

# JFS/MW 2008/09 Programs

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# JFS of Metrowest

## 2008-09 Program Glossary

### Elders & Caregivers

**"Classic" Homecare:** Helps frail elders and those with disabilities age with dignity and remain independent. Homecare workers provide help with cleaning the house, shopping, laundry, and food preparation. Personal care workers provide assistance with bathing, dressing, and ambulating. Clients are referred by Baypath Elder Services, Mass Rehab Commission, or through private referrals.

**"Signature" Homecare:** A private pay concierge service that matches experienced home health providers and certified nursing assistants to families needing more intensive or comprehensive assistance such as 24 hour care, long blocks of time, companionship, or transportation services.

**Geriatric Care Management:** A Geriatric Care Manager works with elders and their families to coordinate the services that an elder needs in order to live safely and independently or, when that isn't possible, to guide the family through the process of researching and deciding upon the most appropriate residential placement. Services include consultation, assessment, monitoring and implementing an elder's care plan.

**Healthy Partners:** A primary prevention program targeting the health and well-being of frail elders living in public housing and "naturally occurring retirement communities" in Framingham. Program activities incorporate residents' views and focus on improving health, exercise, nutrition, & home safety. Framingham Housing Authority and Council on Aging are important partners in this effort.

**Lifeline:** JFS/MW provides education & access to Lifeline® to elders in the community. Lifeline, a personal emergency response system, is a battery-powered button with a telephone communicator that connects directly to the Lifeline Response Center, where trained monitors are on staff 24 hours a day to

respond to emergencies elders or those with disabilities face when living alone.

**Guardianship:** This program offers consultation and education to family members and service providers who have concerns about the competence of an elderly person and the process of obtaining guardianship. The agency also serves as direct guardian to four elderly clients under a contract with BayPath Elder Services, the local agency that oversees Title III federal funding for such services.

**Counseling:** Social workers at JFS/MW provide elders and caregivers with counseling to guide them through the losses and transitions they experience as a result of the aging process. Counseling with this population often addresses depression and grief, anxiety, cognitive and physical losses, and bereavement issues.

**Friendly Visitors:** Volunteers visit with elders and those who are disabled on a regular basis for an extended period of time, creating a social relationship for those who may feel isolated in the community.

**Information and Referral:** Program staff at JFS/MW provide free telephone information about the programs at JFS/MW, as well as referral to a wide range of community resources. For callers seeking services from JFS/MW, a comprehensive intake is completed to facilitate the process of providing care as promptly as possible.

**Joe & Lucy's Food Pantry:** Named in honor of philanthropist Joe Press and his wife Lucy this program helps frail elders in the Metrowest community meet basic nutritional needs. In partnership with area temples and community agencies, food selected to meet the specialized needs and dietary requirements common to frail elders is collected and distributed throughout Metrowest.

### Communal Services

**Kesher & Kesher 13** - connect Jewish elders living in local nursing homes and assisted living facilities to the wider Jewish community. Kesher & Kesher 13 partner with synagogues and volunteers to create meaningful Jewish connections with elders. Kesher 13 brings pre-teens preparing for Bar and Bat Mitzvah and their parents together with frail seniors in rich and meaningful relationships connecting generation to generation. Graduates of Kesher 13 volunteer as mentors to younger participants.

**Jewish Family Network** - creates pathways for families with young children that connect with the Jewish community in ways that are meaningful and comfortable throughout MetroWest. Welcoming and inclusive, Jewish Family Network provides quality programming,

**Kulanu** - creates pathways for families with young children that connect with the Jewish community in ways that are meaningful and comfortable in Holliston and Franklin and the surrounding communities. Partnering with Temples Beth Torah in Holliston and Etz Chaim in Franklin and their lay leadership ; Kulanu works together with synagogues to address the needs of pre-schoolers and their parents. There are monthly social activities for adults.

play groups and easy connection in partnership with the JCC's of Greater Boston.

**Opening Doors** - eases the way for families with young children with special needs to connect with the Jewish community in ways that are meaningful and comfortable throughout MetroWest. Welcoming and inclusive,

parent education, consultation to area pre-schools and parent2parent one on one support.

**The PJ Library™** - A subscription program bringing a free Jewish book or CD every month by mail for children ages 6 months to 7 years old. Created by the Harold Grinspoon Foundation and sponsored by the JCC's of Greater Boston and JFS and Metrowest, PJ Library is a gift that sets the stage for a life long appreciation of Jewish culture and literature.

**New Americans** -Asylees and refugees, reuniting with their families in the Metrowest area, are resettled by JFS of Metrowest. Individualized resettlement plans include pre-migration counseling for sponsor families, preparation of documents, case management of the new American, cash support, connection to community resources, and job coaching. ESL classes are open to the Russian speaking community and emphasize American culture, Jewish education, US civics and history.

**Citizenship Assistance** - In partnership with the Framingham ESL program, JFS/MW provides eligible New Americans of all ethnicities customized support and assistance to help them achieve citizenship.

**Warm Corners** - A community based social program modeled on similar programs in Israel and the Ukraine provides socialization, exercise and group activities for 25 Russian seniors living in Framingham.

## **Child & Family**

### **Reducing Achievement Gaps**

**Wilson All Stars** - Third graders at the Wilson School are matched with adult mentors in this after school program. The children receive intensive homework help, learn computer skills, and have a variety of enrichment experiences. Focused upon strengthening students' math and language skills, the program also provides varied enrichment opportunities. An integral component of this program is the ESL classes for the parents.

**Wilson Wizards** - Fifth grade girls receive intensive mentoring in math and science in this after school program. The program builds on the partnership with the Framingham School system and the success of the Wilson All Star program, to focus on improving the achievement levels of girls in the sciences and math.

**Natick Family Network** - These programs include a Mothers & Toddlers group, a Mothers & Infants group, parenting multiples, and other Parent Education workshops. The programs are open primarily to Natick families, but others are welcome.

**Adoption** - We are a progressive, full service adoption program offering a range of services to prospective adoptive parents, birth parents, and infants and

**Russian Youth Enrichment** - The Enrichment center helps Russian speaking youth to explore their New American culture while allowing them to enrich their ties to their Russian traditions and strengthen their understanding of their Jewish heritage. The activities include Russian story time for preschoolers, art classes, Jewish holiday programs, and life skills workshops for adults and teens.

**For our Daughters** - This innovative eating disorder prevention program provides education and support for Jewish girls and their mothers as they approach Bat Mitzvah. Partnering with synagogues, it brings awareness for educators and synagogue youth leaders.

**Healing Partners** - Partnering with faith communities and other community-based organizations, Healing Partners meets the needs of those living with chronic illness, their caregivers and the bereaved through support groups, training, advice and guidance to congregations, and information and referral. Healing Partners is part of the Caring Community Resource Network (CCRN).

**South Middlesex Opportunity Council (SMOC) outreach** - SMOC is a private nonprofit corporation that operates as the Community Action Agency working with income eligible families in the greater Metrowest and Blackstone Valley Area. JFSMW has an office at SMOC that provides information and referral to local health, education, housing, social services, and emergency service where appropriate.

children throughout Massachusetts, facilitating both domestic and international adoptions.

**Continuing Connections** – Services to support adoptive parents after the adoption has taken place. Post adoption support groups and workshops touch upon psychological, educational, and social issues related to adopting a child.

**Mom to Mom** - Volunteer experienced moms are matched with new mothers and serve as a special support and mentor to the parent who is feeling isolated or overwhelmed. This program supports the family by empowering the mothers in their role as parents.

**Nurture Room** - Children between the ages of 1 and 5 join with their parents and younger siblings in multigenerational activity groups with elderly residents in assisted living. Activities include stories, games, and music.

Staff have resources and/or information available for

- **Counseling**
- **Emergency Funds**
- **Parent Education Information & Referral**