING HOME

#### Daughters of Israel

Teri Hills (973) 400-3351  
thills@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

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### TRANSPORTATION

#### Metro Transport

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

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### TRAVEL/DAY TRIPS

#### JCC MetroWest

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

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### TRAVEL/OVERNIGHT

#### JCC MetroWest

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

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### VOLUNTEER OPPORTUNITIES

#### Jewish Family Service of MetroWest

Taylor Rusczyk, (973) 637-1742  
trusczyk@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)

Aisha Muslim, (973) 762-6909, x353  
amuslim@jespy.org  
jespyhouse.org