A-Z

Guide to Jewish Resources for Seniors

The A-Z Guide to Jewish Resources for Seniors *was compiled by The Jewish Federation of Greater Washington in collaboration with its partner agencies that provide aging services. This guide provides information about programs and services offered by Federation partner agencies in the Washington Metropolitan area for adults ages 55+. If you need additional information about these or other services, please contact Jconnect* at:*

(301) 348-7356
(703) 296-1022
www.jconnect.org
jconnect@shalomdc.org

Your connection to everything Jewish.

**Jconnect is a community service of The Jewish Federation of Greater Washington and is supported by the Carl M. Freeman Foundation.*

Federation Partner Agencies

Charles E. Smith Life Communities (CESLC*)

6121 Montrose Road • Rockville, MD 20852
(301) 770-8448 • *www.smithlifecommunities.org*

Charles E. Smith Life Communities fulfills Jewish values by providing a range of quality services for older adults that respects the dignity of each individual. CESLC* includes five residences: the Smith-Kogod and Wasserman Residences of the Hebrew Home of Greater Washington, providing rehabilitative services and long-term care; Landow House, which offers assisted living; and Ring House and Revitz House, which provide independent living. Additionally, the Hirsh Health Center offers outpatient geriatric medical care. *CES Life Communities is a partner agency of, but does not receive funds from, The Jewish Federation of Greater Washington.*

Jconnect

6101 Montrose Road • Rockville, MD 20852
(301) 348-7356 or (703) 286-1022 • *www.jconnect.org*

Federation's Jconnect provides comprehensive information about Jewish resources locally, nationally and internationally. Individuals can find answers to their questions by phone, e-mail or the Jconnect website. Jconnect distributes welcome packages for newcomers, makes connections for those needing a place to celebrate the Jewish holidays and helps connect seniors to a wide array of services and programs in the local Jewish community. Additionally, Jconnect can match individuals with appropriate volunteer opportunities that fit their needs and interests.

**CESLC services and programs are not funded by the Federation.*

Federation Partner Agencies

Jewish Community Center of Greater Washington (JCCGW)

6125 Montrose Road • Rockville, Maryland 20852
(301) 881-0100 • *www.jccgw.org*

The Jewish Community Center of Greater Washington inspires and connects people of all ages and backgrounds through a range of opportunities offered in a welcoming environment. Seniors can explore Jewish traditions through holiday programs, discuss politics in *Seniors Organized for Change*, participate in *ACE/Gerber Adult Seminars* on varied topics or socialize in groups for mature singles, couples and widows/widowers.

Active seniors can participate in **Coming of Age in Maryland** (COA in MD), provided in partnership with JSSA and JCA. Programs include a "Day at the J," wellness and lunch programs and satellite programs at B'nai Shalom and Leisure World. JCCGW also offers a vibrant Senior Kosher Lunch program at six locations: Ring House, Har Tzeon, Shomrei Emunah, Coffield Center, Temple Solel and the Hebrew Academy.

Jewish Community Center of Northern Virginia (JCCNV)

8900 Little River Turnpike • Fairfax, VA 22031
(703) 323-0880 • *www.jccnv.org*

The Jewish Community Center of Northern Virginia enriches the lives of seniors through its **Coming of Age in Northern Virginia** (COA in NOVA) program. COA in NOVA, a collaborative project with JSSA and JCA, provides active retirees (55+) opportunities to participate in stimulating

(Jewish Community Center of Northern Virginia cont.)

programs, classes and recreational activities. COA in NOVA programs are held at the JCCNV and at six congregation locations: Etz Hayim, Beth El Hebrew, B'nai Shalom, Northern Virginia Hebrew, Sha'are Shalom, and Beth Sholom. Transportation is provided for weekly outings to malls, kosher grocery stores, museums and theaters.

Jewish Council for the Aging (JCA)

12320 Parklawn Drive • Rockville, MD 20852
(301) 255-4200 or (703) 425-0999 • *www.AccessJCA.org*

The Jewish Council for the Aging provides services for seniors and their caregivers across the Greater Washington D.C. metro area. JCA's programs include comprehensive information and referral, handicap-accessible ElderBuses and other transportation alternatives, adult day care through the Misler Center and Kensington Club, employment services for low-income seniors, SeniorTech computer training, wellness programs and the Bethesda Vital Living Center. Each spring, JCA sponsors a 50+ Employment Expo to connect job-seeking seniors to potential employers.

The Jewish Social Service Agency (JSSA)

6123 Montrose Road • Rockville, MD 20852
(301) 881-3700 • *www.jssa.org or email: info@jssa.org*
3108 Javier Rd • Fairfax, VA 22031
(703) 204-9100 • *www.jssa.org or email: info@jssa.org*

JSSA utilizes clinical social workers, case managers and trained volunteers to help seniors and families in Maryland, D.C. and Northern Virginia meet the challenges of living longer, well and safely. JSSA's team offers compassionate support to those

(Jewish Social Service Agency cont.)

dealing with difficult decisions, health problems, care-giving and bereavement. Their goal is to help seniors maintain their independence and provide positive choices through a broad range of services and programs.

JSSA services include consultation and assessment, information and referral, care planning and service coordination, counseling, personal care and in-home support, Kosher Meals on Wheels, escorted transportation to medical appointments, volunteer "friendly visitors" and in-home hospice care.

Washington DC Jewish Community Center (16th St. J)

1529 16th Street, NW • Washington, DC 20036
(202) 518-9400 • *www.washingtondcjcc.org*

The Washington DC Jewish Community Center strengthens Jewish values through a variety of social, cultural, recreational and educational programs as well as community service activities. The 16th St. J accomplishes its mission in ways which reflect its urban setting and location in the nation's capital. Their vibrant Behrend Adas Senior Fellowship program provides a daily kosher lunch, social opportunities, excursions and recreational activities. The Center's historic building is fully accessible; listening devices and large-print programs/ASL interpretation are available at select events.

Services for Seniors

ADULT DAY CARE SERVICES

Kensington Club (JCA) (301) 255-4204
www.accessjca.org

Misler Adult Day Center (JCA) (301) 468-1740
www.mislercenter.org

ALZHEIMER'S/DEMENTIA CARE SERVICES

Hebrew Home of Gr. Washington (CESLC) (301) 881-0300
www.hebrew-home.org

Aging Services Dept. (JSSA) (301) 816-2633
(703) 204-9100
www.jssa.org

Kensington Club (JCA) (301) 255-4204
www.accessjca.org

Misler Adult Day Center (JCA) (301) 468-1740
www.mislercenter.org

Premier Homecare Inc. (JSSA) (301) 984-1742
www.premierhomecare.org

ASSESSMENT/CASE MANAGEMENT

Aging Services Department (JSSA) (301) 816-2633
(703) 204-9100
www.jssa.org

ASSISTED LIVING RESIDENCES

Landow House (CESLC) (301) 816-5050
www.landowhouse.org

BEREAVEMENT SUPPORT SERVICES

Hospice (JSSA) (301) 816-2676
www.jssa.org

New Friends (JCCGW) (301) 348-3860
www.jccgw.org

CAREGIVER SUPPORT SERVICES

Hebrew Home of Gr. Washington (CESLC) (301) 770-8479
www.hebrew-home.org

Aging Services Dept. (JSSA) (301) 816-2633
(703) 204-9100
www.jssa.org

Landow House (CESLC) (301) 816-5032
www.landowhouse.org

Misler Adult Day Center (JCA) (301) 468-1740
www.mislercenter.org

CHAPLAINCY/HOSPITAL VISITATION

Jewish Chaplaincy Services (JSSA) (301) 610-8356
www.jssa.org

COMPUTER TRAINING

Computer Classes (JCCGW) (301) 348-3864
www.jccgw.org

Computer Classes (JCCNV) (703) 323-0880
www.jccnv.org

Senior Tech (JCA) (240) 395-0916
www.accessjca.org

COUNSELING-INDIVIDUALS/COUPLES/FAMILES

Aging Services Dept. (JSSA) (301) 816-2633
(703) 204-9100
www.jssa.org

DONATION OF CARS

Jconnect (301) 348-7356
(703) 286-1022
www.jconnect.org

DONATION OF COMPUTERS

Computer Docs (JCA)	(240) 395-0915 *www.accessjca.org*
Jconnect	(301) 348-7356 (703) 286-1022 *www.jconnect.org*

EDUCATION/CLASSES

JCC of Greater Washington	
ACE/Gerber Seminars	(301) 348-3864
Gateway Programs	(301) 348-3875
Senior Adult Programs	(301) 348-3860
Senior Scholars Program	(301) 348-3864 *www.jccgw.org*
JCC of Northern Virginia	(703) 537-3061 *www.jccnv.org*
Himmelfarb Mobile University (JSSA)	(301) 816-2629 *www.jssa.org*
Washington DCJCC	(202) 518-9400 *www.washingtondcjcc.org*

ELDER ABUSE

Confidential Helpline (JCADA)*	(301) 315-8041 *www.jcada.org*

EMPLOYMENT COUNSELING/PLACEMENT

SCSEP – Low-Income Seniors only (JCA)	(240) 395-0198 *www.accessjca.org*
Employment and Career Services (JSSA)	(301) 610-8380 *www.jssa.org*

** JCADA (Jewish Coalition Against Domestic Abuse) is a Federation partner agency.*

ESTATE PLANNING/RETIREMENT RESOURCES

United Jewish Endowment Fund (301) 230-7235
www.shalomdc.org/endowment

FRIENDLY VISITOR

Volunteer Programs (JSSA) (301) 816-2639
www.jssa.org

HOMEMAKER ASSISTANCE/HOME HEALTH AIDES

Premier Homecare, Inc. (JSSA) (301) 984-1742
www.premierhomecare.org

HOSPICE/TRANSITIONS

Hospice (JSSA) (301) 816-2676
www.jssa.org

INDEPENDENT LIVING RESIDENCES

Revitz House (CESLC) (301) 881-7400
www.revitzhouse.org

Ring House (CESLC) (301) 816-5012
www.ringhouse.org

INFORMATION AND REFERRAL

Jconnect (301) 348-7356
(703) 286-1022
www.jconnect.org

Senior HelpLine (JCA) (301) 255-4200
(703) 425-0999
www.accessjca.org

LUNCH PROGRAMS

Behrend Adas Senior Fellowship (16th St. J) (202) 363-7530
www.washingtondcjcc.org

Coming of Age in Maryland (see pg 2) (301) 348-3832
www.jccgw.org

Coming of Age in N. Virginia (see pg 2) (703) 323-0880
www.jccnv.org

Senior Kosher Lunch Program (see pg 2) (301) 348-3860
www.jccgw.org

MEALS ON WHEELS/HOLIDAY FOOD PACKAGES

Kosher Meals on Wheels (JSSA) (301) 816-2639
www.jssa.org

Holiday Package Delivery (JSSA) (301) 816-2639
www.jssa.org

NURSING HOME/LONG-TERM CARE

Hebrew Home of Gr. Washington (CESLC) (301) 816-5012
www.hebrew-home.org

OUTPATIENT MEDICAL CARE

Hirsh Health Center (CESLC) (301) 816-5004
www.smithlifecommunities.org

RECREATIONAL/EDUCATIONAL/SOCIAL

Behrend Adas Senior Fellowship (16th St. J) (202) 363-7530
www.washingtondcjcc.org

Coming of Age in Maryland (see pg 2) (301) 348-3832
www.jccgw.org

Coming of Age in N. Virginia (see pg 2) (703) 323-0880
www.jccnv.org

Bethesda Vital Living Cntr, B'nai Shalom (JCA) (301) 255-4242
(703) 425-0999
www.accessjca.org

Senior Kosher Lunch Program (see pg 2) (301) 348-3860
www.jccgw.org

POLITICAL ADVOCACY

Senior Issues (301) 770-0881
(Jewish Community Relations Council) *www.jcouncil.org*

Seniors Organized for Change (JCCGW) (301) 348-3860
www.jccgw.org

REHABILITATION RESIDENTIAL SERVICES

Rakusin Rehabilitation Center (CESLC) (301)770-8476
www.hebrew-home.org

RUSSIAN SPEAKING SERVICES

Gateways Program (JCCGW) (301) 348-3875
www.jccgw.org

Hebrew Home Russian Program (CESLC) (301) 816-5012
(for Hebrew Home residents) *www.hebrew-home.org*

SHOPPING SERVICES

Grocery trips (JCA) (301) 428-6280
select routes in Mont. County *www.accessjca.org*
Premier Homecare, Inc. (JSSA) (301) 984-1742
www.premierhomecare.org

SPEAKERS ON AGING

Speakers Bureau (JCA) (301) 255-4200
www.accessjca.org

THERAPY – PHYSICAL, OCCUPATIONAL, SPEECH, HEARING AND LOW VISION

Hurwitz Internal Light Program (JCCGW) (301) 348-3760
www.jccgw.org
Rakusin Rehabilitation Center (CESLC) (301) 770-8476
www.smithlifecommunities.org

TRANSPORTATION

Brenner Escort Program (JSSA) (301) 816-2639
www.jssa.org
Connect-A-Ride (JCA) (301) 738-3252
(703) 323-6494
www.accessjca.org
ElderBus Transportation (JCA) (301) 468-6280
www.accessjca.org

VOLUNTEER OPPORTUNITIES

Jconnect	(888) 246-1818
Community-wide volunteer opportunies	*www.jconnect.org*

The following agencies offer volunteer opportunities:

Jewish Council for the Aging	(301) 255-4200
	(703) 425-0999
	www.accessjca.org
Jewish Social Service Agency	(301) 816-2633
	(703) 204-9100
	www.jssa.org
Jewish Community Center of Northern Virginia	(703) 537-3060
	www.jccnv.org
Jewish Community Center of Greater Washington	(301) 348-3740
	www.jccgw.org
Washington DCJCC	(202) 518-9400
	www.washingtondcjcc.org

WELLNESS PROGRAMS

Coming of Age in Maryland (see pg 2)	(301) 348-3832
	www.jccgw.org
Coming of Age in N. Virginia (see pg 2)	(703) 323-0880
	www.jccnv.org
Health and Wellness Dept. (JCCGW)	(301) 881-0100
	www.jccgw.org
Center for Productive Aging (JCA)	(240) 395-0916
	www.accessjca.org
Sport & Fitness Center (16th St. J)	(202) 518-9400
	www.washingtondcjcc.org

Check the Web for the latest updates:

www.ShalomDC.org

www.jconnect.org

The Jewish Federation
OF GREATER WASHINGTON
6101 Montrose Road
Rockville, Maryland 20852-4816