

**LOOK WHAT'S NEW IN CALDWELL FOR RESIDENTS 60+**



Lifelong Involvement for Vital Elders

**Home Maintenance and Repair from Jewish Vocational Services Home**

**Maintenance Solutions:** Safety checks and assessments and up to one day of work for Caldwell residents.

**Exercise & Fitness Education including Move Today:** an NJ sponsored, evidenced-based gentle exercise program designed to improve balance, flexibility and well-being, taught by two certified instructors.

**Social Work Services provided by a Jewish Family Service** social worker located at the Caldwell Community Center on Mondays to offer counseling and case management services, as well as information and referral.

**Employment Services** provided by a placement counselor from Jewish Vocational Services to help place seniors in part-time and/or volunteer positions.

**Transportation Training** and limited services through MetroTransport.

United Jewish Communities of MetroWest NJ serves as lead agency for Caldwell LIVE. Congregation Agudath Israel is pleased to join with local agencies and services to further meet the needs of seniors, enabling them to age in their homes and communities. For more information contact Randi Brokman at [progdir@agudath.org](mailto:progdir@agudath.org) or (973-226-3600 ext. 119 To register for the above services, contact the Caldwell LIVE office at (973)403-0972.