



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!

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Programs are subject to change due to the pandemic.



How can JCA help you today?

From birth, every one of us is aging. Yet as we reach midlife and beyond — or when an older loved one begins to struggle with aging-related challenges — growing old gets personal in a whole new way.

JCA® — the Jewish Council for the Aging of Greater Washington — strives to make D.C., suburban Maryland and Northern Virginia great places to grow up and grow old. Our experts on aging provide access, answers and opportunities to older adults and family caregivers of all faiths and from all walks of life.

Sacred Jewish values guide our work as we honor parents and improve the world. Since 1973, we have been helping older men and women maintain independence, dignity, vitality and self-respect.

It would be an honor to help you today.

As you might imagine, the number of people who need us is growing every year. At the back of this directory, you will find information about the importance of JCA volunteers and donors. We need you!



Information and Referral Programs

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

Rose Benté Lee Senior Helpline Steven M. Reich Homecare Resource Center

When JCA began nearly 50 years ago, it was hard for people to find any information about aging services. Today, there is so much information around (and so many come-ons and swindles) that it can be even harder to find trustworthy resources.

We know the field, from Prince William to Prince George's and all points in between. Moreover, our information is free for the asking.

Call us or email us about home care, housing, job training, public benefits and more.

240.290.3311 or 703.652.1515 | SeniorHelpLine@AccessJCA.org

State Health Insurance Assistance Program (SHIP)

Selecting a Medicare or Medigap plan can be daunting! It's also no fun to file a claim or an appeal when one is needed. JCA can help on both counts. Free. What's more, we have saved clients thousands of dollars by helping them find plans that pay for the particular prescription drugs they need.

JCA SHIP of Montgomery County, Md., which we operate with support from federal, state and county governments, also provides free information, assistance and counseling on managed care, Medicare fraud and abuse and related topics. Volunteers and staff can help with enrollment decisions, income support programs, claims and appeals.

301.255.4250 | SHIP@AccessJCA.org | www.medicareabcd.org

Social Media Resources

We're online! Visit the JCA website at www.AccessJCA.org to get details on the programs listed in this directory. There, too, you can download free publications and find expert advice.

We also encourage you to join the thousands who "like"/follow our Facebook page at www.facebook.com/AccessJCA. That page is filled with stories, videos, jokes and resources about aging — and living — well.

You will receive science news, demographic data and community-service insights by following our LinkedIn page at www.linkedin.com/company/530650.

You'll find JCA program news on our Twitter feed on twitter.com/AccessJCA.



Senior Resources Guides

We report on wide-ranging topics that include planning your next vacation, tapping the gig economy, stopping elder abuse and making smart housing choices in our Senior Resources Guides.

Washington Jewish Week publishes the guides, and JCA makes digital copies available at www.AccessJCA.org/publications.

Community Speakers Bureau

We know aging and we love to talk about it at women's groups, men's clubs and meetings of employers, lawmakers, human services professionals ... and we do so for free or at low cost.

JCA staff and volunteers make informational and motivational presentations throughout Greater D.C. on topics that include retirement planning, intergenerational connections, healthy aging strategies and more.

If we can't provide the kind of training or presentation you need, we will try to identify organizations that do.

240.290.3311 or 703.652.1515 | SeniorHelpLine@AccessJCA.org





Social Day Clubs

offer compassionate care among friends.

Since 2008, the JCA Kensington Clubs of Montgomery County, Md. have been providing camaraderie and coping skills for people in the early stages of diagnosed memory loss. Members benefit from stimulating cognitive and physical activities, and they do love their morning coffee and afternoon lunch! Most of all, however, they shine in the company of friends who give hugs and giant thumbs-up at the very moment they're needed most.

A day at "KC," as members call their Club, may be a day that includes music or painting, a walk in the garden or a trip down memory lane. Sometimes, there are tears when members share their anxieties and frustrations. Always, there are smiles.

Contact us for a tour of the Samuel Gorlitz Kensington Club @ Parklawn in JCA's Rockville headquarters; the Thome Kensington Club at the Germantown Community Center; or our Silver Spring Kensington Club at the White Oak Senior Center. The daily fee includes all activities, lunch and more.

301.255.4204 | KensingtonClub@AccessJCA.org





Intergenerational Programs

build bridges across generations while
helping children thrive.

“Around the United States, intergenerational friendships are the exception rather than the rule: for the most part, age segregation prevails,” report Generations United and The Eisner Foundation.

“Kids spend their days at school, mostly among peers born the same year they were. Young and middle-aged adults cluster at work. And elders gather for clubs, classes, and meals that often expressly bar the young. Millions of college students and elders live in age-restricted housing, and most American neighborhoods skew young or old.”

America wasn't always this way. More important, it doesn't need to be this way now.

A benevolent army of JCA volunteers age 50 and better helps students from pre-kindergarten through high school to succeed in school and life. In addition, student volunteers befriend older adults in nursing homes, assisted living centers and adult day programs.

“I never really talked to an older person before,” admitted one high schooler to his new but much older friend, Sam. “But you're actually pretty cool.”

Sam grinned from ear to ear. “I didn't know they still used the word cool,” Sam said. “But that's me.”

The award-winning programs of the JCA Heyman Interages® Center run the gamut from helping kids with the basics of reading, math and science ... to lifestyle discussions ... to Makeover Madness, through which cosmetology students bring joy and glamor to institutionalized elders who have yearned for both of those things. Our Intergenerational Resource Center helps professionals and organizations share innovative ideas and learn from our success.

We welcome new volunteers and new ideas!

301.949.3551 | Interages@AccessJCA.org





Employment Programs

help older adults find and keep jobs.

The Career Gateway!

Many middle-aged and older adults want to earn a fair day's wage for a fair day's work just as they did at every other age and stage of life. Often, however, younger applicants win out.

Age discrimination is alive and well in the National Capital Region. The Career Gateway is one effective way to arm oneself against it.

Then again, not all turndowns come from discriminatory hiring practices and not all layoffs target older adults unfairly. Older jobseekers are famously bad at marketing themselves. Many also lack the mindset and certain skills that today's employers demand.

Our Career Gateway program is an innovative, multi-day workshop especially designed to help jobseekers age 50+ to improve their job-search skills. It includes intensive training, individual attention, take-home materials and a mentor who is ready, willing and able to provide one-on-one support at no additional cost.

The program works!

Our typical participant has been unemployed for one to two years; many have been job-hunting even longer. Within three to six months of graduation, however, most of those who are still actively looking for work have landed meaningful employment either full or part time or have had success in landing promising job interviews.

Classes are small and fill-up fast. We charge a small registration fee, and we require that Gateway students have at least basic computer skills because some classwork is online.

301.255.4215 or 703.652.1516 | Career.Gateway@AccessJCA.org

Career Tech

CareerTech offers classes in Microsoft Word, Excel and PowerPoint — tech skills that many employers expect their employees and applicants to know. Of course, it is wonderful to learn new things, but it can be just as wonderful to tell a boss or a hiring manager, “I just took another class on that.”

We offer our Tech classes throughout the year at low cost. We give priority seating to Career Gateway students and graduates. Others are welcome, too, on a first-come, first-served basis.

301.255.4215 or 703.652.1516 | Career.Gateway@AccessJCA.org

50+ Employment Expos

The JCA Expos are some of the largest events of their kind in the nation, and they are free to jobseekers and exhibitors alike.

“I always thought I was alone,” said one jobseeker, “but there are hundreds of older people here!”

At our annual expos in Montgomery County, Md. and Northern Virginia, jobseekers network with area employers, learn about educational and training opportunities and learn job hunting how-to’s.

301.255.4209 or 703.652.1519 | SeniorExpo@AccessJCA.org



Senior Community Service Employment Program (SCSEP)

“I am reinventing my life one day at time,” said a participant in our Senior Community Service Employment Program.

Public grants enable SCSEP to provide on-the-job training and a minimum wage for scores of low-income adults age 55 and older who live in Montgomery or Frederick Counties, Md. Trainees build their skills while working at local nonprofits and government agencies. Those training sites get SCSEP workers free in return for the supervision and coaching they provide.

The Program’s goal is to find each trainee — “intern” — a regular job. Over the 40+ years that JCA has been running the Program, we have helped hundreds of older adults achieve the independence they crave and deserve.

There are usually more jobseekers than internships available, however. We encourage qualified jobseekers to contact us and complete the necessary sign-up forms because as one staff member wisely put it, “The only way to get off a wait list is to get on it first.”

We give priority to veterans, persons who are homeless and certain other high-need individuals.

240.395.0918 | SeniorEmployment@AccessJCA.org

JCA @ The American Job Center

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

We encourage you to visit us at 11510 Georgia Avenue.

301.946.1806 | SeniorEmployment@AccessJCA.org



Transportation Services

open doors to a world otherwise
beyond reach.

Connect-A-Ride

It can be difficult and expensive to navigate the D.C. area. Ride services appear and disappear. Eligibility criteria and rates can change overnight.

Our certified, compassionate Information & Mobility Specialists provide free information and referrals to help people age 50+ as well as disabled adults of all ages to find the transportation they need. For the jurisdictions noted below, we can share information about public and private providers and costs. We also can help with ride-program applications and, if necessary, the appeals process, too.

Montgomery County, Md.: 301.738.3252
Arlington and Fairfax Counties, Va.;
Alexandria, Fairfax and Falls Church Cities, Va.: 703.323.6494
For all locations: ConnectARide@AccessJCA.org

Ride Smart Travel Training Workshops

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

“I’m not only using Metro and RideOn now,” said one delighted graduate.
“I’ve found discounts galore!”

301.738.3252 | ConnectARide@AccessJCA.org

Escorted Transportation

Illness or frailty can transform a routine trip to a doctor's office or the grocery store or a simple errand into a logistical nightmare. Add financial challenges to the mix and the trip might seem impossible. That's when our Escorted Transportation Program comes to the rescue for qualified, low-income residents of Montgomery County, Md. who are age 50+.

Our clients must need door-through-door assistance, be unable to travel alone and meet income eligibility requirements.

240.395.0915 | Escorted.Transport@AccessJCA.org

Door-to-Door Buses

JCA's fleet of buses excels at transporting passengers to senior centers and other important destinations. In addition, groups can book our buses for trips throughout the area.

The buses are climate controlled with electric wheelchair lifts. Each has a capacity of 18–20 passengers.

JCA drivers have commercial driver's licenses, and we have specially trained them to meet the needs of older persons as well as disabled adults of any age.

301.468.6280 or 703.652.1510 | ElderBus@AccessJCA.org



Network for Volunteer Driving

Have you ever heard of a neighborhood “village”? It is a community-based nonprofit that enables neighbors to help one another while helping older adults maintain their independence.

Our innovative Network for Volunteer Driving helps villages and certain other nonprofit, grassroots organizations to improve their volunteer driving programs. The Network gives those groups free, state-of-the-art ride-scheduling software, marketing support and a slew of best-practice ideas. The goals are simple: we strive to expand the number of volunteer rides and we want those rides to be as safe and convenient as possible.

We encourage villages and other groups in the jurisdictions listed below to contact the Network if it might be of help. We also encourage prospective volunteers and passengers to contact us!

**VillageRides serves Montgomery and Prince George’s Counties, Md.
301.255.4212 | VillageRides@AccessJCA.org**

**NV Rides serves Northern Virginia and is operated by the Pozez
Jewish Community Center of Northern Virginia:
703.537.3071 | Info@NVrides.org**





Special Events

help spread the word that ability
is ageless.

Sylvia Blajwas Productive Aging Award

At JCA, it goes without saying that ability knows no age. Most of the world, however, hasn't gotten that message.

When we honored publisher Katharine Graham in 1995 with a JCA Productive Aging Award, her acceptance remarks became national news; *Vital Speeches of the Day* ran them verbatim.

Comedian Jerry Stiller was so smitten that JCA honored him and his wife, Anne Meara, that he listed his 2004 award at the top of his official studio biography.

The names of our past award winners read like *Who's Who*. They include actors Ossie Davis, Ruby Dee, Louis Gossett, Jr., Alan Alda and Sam Waterston; opera singer Roberta Peters; pop singer Frankie Avalon; historian Doris Kearns Goodwin; and businessman/philanthropist Edgar M. Bronfman.

We hope that you will support this annual fundraising event (and join us there if you are able) to blast negative stereotypes about aging while providing essential financial support for the good work we do. Your participation will also pay deserved tribute to the memory of Sylvia Blajwas for whom we named the award.

"The thing about giving is that it comes back to you many times over," she said. "Thank God I can do this for others."

301.255.4231 or 703.652.1511 | ProductiveAging@AccessJCA.org

Walk for the Ages

In 2019, we celebrated National Grandparents Day with our first-ever Walk for the Ages at Glen Echo Park in Glen Echo, Md. Kids loved it. Parents and grandparents loved it. Dogs large and small wagged their tails. Thus, we decided to make our Walk an annual, intergenerational, dog-friendly event and to hold it each fall. It is more a friendraiser than a fundraiser.

Walking is optional, but smiles are automatic.

301.255.4231 or 703.652.1511

**We invite you to learn about our 50+ Employment Expos, too.
We list them on page 11.**





Consultants on Aging support organizations in an aging, changing world.

Did you know that many older adults have a hard time telling the difference between shades of blue and green? That is an important fact if you are creating a graph or an ad for aged eyes that belong to CEOs, members of Congress, potential donors, customers or other VIPs.

Did you know that there are thousands of highly skilled and readily available job candidates age 50+ who have given up looking in the want ads? Many also have abandoned other traditional job-finding avenues. That doesn't mean, however, that they are difficult or expensive to find; employers simply need to know where to look.

Per project or per hour, JCA experts on aging are available to help you understand and communicate effectively with older adults.

“It's the mother of all untapped markets: the world's 65-plus population,” wrote Joseph F. Coughlin in *Barron's*. “Already at a historical high of over 600 million people, it's projected to hit a full billion by 2030, and 1.6 billion by 2050.”

The National Center for Productive Aging® (NCPA) is our fee-for-service consulting arm. NCPA could provide quick advice, conduct focus groups, scan the gerontological literature, write promotional or informational material and do more. Our experts could help you design an essential service, launch a winning marketing campaign or evaluate a much-needed product while keeping you on solid ground, legally and ethically.

Contact our CEO. Challenge us!

301.255.4255 | NCPA@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 or contact us by phone or email.

301.255.4231 or 703.652.1511 | Donations@AccessJCA.org

Volunteer With Us!

On the front lines and behind the scenes, more than 1,400 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. Please contact us to learn more.

301.255.4200 or 703.425.0999 | Volunteer@AccessJCA.org

Stay Connected!



Like us/follow us
on Facebook:
[www.fb.com/
AccessJCA](http://www.fb.com/AccessJCA)



Link to us on
LinkedIn:
[www.linkedin.com/
company/530650](http://www.linkedin.com/company/530650)



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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

Partner Agency of
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OF GREATER WASHINGTON



PROUD MEMBER OF



United Way
of the National Capital Area

Agency 8127



Agency 52847

CREATE A
JEWISH
LEGACY



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.

May 2020