



GREATER METROWEST CAREGIVER RESOURCES

General Caregiver Resources:

[Greater MetroWest Community Partners](#) – JHelp is the Jewish Federation resource to connect you to the services you are seeking.

[Pastoral Care Services](#) – Experienced chaplains visit individuals in area hospitals & senior living facilities.

[Mental Health Resource Guide](#) – A guide providing information, guidance, and resources to help navigate the services to those in our Jewish community.

[Self-Care for Caregivers](#) – 6-week Zoom group to learn how to care of yourself while taking care of others.

[Caregiver: A Love Story Resources](#) - National resources for caregivers

Resources for Caregivers of Older Adults:

[Greater MetroWest CARES](#) – Network of services & resources supporting older adults & their families.

[Spiritual Guidance and Connection for Seniors and Their Families](#) - As a complement to congregational clergy, a community chaplain from Jewish Federation of Greater MetroWest NJ is available to offer professional guidance and support to individuals and their caretakers at no charge.

Care Consultation, JFS MetroWest, (973) 637-1740

Services for Holocaust Survivors

[JFS Central NJ](#)

[JFS MetroWest](#)

[Pastoral Care Services](#)

Resources for Caregivers of People with Disabilities:

[Greater MetroWest ABLE](#) – Network of services and resources supporting people with disabilities and their families.

[Coordinated Care of MetroWest](#) - Service which assists and supports individuals, families, and/or caregivers living in Greater MetroWest NJ who are overseeing the lifetime care of adults with developmental or acquired disabilities.

Support Coordination Services - Support Coordination strives to promote individual choice and community inclusiveness by partnering with individuals and their families to ensure access to supportive services.

[JFS MetroWest](#)

[JFS of Central NJ](#)

Jewish Federation Professionals:

Robert Lichtman, Chief Jewish Learning Officer

Rlichtman@jfedgmw.org, (973) 929-2950

Marian Marlowe, Planning and Allocations Manager/CARES Coordinator

Mmarlowe@jfedgmw.org, (973) 929-3051

Rebecca Wanatick, Manager, Community Inclusion & Program Services

Rwanatick@jfedgmw.org, (973) 929-3129

Community Professionals:

[JFS MetroWest](#)

Danielle Crum, dcrum@jfsmetrowest.org

Siobhan Flynn-Higgins, sflynn-higgins@jfsmetrowest.org

Amanda Kielbana, akielbana@jfsmetrowest.org

Liz Levy, llevy@jfsmetrowest.org

Ebony Steele, esteele@jfsmetrowest.org

[JFS of Central NJ](#)

Andrea LoPresti, alopresti@jfscentralnj.org

Alyssa Reiner, areiner@jfscentralnj.org

Debbie Rosenwein, drosenwein@jfscentralnj.org

Laura Weitzman, weitzmanlaura@gmail.com

Renee Unterman, runterman@jfscentralnj.org

[JSDD](#)

Linda Press, Executive Director, lpress@jsddmetrowest.org

[JESPY](#)

Audrey Winkler, Executive Director, awinkler@jespy.org

[Friendship Circle](#)

Levi Grossbaum, levig@fcnj.com

[Pastoral Care](#)

Rabbi Stephanie Dickstein, rabbidickstein@gmail.com