

**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 LeisureWorld. 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

FEDERATION PARTNER AGENCIES

(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 Shalom. 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 Mislser 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

FEDERATION PARTNER AGENCIES

(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
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ASSISTED LIVING RESIDENCES

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

Hospice (JSSA)	(301) 816-2676 www.jssa.org
New Friends (JCCGW)	(301) 348-3860 www.jccgw.org

SERVICES FOR SENIORS^(continued)

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
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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/FAMILIES

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

Jconnect	(301) 348-7356 (703) 286-1022 www.jconnect.org
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SERVICES FOR SENIORS^(continued)

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
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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.

SERVICES FOR SENIORS^(continued)

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

SERVICES FOR SENIORS^(continued)

LUNCH PROGRAMS

Behrend Adas Senior Fellowship (16 th 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
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OUTPATIENT MEDICAL CARE

Hirsh Health Center (CESLC)	(301) 816-5004 www.smithlifecommunities.org
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SERVICES FOR SENIORS^(continued)

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.jccouncil.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

SERVICES FOR SENIORS^(continued)

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

SERVICES FOR SENIORS^(continued)

VOLUNTEER OPPORTUNITIES

Jconnect (888) 246-1818
Community-wide volunteer opportunities 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

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ROCKVILLE, MARYLAND 20852-4816