



# DIRECTORY OF Programs



**Age is just a number.**



But if your number is  
**50 or better,**  
JCA is your expert on aging and  
connecting the generations!

## How can JCA<sup>®</sup> help you today?

From birth, every one of us is aging. But as we reach midlife and beyond — or when an older loved one begins to struggle with age-related challenges — growing old typically takes on greater meaning.

As we grow old, we often grow wiser. We may appreciate and enjoy life more than ever and feel a sense of accomplishment. Nonetheless, some aspects of aging can be frustrating, confusing or even frightening. In addition, as the years add up, most of us yearn to share life lessons with younger persons and find new ways to make the world a better place.



JCA® — the Jewish Council for the Aging of Greater Washington — is here to help. We provide access, answers and opportunities for older adults and family caregivers throughout Greater DC. We also provide meaningful ways for seniors to stay connected to the communities they cherish.

Guided by sacred Jewish values and open to all, JCA has been helping older men and women maintain independence, dignity, vitality and self-respect since 1973. The needs are greater every year, so in the back of this directory you will find information on how *you* can make a difference — as a volunteer, donor and friend of JCA.



# Information and Referral Programs

are as close as a telephone call,  
as near as your heart.

## **Senior HelpLine and HomeCare Resource Center**

JCA can help you find the senior services you need for yourself or a loved one, including home care, housing, job training, transportation and much more, and most advice is free. We also make informational presentations throughout the National Capital Area to a wide range of audiences including older adults, family caregivers, human services professionals and community groups. If we don't provide the kind of training or presentation you need, we may be able to identify organizations that do.

**240.290.3311 or 703.425.0999 | [SeniorHelpLine@AccessJCA.org](mailto:SeniorHelpLine@AccessJCA.org)**

## **State Health Insurance Assistance Program (SHIP)**

SHIP of Montgomery County, MD provides free information, assistance and counseling on Medicare, Medigap plans, Managed Care, Part D drug plans and Medicare fraud and abuse. Volunteers and staff help with enrollment decisions, income support programs, claims, appeals and more.

**301.255.4250 | [SHIP@AccessJCA.org](mailto:SHIP@AccessJCA.org)**

## Social Media Resources

Visit our website at [www.AccessJCA.org](http://www.AccessJCA.org) to get details on the programs listed in this directory while also discovering local resources, downloading free publications and finding expert advice. “Like” (or follow) our Facebook page at [www.facebook.com/accessJCA](http://www.facebook.com/accessJCA) for stories, videos and resources about aging — and living — well. (Sometimes, you’ll find jokes there, too!)

## Senior Resources Guides

From elder abuse to housing and home care options, our Senior Resources Guides are designed to give older adults and family caregivers the information they need to age well and save money. *Washington Jewish Week* publishes the guides bi-monthly. JCA makes digital copies available at [www.AccessJCA.org/publications](http://www.AccessJCA.org/publications).





## Adult Day Services

offer compassionate, supportive care  
in a welcoming community.

### **Misler Adult Day Center**

For more than four decades, the Misler Center in Rockville, MD has been offering activities, nursing and social work services. Its supportive, enriched environment includes music, exercise, field trips, games and conversation, plus nutritious kosher meals. Its hours are 10 a.m. to 3 p.m., Monday-Friday. Transportation and financial assistance are available.

**301.468.1740** | [Misler@AccessJCA.org](mailto:Misler@AccessJCA.org)

### **Kensington Clubs**

The Kensington Clubs in Montgomery County, MD are three Gorlitz Social Day Programs that provide camaraderie and coping skills for people in the early stages of diagnosed memory loss. Members benefit from stimulating cognitive and physical activities, plus morning coffee and lunch. The hours are 10 a.m. to 2 p.m. on weekdays that vary by site.

**301.255.4204** | [KensingtonClub@AccessJCA.org](mailto:KensingtonClub@AccessJCA.org)

### **Caregiver Support Groups**

Experts facilitate support groups, including early-stage dementia support groups, where family caregivers share experiences and learn from one another. Participation is free. All are welcome.

**301.468.1740** | [Misler@AccessJCA.org](mailto:Misler@AccessJCA.org)



# Employment Programs

help older adults find and keep jobs.

## **The Career Gateway!**

This innovative, multi-day workshop helps jobseekers age 50+ improve their job-search skills so they could land the kind of job they need and want. It includes intensive training, individual attention, take-home materials and a long-term mentor.

**301.255.4215 or 703.425.0999 | [CareerGateway@AccessJCA.org](mailto:CareerGateway@AccessJCA.org)**

## **Senior Community Service Employment Program (SCSEP)**

Public grants enable JCA SCSEP to provide on-the-job training for low-income adults age 55+ who live in Montgomery County or Frederick County, MD. Trainees receive minimum wage and build their skills while working at local nonprofits and government agencies.

**240.395.0918 | [SeniorEmployment@AccessJCA.org](mailto:SeniorEmployment@AccessJCA.org)**

## **50+ Employment Expos**

Older jobseekers network with area employers and learn new strategies at our annual Expos in Montgomery County, MD and Northern Virginia. The Expos are free to exhibitors and jobseekers alike.

**301.255.4209 or 703.652.1519 | [SeniorExpo@AccessJCA.org](mailto:SeniorExpo@AccessJCA.org)**

## **American Job Center**

JCA is the older-worker expert at WorkSource Montgomery's American Job Center at the Westfield Wheaton Shopping Center. There, older jobseekers learn new technologies, use job-search resources, and learn about SCSEP and other programs that could help them.

**301.946.1806 | [SeniorEmployment@AccessJCA.org](mailto:SeniorEmployment@AccessJCA.org)**



# Transportation Services

open doors to a world otherwise beyond reach.

## Connect-A-Ride

Certified Information & Mobility Specialists provide free information and referrals to help men and women age 50+ as well as disabled adults of all ages to find the transportation they need, including help with applications and eligibility requirements in the jurisdictions listed below.

[ConnectARide@AccessJCA.org](mailto:ConnectARide@AccessJCA.org) | Montgomery County: 301.738.3252

Arlington and Fairfax Counties;  
Alexandria, Fairfax and Falls Church Cities: 703.323.6494

## Door-to-Door Buses

The JCA buses take their older passengers to adult day programs, senior centers and other important destinations. In addition, groups can book our buses for trips throughout Greater DC. The buses are climate controlled and wheelchair accessible, each with a capacity of 18–20 passengers. JCA drivers have commercial driver's licenses and are specially trained to meet needs of older and disabled persons.

301.468.6280 or 703.652.1510 | [ElderBus@AccessJCA.org](mailto:ElderBus@AccessJCA.org)

## Escorted Transportation

JCA helps arrange escorted transportation to medical appointments, grocery stores and other destinations for qualified, low-income residents of Montgomery County, MD age 50+. Clients must need door-through-door assistance and be unable to travel alone.

301.738.3252 | [ConnectARide@AccessJCA.org](mailto:ConnectARide@AccessJCA.org)

## **Ride Smart Workshops**

Throughout Greater DC, JCA helps adults age 50+ learn how to use public transportation through classroom training and group excursions.

**301.738.3252 | [ConnectARide@AccessJCA.org](mailto:ConnectARide@AccessJCA.org)**

## **VillageRides**

This program coordinates volunteer drivers in Montgomery County and Prince George's County, MD who want to provide the "gift of a lift" to seniors in area villages — neighborhood-based nonprofit groups that help older adults maintain their independence.

**301.255.4212 | [VillageRides@AccessJCA.org](mailto:VillageRides@AccessJCA.org)**

## **NV Rides**

This volunteer-driver program partners with villages and other nonprofits to expand transportation for seniors in Northern Virginia. The program is administered by the Jewish Community Center of Northern Virginia and is coordinated by that JCC and JCA.

**703.537.3071 | [info@NVrides.org](mailto:info@NVrides.org)**





## Heyman Interages® Center builds bridges across generations while helping children succeed in school and life.

Volunteers age 50+ tutor and mentor students from pre-kindergarten through high school to help them improve academically, socially and emotionally. In addition, Interages enables student volunteers to befriend older adults in nursing homes, assisted living centers and adult day programs while our Intergenerational Resource Center helps professionals and organizations learn from Interages' success.

301.949.3551 | [Interages@AccessJCA.org](mailto:Interages@AccessJCA.org)



## Explore Ways to Give!

You could help JCA help others through legacy gifts, employer matching, vehicle donations, securities transfers and more. Learn about all the options at [www.AccessJCA.org/give](http://www.AccessJCA.org/give) or contact us by phone or email.

**301.255.4231 or 703.652.1511 | [Donations@AccessJCA.org](mailto:Donations@AccessJCA.org)**

## Volunteer With Us!

On the front lines and behind the scenes, volunteers are an essential part of Team JCA. We offer a variety of volunteer opportunities for all ages, encompassing a wide range of personal passions. We also welcome college interns. Contact us to learn more.

**240.290.3311 or 703.652.1515 | [Volunteer@AccessJCA.org](mailto:Volunteer@AccessJCA.org)**

## Celebrate Productive Aging!

Each spring, the JCA Productive Aging Award Dinner shatters stereotypes about old age. Past awardees of this joyous fundraising event include Sam Waterston, Arlene and Alan Alda, Ruby Dee and Ossie Davis, Mike Wallace, and Jerry Stiller and Anne Meara. Proceeds help support JCA services year-round.

**301.255.4231 or 703.652.1511 | [ProductiveAging@AccessJCA.org](mailto:ProductiveAging@AccessJCA.org)**

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Helping All Seniors Thrive®

# JCA is all about aging!

**Jewish Council for the Aging®**

Headquarters/Ann L. Bronfman Center

12320 Parklawn Drive, Rockville, MD 20852

301.255.4200 or 703.425.0999

[www.AccessJCA.org](http://www.AccessJCA.org)

Partner Agency of  
The Jewish Federation  
OF GREATER WASHINGTON



PROUD MEMBER OF



Agency 8127



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**JCA POLICIES:** At JCA, no person shall, on the grounds of race, color, religion, age, sex, national origin, ancestry or disability, be excluded from participation in, be denied benefits of, or otherwise be subject to discrimination in the provision of any care, service or admission subject to applicable laws. JCA strives to be as inclusive as possible in all that we do, and our clients have the right to expect compassionate service from us. Sometimes, we may need to make the difficult decision of denying a person or group the option to enroll in our programs or continue to participate in them. We reserve the right to make lawful decisions that we believe are in the best interest of our clients and each program. JCA may change the nature and fee schedule of its programs at any time and without written notice.

A copy of JCA's current financial statement is available upon request by contacting the Jewish Council for the Aging of Greater Washington, Inc. at 301.255.4200, 703.425.0999, or 12320 Parklawn Drive, Rockville, MD 20852.

**DISTRICT OF COLUMBIA:** JCA is registered with the District of Columbia Department of Consumer and Regulatory Affairs, P.O. Box 92300, Washington, DC 20090-3020. **FLORIDA:** A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. **MARYLAND:** Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the Maryland Secretary of State's Office, State House, Annapolis, MD 21401 for the cost of copying and postage. **NEW YORK:** A copy of JCA's latest financial report may be obtained by contacting the New York State Attorney General's Charities Bureau, 120 Broadway, 3rd Floor, New York, NY 10271. **VIRGINIA:** A financial report is available from the Virginia State Division of Consumer Affairs, P.O. Box 1163, Richmond, VA 23209.

As is true for all charities, however, registration by these governmental organizations does not imply their endorsement. A copy of JCA's IRS 990 is available for public inspection at JCA's Rockville office during normal business hours, Monday through Friday (except holidays), 9 a.m. to 5 p.m.