

## Introduction

Westchester Jewish Community Services (WJCS) is pleased to present this *Guide to Senior Programs & Services* that provides consumers and professionals with easy access to our broad range of services for older adults and their families, complete with clear descriptions of our programs and contact information.

The **Senior Programs of WJCS** have earned the highest licensing from the New York State Offices of Mental Health and the Department of Health. The backbone of our tradition of quality services is our dedicated and experienced staff. They are not only exceptional providers of service, but also are available as resources for information, referrals and problem solving on issues related to seniors.

I am available to answer any questions about our programs and welcome suggestions as to ways we can enhance our services to the community.

**Judy S. Fink, LCSW**  
Director of Geriatric Services

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With growing numbers of seniors requiring services and care, the broad array of programs that is offered by WJCS is constantly expanding and changing to meet their needs. WJCS recognizes the many issues involved in the aging process, ranging from the physical aspects of daily living to the emotional concerns of losing loved ones. We continually assess our programs and services to ensure that our information is current and that our staff is up-to-date on the latest developments in the field. With one telephone call you can be on your way to getting the help you or your loved one needs.

The *WJCS Guide to Senior Programs & Services* provides our information and resource numbers so that the references you need are at your fingertips. We hope that it is useful to you and that our programs continue to address your needs and concerns.

**Alan Trager, LCSW**  
Executive Director/ CEO

**WJCS SENIOR PROGRAMS & SERVICES**  
**Judy S. Fink, LCSW**  
**Director of Geriatric Services**  
**845 North Broadway – White Plains, NY 10603**  
**914-761-0600, Ext. 340**  
[jfink@wjcs.com](mailto:jfink@wjcs.com)  
[www.wjcs.com](http://www.wjcs.com)

## WESTCHESTER JEWISH COMMUNITY SERVICES

# GUIDE TO SENIOR PROGRAMS & SERVICES

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## GERIATRIC CARE MANAGEMENT

**Geriatric Care Management**, a fee-for-service program, provides a central resource where comprehensive, coordinated help is available to older adults and their families. In addition to providing care management and counseling, the program offers information about housing options for seniors and nursing homes. Comprehensive referrals to a network of service providers including home health care, legal and financial experts are offered.

**Geriatric Care Management** professionals meet with clients and their families in their homes or in the office to assess individual needs, explore options and develop personalized care plans. They work with clients to insure that all personal and medical needs are addressed and with families to assure that their elderly family member is cared for responsibly and respectfully. For family members who live out of town, **Geriatric Care Management** serves as a local link to their elderly family member, giving the care and support so often lacking in long distance health care management.

We also can provide information and referrals to **Alzheimer's Disease** clients and their caregivers.

The range of services includes:

- Information and referral
- Psycho-social assessments
- Evaluation of home environment
- Development of individualized plan of care
- Placement and supervision of personal care and home health aides
- Coordination of WJCS and outside services, including nursing, physical therapy, legal and financial counseling, housekeeping and more
- Crisis intervention
- Supportive housing or nursing home placement
- Installation and monitoring of personal response system
- Assistance with home management, securing entitlements and insurance form submission

*Contact:*     **Judy Fink, LCSW**  
Director of Geriatric Services  
Geriatric Care Manager  
845 North Broadway, White Plains, NY 10603  
**914-761-0600, Ext. 340**  
[jfink@wjcs.com](mailto:jfink@wjcs.com)

**Ellie Einzig, LCSW**  
Coordinator, Geriatric Outreach Services  
Geriatric Care Manager  
141 North Central Avenue, Hartsdale, NY 10530  
**914-949-7699, Ext. 329**  
[eeinzig@wjcs.com](mailto:eeinzig@wjcs.com)

## **GERIATRIC OUTREACH SERVICES**

Through this program, older individuals (minimum age 55) and their families receive a wide array of mental health services comprised of individual, marital, family and group psychotherapy, psychiatric consultation, medication monitoring and case management. Experienced social workers who have been trained in evidence-based practices including CBT and PST, provide clinical services to address mental health issues associated with aging. Staff members also help clients cope with issues related to growing older in our society, including maintaining independence in the face of loss and changing family structure, retirement, physical illness or disability, isolation from family and friends, and continuing responsibility for dependent adult children, grandchildren, ill spouses or elderly parents. The outreach component of our program enables our staff to reach out to those individuals who are homebound by providing treatment and case management in the home.

A constantly updated knowledge base of community resources also enables the case manager to assist individuals in obtaining entitlements, assistance and services, as appropriate, to increase the viability of our clients in the community.

*Contact:*       **Ellie Einzig, LCSW**  
Coordinator, Geriatric Outreach Services  
**914- 949-7699, Ext. 329**  
[eeinzig@wjcs.com](mailto:eeinzig@wjcs.com)

## **DEVELOPMENTAL DISABILITIES MENTAL HEALTH COUNSELING SERVICES**

WJCS offers specialized counseling services to older adults with developmental and psychiatric disabilities and their family members. Individual, group and family counseling are available as well as referrals and coordination with other WJCS programs including respite and home health care. Therapy techniques are adapted to meet cognitive, developmental and emotional needs of each client. The treatment team consists of clinical social workers and psychologists. Psychiatrists are available to provide evaluation and medication management when necessary. A weekly, evening social/recreational program, *Moving Forward*, welcomes any adult with developmental disabilities. *The Breakfast Club* meets monthly and addresses the needs of individuals with Aspergers (high functioning Autism). Clinic locations include Hartsdale, Yonkers, Mt. Vernon and Peekskill. Most third-party insurance plans are accepted, including Medicare and Medicaid, and a sliding scale fee plan is available.

*Contact:*       **Pat Grossman, LCSW**  
Program Director  
Outpatient Services for Persons with Developmental Disabilities  
141 North Central Avenue, Hartsdale, NY 10530  
**914-949-7699, Ext. 355**  
[pgrossman@wjcs.com](mailto:pgrossman@wjcs.com)

## HOME HEALTH SERVICES

### HOME HEALTH CARE

Personal Care and Home Health Aides provide comprehensive short- and long-term home health care services for persons who are disabled, suffering from dementia, frail, undergoing treatment for cancer or recovering from acute illness following a hospital stay. Supervised by Registered Nurses, aides help people with basic activities of daily living such as shopping, bathing, dressing, meal preparation and laundry. Aides also may accompany clients to medical appointments. An Individualized Plan of Care is developed collaboratively with the client, their family and physician.

A full range of case management and professional health care services, including nursing assessments and case management services are available through our licensed home care service. Referrals to specialized medical therapists and mental health services are provided.

*Contact:*       **Sharon Cottrell**  
Supervisor  
**914-761-0600, Ext. 339**  
[scottrell@wjcs.com](mailto:scottrell@wjcs.com)

### VOICECARE EMERGENCY RESPONSE SYSTEM

*VoiceCare*, an electronically activated personal emergency response system, offers 24-hour, 7-day a week security to individuals living in their own homes. Subscribers predesignate individuals they want contacted in case of an emergency. WJCS Home Health Services staff follow-up on all emergency calls.

*Contact:*       **Anna Cavaliere**  
Administrative Secretary  
**914-761-0600, Ext. 311**

### NURSING HOME TRANSITION DIVERSION PROGRAM (NHTD)

NHTD is a Medicaid Waiver program that provides help and support to seniors and the disabled, who require a nursing home level of care, to remain in the community or to return to the community from a nursing home. WJCS provides service coordination and home and community support services. Service coordinator works with participants and their families to put services in place for a safe transition.

*Contact:*       **Valerie Rissman, LMSW**  
Coordinator  
**914-761-0600, Ext. 344**  
[vrissman@wjcs.com](mailto:vrissman@wjcs.com)

## **PROJECT TIME-OUT -- RESPITE SERVICES**

**Project Time-Out** provides in-home respite to families caring for a senior at home by matching clients with a trained escort/companion to provide respite to the caregiver. Fees for this service are on a sliding scale. Project Time-Out also provides escorts to accompany a senior to a doctor's visit, movie, shopping or errands. There is no fee for the escort's time. The senior only pays for transportation and recreational costs. These programs are primarily funded by the Westchester County Department of Senior Programs & Services, WJCS, the New York State Office of the Aging and the U.S. Department of Health and Human Services.

*Contacts:*     **Valerie Rissman, LMSW**  
Coordinator  
**914-761-0600, Ext. 344**  
[vrissman@wjcs.com](mailto:vrissman@wjcs.com)

**Carol Kobroff, LMSW**  
Respite Specialist  
**914-761-0600, Ext. 310**  
[ckobroff@wjcs.com](mailto:ckobroff@wjcs.com)

## **REGIONAL LIVABLE COMMUNITY CONNECTIONS PROJECT (LCC)**

With a grant from the Westchester County Department of Senior Programs and Services, WJCS coordinates the West Central Region of the County (The Town of Greenburgh and the Villages of Ardsley, Dobbs Ferry, Elmsford, Hastings, Irvington and Tarrytown). The project was initiated in response to requests of people, nationwide, to remain in their homes and communities as they grow older. LCC is a neighborhood empowerment program that works at the grassroots level to assess needs and work toward creating communities where people can be proactive, stay home, stay healthy, stay connected to friends and family, and remain actively engaged in their communities. It offers residents the opportunity to join hands with their neighbors, friends, organizational members and elected leaders to work together for the benefit of all ages.

*Contact:*     **Linda Schulz, LCSW**  
Livable Community Coordinator  
**914-761-0600, Ext. 314**  
[lschulz@wjcs.com](mailto:lschulz@wjcs.com)

## **THE GATEKEEPER GRANT**

WJCS partners with Family Services of Westchester (FSW) on the Gatekeeper Grant from the NYS Office of Mental Health to proactively identify at-risk older adults, 65 years of age and older, in the community who are depressed and isolated and not connected to the service delivery system. The grant educates the community "gatekeepers" -- policemen, meter readers, postal workers, senior center staff, bankers, etc. -- non-traditional referral sources who come into contact with seniors through their everyday work.

*Contact:*     **Tonia Monti, LCSW-R**  
Gatekeeper Program Specialist  
**914-761-0600, Ext. 337**  
[tmonti@wjcs.com](mailto:tmonti@wjcs.com)

## FAMILY MENTAL HEALTH CLINICS

WJCS has six family mental health clinics throughout Westchester with a staff of social workers and psychologists who provide individual, family and group psychotherapy. Psychiatrists are available to provide evaluation and medication management when necessary. Learning specialists also are available. The staff works as a team to provide a full array of mental health services to the community including older adults. All clinics utilize the Geriatric Outreach Service Team for training, consultation, information and referral. Most insurance plans are accepted and a sliding fee scale is available for the uninsured. Clinic locations include:

### **Hartsdale Family Mental Health Clinic**

141 North Central Avenue  
Hartsdale, NY 10530

**914-949-7699, Ext. 374**

[jalterman@wjcs.com](mailto:jalterman@wjcs.com)

*Contact:* **John Alterman, LCSW**  
Clinic Director

### **New Rochelle Family Mental Health Clinic**

466 Main Street  
New Rochelle, NY 10801

**914-632-6433, Ext. 24**

[abaalbaki@wjcs.com](mailto:abaalbaki@wjcs.com)

*Contact:* **Alissa Baalbaki, LCSW**  
Clinic Director

### **Yonkers Family Mental Health Clinic**

487 South Broadway  
Yonkers, NY 10705

**914-423-4433, Ext. 13**

[anewman@wjcs.com](mailto:anewman@wjcs.com)

*Contact:* **Aaron Newman, LCSW**  
Clinic Director

### **Peekskill Family Mental Health Clinic**

1101 Main Street  
Peekskill, NY 10566

**914-737-7338**

[sdelasho@wjcs.com](mailto:sdelasho@wjcs.com)

*Contact:* **Suzanne DeLasho, LCSW**  
Clinic Director

### **Mt. Vernon Family Mental Health Clinic**

6 Gramatan Avenue, Suite 401  
Mt. Vernon, NY 10550

**914-668-8938, Ext. 304**

[abrammer@wjcs.com](mailto:abrammer@wjcs.com)

*Contact:* **Ann Brammer, LCSW**  
Clinic Director

### **Mental Health Satellite at ARCS**

**(A.I.D.S. Related Community Services)**

40 Saw Mill River Road, Hawthorne, NY 10532

**914-785-8293**

[jaquilato@wjcs.com](mailto:jaquilato@wjcs.com)

*Contact:* **Julie Aquilato, LCSW**  
Mental Health Counselor

## **GERIATRIC CONTINUING DAY TREATMENT PROGRAM**

This group-based, five-hour per day, outpatient, mental health program provides vital clinical services and supports to older adults who have a serious mental illness and are living in the community. Individuals are helped to manage their symptoms and to develop the skills and supports to enable them to function in their living, social, educational and work environments. Services are provided by a treatment team consisting of social workers, a psychologist, nurse, psychiatrist, art and recreation therapists. Services include:

- Assessment and treatment planning
- Psychological and psychiatric evaluations
- Medication therapy and education
- Group and individual psychotherapy
- Case management
- Health screening and referral
- Symptom management
- Psychiatric rehabilitation and readiness development
- Family support, education and therapy
- Door-to-door transportation (if eligible)
- Hot lunch

*Contact:* **Alan Warner, LCSW**

Director, Geriatric Continuing Day Treatment Program

901 North Broadway, Suite #14

White Plains, NY 10603

**914-946-6220**

[awarner@wjcs.com](mailto:awarner@wjcs.com)

## **COMPEER**

Compeer is an award-winning program of Westchester Jewish Community Services that matches trained volunteers with individuals in mental health treatment who are in need of companionship. Compeer was founded in 1973 in Rochester, NY, and now has programs throughout the U.S. and Australia. Compeer volunteers receive support and guidance from program staff, and are invited to social events with their Compeer friends throughout the year. Volunteers commit to four or more hours per month for at least a year. Typically, volunteers and their Compeer friends go on outings to restaurants, movies, parks, libraries, museums and more. Compeer gives volunteers the opportunity to make a significant difference in the lives of people who are often isolated and lonely. Call for more information or for volunteer opportunities.

*Contact:* **Laura Stein, MSW**

Coordinator

**914-761-0600, Ext. 208**

[lstein@wjcs.com](mailto:lstein@wjcs.com)

## **SENIOR ADULT PROGRAMS OF WJCS IN MOUNT VERNON**

**Senior Adult Programs of WJCS** provides a continuum of services for older adults. The two programs provided are:

**SENIOR ADULT PROGRAMS CANTEEN** – A traditional senior center for men and women aged 60+, meets Monday through Thursday from 10:00AM – 3:00 PM, primarily to provide socialization and the opportunity to remain engaged and active. On Tuesdays and Thursdays, individuals may participate in offerings such as a Yiddish Club, current events discussion groups, chair exercise class, lunch, cards and table games. Other specialized programs include movies, yoga, low-impact aerobics/stretch class, art class and Torah study. Several times a year, program participants take part in organized trips and excursions. A Kosher hot meal is available daily. Van transportation is available from certain areas for individuals who cannot get to the program independently. Some of the activities have modest fees that vary. The program is located at **Sinai Free Synagogue, 550 North Columbus Avenue, Mount Vernon, NY.**

*Contact:*           **Karen McCabe, LCSW**  
Program Director  
**914-668-4350**  
[kmccabe@wjcs.com](mailto:kmccabe@wjcs.com)

**KOSHER HOME DELIVERED MEALS** -- For isolated, homebound seniors the delivery of a hot meal can be the highlight of the day. For observant Jewish seniors receiving a Kosher meal is the difference between eating a prepared, hot meal and not eating a complete meal. Along with the meal comes something equally important -- a caring individual who provides a few minutes of companionship and a vital opportunity for assessment regarding the senior's functioning level. Meals are delivered three times a week in Mount Vernon, Yonkers and New Rochelle. Upon request, extra meals are included for Shabbat or on Sunday. This program ensures that seniors, who would otherwise not have access to a hot Kosher meal, have the opportunity to eat a healthy, well-balanced meal daily.

*Contact:*           **Karen McCabe, LCSW**  
Program Director  
**914-668-4350**  
[kmccabe@wjcs.com](mailto:kmccabe@wjcs.com)

## **PATHWAYS TO CARE**

**Pathways to Care** provides emotional supportive counseling, spiritual care, and a range of supportive and referral services to Westchester families facing life-threatening illness. As a partner of a UJA/Federation initiative, this regional care center provides a multi-disciplinary team to support families through all stages of illness and bereavement.

*Contact:*       **Heidi Weiss, LMSW**  
Program Coordinator  
**914-761-0600, Ext. 141**  
[hweiss@wjcs.com](mailto:hweiss@wjcs.com)

## **PARTNERS IN CARING**

Through **Partners in Caring**, social workers are on-site at many of Westchester’s synagogues, JCCs and assisted living programs to provide services based on the needs. Bereavement groups, individual counseling, groups on “aging successfully” and “shared memories” are among the services offered. Another program addresses multi-generational families as they begin to look at the “sandwich generation” issues including formulating advance directives, addressing changes in living situations for their loved ones and opening up dialogue around quality of life values.

*Contact:*       **Shari B. Baum, LMSW**  
Program Coordinator  
**914-761-0600, Ext. 145**  
[sbaum@wjcs.com](mailto:sbaum@wjcs.com)

## **WJCS JEWISH SPIRITUAL HEALING CENTER**

The **WJCS Healing Center** promotes the spiritual, intellectual, physical and mental health of Westchester County’s Jewish community by infusing a collection of programs and services with the intrinsic power of Judaism’s history and tradition.

Whether faced with a particular need or concern, or engaged in a journey to find Jewish connections and spiritual fulfillment, people are offered opportunities that foster health and healing for the mind, body and spirit within a Jewish context.

For a schedule of upcoming spiritual support groups, healing services and other programming, contact Rabbi Wax or go to [www.wjcs.com](http://www.wjcs.com) and click on “Jewish Community” and then on “Jewish Spiritual Healing Center.”

*Contact:*       **Rabbi Pamela Wax**  
Spiritual Care Coordinator  
**914-761-0600, Ext. 149**  
[pwax@wjcs.com](mailto:pwax@wjcs.com)

## **BEREAVEMENT PROGRAM**

The **WJCS Bereavement Program** offers a range of services to support those who are grieving the death of a loved one. The program provides clinical support for both individuals and families, offered at our mental health clinic located in Hartsdale. Medicare, Medicaid, as well as many private insurances are accepted for clinical bereavement services. In addition, our Pathways to Care program offers time-limited support groups for widows and widowers according to age and stage of bereavement, parents who have lost an adult child, and a support group for those who have lost loved ones to suicide. Additionally, through Partners in Caring, bereavement groups are offered at local synagogues.

*Contact:*        **Karen Morrison Dreher, LCSW**  
Coordinator  
Individual/Clinical Services  
**914-949-7699, Ext. 313**  
[kdreher@wjcs.com](mailto:kdreher@wjcs.com)

**Nicki Weiss, LMSW**  
Coordinator  
Bereavement Groups/Pathways To Care  
**914-761-0600, Ext. 142**  
[nweiss@wjcs.com](mailto:nweiss@wjcs.com)

## **WHITEHILL COUNSELING SERVICE**

**Whitehill Counseling Service**, a fee-supported program of WJCS, provides an experienced staff of clinical social workers, psychologists, and learning disability specialists. The Service offers competitive rates and is accepted as a provider for several national and regional managed care plans and employee assistance programs.

Staff with extensive experience and training in specialty areas provide: individual, couples, group and family counseling; counseling for individuals and families around developmental disabilities; psychological evaluations; geriatric care management; and psychological assessments for legal matters.

*Contact:*        **Bill Grossman, LCSW**  
Director  
**914-761-0600, Ext. 309**  
[bgrossman@wjcs.com](mailto:bgrossman@wjcs.com)

## **FAMILY CAREGIVER NETWORK**

With a grant from UJA-Federation, WJCS launched the **Family Caregiver Network (FCN)**, to provide a network of support, free of charge, for family caregivers of older adults (60+) as well as programs tailored to meet the needs of the Rivertown and Northern Westchester communities. Through a team approach, FCN provides a network of care, which may include assessment, access to resources and emotional support aimed at promoting a healthy level of functioning. Family caregivers, who are so essential to their loved ones, may feel overwhelmed and burdened by their responsibilities. Through the services offered by the FCN, it is our hope that these caregivers realize they do not need to face these burdens alone.

*Contact:*       **Jane Slevin, MFT**  
Coordinator  
845 North Broadway, White Plains, NY 10603  
**914-761-0600, Ext. 143**  
[jslevin@wjcs.com](mailto:jslevin@wjcs.com)

## **HOLOCAUST SURVIVORS AND SECOND GENERATION GROUPS**

WJCS provides an opportunity for Survivors and the Second Generation to come together and share their thoughts and feelings around Holocaust related issues and how they have impacted their lives. There are three groups that meet on a monthly basis -- Survivor group meets the first Tuesday of each month, Child Survivor/Second Generation meet the second Tuesday of each month, and the Second Generation group meets the third Tuesday of each month. Facilitated by a trained professional, the meetings are approximately two hours (7:00 – 9:00 PM).

*Contact:*       **Halina Rosenkranz**  
Holocaust Group Leader  
141 North Central Avenue, Hartsdale, NY 10530  
**914-949-7699, Ext. 541**  
[hrosenkranz@wjcs.com](mailto:hrosenkranz@wjcs.com)

## **HOLOCAUST SURVIVORS - HELP WITH HOME CARE**

With funding from the Conference on Jewish Material Claims Against Germany, Inc., WJCS offers eligible Holocaust survivors a subsidy for home health care. Services can include personal care, light housekeeping, shopping and cooking. In order to qualify, an individual must meet all of the following criteria: be a Holocaust survivor living in Westchester County; have an income that does not exceed 200% of the 2008 Federal Poverty Income guidelines; and obtain a recommendation from a doctor or nurse for home health services.

*Contact:*       **Valerie Rissman, LMSW**  
Coordinator  
**914-761-0600, Ext. 344**  
[vrissman@wjcs.com](mailto:vrissman@wjcs.com)

## **ELDER ABUSE**

Through the WJCS *Treatment Center for Trauma and Abuse* counseling and support are provided to older adults who have been abused in the past, are currently being abused or are in conflicted relationships with spouses and/or adult children. Individual and group counseling are available as well as referrals to other WJCS programs for mental health, respite and home health care. We offer referrals to additional resources, such as shelter and legal services, when needed. Most insurance plans are accepted, including Medicare and Medicaid, and a sliding fee scale is available.

*Contact:*       **Sylvana Trabout, LCSW**  
Assistant Director  
Treatment Center for Trauma and Abuse (TCTA)  
141 North Central Avenue, Hartsdale, NY 10530  
**914-949-7699 Ext. 371**  
[strabout@wjcs.com](mailto:strabout@wjcs.com)

## **CONNECTIONS**

**Connections** serves the disabled and elderly homebound through professionally led weekly telephone support groups designed to help alleviate isolation and loneliness. The various groups discuss common problems, share resources and develop friendships over the telephone. There is also a monthly Book Club for the homebound vision impaired through which members listen to the month's selection on tapes ordered through the National Library Services for the Blind.

*Contact:*       **Debbie Schrag, MSW**  
Coordinator  
**914-632-6433, Ext. 23**  
[dschrag@wjcs.com](mailto:dschrag@wjcs.com)

## **SUNSHINE SOCIAL CLUB (for Adults Recovering from Mental Illness)**

This special club offers adults of all ages, who are recovering from mental illness, an opportunity to reduce their isolation and loneliness, develop friendships and take advantage of recreational resources in the community. Elected officers and members plan and implement their own recreational activities, including trips, shopping, movies and dining out.

*Contact:*       **Susan Merkin**  
Coordinator  
1836 East Main Street, Mohegan Lake, NY 10547  
**914-528-6995**  
[smerkin@wjcs.com](mailto:smerkin@wjcs.com)

## **WESTCHESTER SELF-HELP CLEARINGHOUSE**

The Clearinghouse, which serves as an umbrella agency for more than 270 mutual support groups, provides information and referral to support groups and assists in the formation of new groups. People who are facing a difficult life situation meet in groups with others who share similar concerns for acceptance and understanding of their situation. A biannual Directory of Support Groups is published and can be ordered through the Clearinghouse at 845 North Broadway, White Plains, NY 10603.

*Contact:*       **Lenore Rosenbaum, MS**  
Director  
**914-761-0600, Ext. 308**  
[lrosenbaum@wjcs.com](mailto:lrosenbaum@wjcs.com)

## **COMMUNITY EDUCATION (Family Life Education)**

Programs and workshops of special interest to older adult groups and organizations.

*Contact:*       **John Alterman, LCSW**  
Director, Educational Institute  
Clinic Director  
141 North Central Avenue, Hartsdale, NY 10530  
**914-949-7699, Ext. 374**  
[jalterman@wjcs.com](mailto:jalterman@wjcs.com)

## **EDUCATIONAL SERVICES FOR ADULTS (HARRY & JEANETTE WEINBERG LEARNING CENTER)**

Illiteracy is a painful experience at any age, but one that can be remedied with the support of an experienced learning specialist. Whether you or someone you know struggles with reading, writing or numeracy, learning specialists are available for individual tutoring sessions to assist the older adult with specific learning needs. In addition to individual tutoring sessions, adults can benefit from psycho-educational assessments to pinpoint the areas of difficulty and assist in the development of learning goals that are the focus for development.

*Contact:*       **Mikki Malow-Iroff, PhD**  
Director  
Weinberg Learning Center of WJCS  
141 North Central Avenue, Hartsdale, NY 10530  
**914-949-7699, Ext. 364**  
[mmalow-iroff@wjcs.com](mailto:mmalow-iroff@wjcs.com)

## **RESIDENTIAL CARE FOR OLDER ADULTS WITH DEVELOPMENTAL DISABILITIES**

WJCS operates several community residences serving primarily older individuals who are developmentally disabled. Individuals live in a professionally supervised “supportive” environment where they learn daily living skills, maintain existing skills and participate in community activities, while receiving the appropriate level of care they need. One site is fully handicapped accessible. A service coordinator, nurse and habilitation staff provide clinical services.

*Contact:*       **Walter Wittwer, MPA**  
Director of Clinical Services  
845 North Broadway, White Plains, NY 10603  
**914-761-0600, Ext. 105**  
[wwittwer@wjcs.com](mailto:wwittwer@wjcs.com)

## **SERVICE COORDINATION**

**Service Coordination** (case management) is also provided to older individuals with developmental disabilities, regardless of living situation. Services include advocacy, benefits management, service linkage and resources/entitlements education.

*Contact:*       **Brian Uhlfelder**  
Supervisor of Service Coordination  
845 North Broadway, White Plains, NY 10603  
**914-761-0600, Ext. 138**  
[buhlfelder@wjcs.com](mailto:buhlfelder@wjcs.com)

## **VOLUNTEER OPPORTUNITIES**

Make new friends, learn a new skill, help another person by becoming a WJCS volunteer. Opportunities are available on a one-time or ongoing basis. Dozens of opportunities are available such as tutoring children, mentoring adults, assisting with clerical work or delivering meals to homebound seniors. Join the more than 200 WJCS volunteers and be honored at the annual Volunteer Luncheon in April. Become an RSVP member and participate in their special events for seniors.

*Contact:*       **Meryl Lewis**  
Director of Volunteer Resources  
845 North Broadway, White Plains, NY 10603  
**914-761-0600, Ext. 222**  
[mlewis@wjcs.com](mailto:mlewis@wjcs.com)