

# JFS Programs & Services

## SERVICES FOR ALL AGES

### Counseling

Help with depression, anxiety, isolation, parenting, bereavement, and more. Offered via telephone or video conference.

### Outreach & Support

Assessment and care management, healthcare and paperwork navigation, and general support to aid clients with life challenges.

### Virtual Groups

Weekly groups to discuss parenting, student stress, bereavement, senior support and more.

**518-516-1126**

### Grocery Shopping & Delivery

Volunteer-based, personal food and essential shopping for older adults and families who cannot travel to the grocery store.

### Free, Fresh Food Delivery

Produce, dairy, and dry goods for seniors and families in need. Partnering with Shalom Food Pantry.

**518-516-1107**



JFS enriches the lives of individuals, families, and the community by providing compassionate, collaborative human services, guided by Jewish values.

**Please contact us for more information for yourself or someone you care for — and to support our work.**

**518-482-8856 | [info@jfsneny.org](mailto:info@jfsneny.org) | [jfsneny.org](http://jfsneny.org)**

184 Washington Ave Extension | Albany, NY 12203



**Jewish  
Family  
Services**  
Northeastern New York

Supported by  
Jewish Federation  
OF NORTHEASTERN NEW YORK



## SERVICES FOR OLDER ADULTS

### **Kosher Home Delivered Meals**

Nutritious meals (Vaad Hakashruth of the Capital District supervised) for people over 60 who can no longer prepare their own meals. Deliveries to Albany, Schenectady, Rensselaer, and Saratoga Counties. *(Supported in part by Albany Cty. Dept. of Aging.)*

### **Private Transportation with Project 5**

Rides for Jewish adults over 60 to essential appointments throughout the Capital Region.

**518-516-1107**

### **Aging In Place – Albany NNORC**

*(Neighborhood Naturally Occurring Retirement Community in a three square mile area near St. Peter's Hospital.)*

Case management, medical advocacy, and social and wellness programs to help adults age 60 and over maintain their quality of life and independence.

**[nnorc@jfsneny.org](mailto:nnorc@jfsneny.org) or 518-514-2023**

### **Senior Resource Network**

Helping older adults and their families consider long-term care options; providing connections to professionals and aging-related resources; and offering home-modification suggestions and support.

**518-516-1119**

### **Holocaust Survivor Assistance**

Assistance with applications for home healthcare support, compensation and emergency assistance.

**518-516-1115**

### **Occupational Therapy for Life Enrichment**

Support homebound individuals to reengage in meaningful activities and reclaim a zest for life.

**518-516-1108**

### **Chaplaincy Services**

Providing Jewish pastoral care support for residents and staff at long-term care settings and coordinating related resources throughout the region.

**518-516-5116**