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## SERVICES FOR ALL AGES

### Counseling

Help with anxiety, isolation, parenting, bereavement, and more currently offered via telephone or video conference. Therapy sessions can be one-time, weekly, or periodic.

### 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.

Tara Hempel, LCSW-R, *Director of Clinical Services*  
[thempel@jfsnyny.org](mailto:thempel@jfsnyny.org) or 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

Produce, dairy, and dry goods for seniors and families in need, in partnership with the Shalom Food Pantry. Pick-up and delivery.

Lisa Gally, *Director of Essential Services*  
[lgally@jfsnyny.org](mailto:lgally@jfsnyny.org) or 518-516-1107

Founded in 1854, Jewish Family Services has continuously provided a range of support, services, and resources to individuals, families, and seniors throughout the Greater Capital Region. Contact us for more information for yourself or someone you care for — and to support our work.

## SERVICES FOR OLDER ADULTS

### Kosher Home Delivered Meals

Nutritious meals (supervised by Vaad Hakashruth of the Capital District) 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.

Lisa Gally, *Director of Essential Services*  
[lgally@jfsnyny.org](mailto:lgally@jfsnyny.org) or 518-516-1107

### Aging In Place – Albany NNORC

*(Neighborhood Naturally Occurring Retirement Community)*  
Helping adults age 60 and over maintain their quality of life and independence through case management, medical advocacy, and social and wellness programs. NNORC is a three-square mile neighborhood near St. Peter's Hospital.

Jennifer Plouffe, MSW, *NNORC Director*  
[nnorc@jfsnyny.org](mailto:nnorc@jfsnyny.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.

Lynda Shrager, OTR, MSW, CAPS, *Program Manager*  
[lshrager@jfsnyny.org](mailto:lshrager@jfsnyny.org) or 518-516-1119

### Holocaust Survivor Assistance

Helping Holocaust survivors apply for compensation, home healthcare support, and emergency assistance.

Clara Simon, MSW, *Senior Resource Specialist*  
[csimon@jfsnyny.org](mailto:csimon@jfsnyny.org) or 518-516-1115

### Occupational Therapy for Life Enrichment

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

Nanette Brenner, OTR, *Program Manager*  
[nbrenner@jfsnyny.org](mailto:nbrenner@jfsnyny.org) or 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.

Rabbi Ami Monson, *Community Chaplain*  
[amonson@jfsnyny.org](mailto:amonson@jfsnyny.org) or 518-516-5116

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