

Services for Seniors



JEWISH FAMILY SERVICE

*supporting our community one child,
one adult, one family at a time*

Supporting our community one child, one adult, one family at a time.

- Counseling & Psychotherapy
- Emergency Financial Assistance
- Family Life Education
- Caregiver Support Group
- Helping Hands Volunteer Program
- Music & Art Programs for those living with dementia
- Information and Referral
- Kosher Food Boxes
- Jewish Job Network
- Jacob's Ladder



JEWISH FAMILY SERVICE

(615) 356-4234

www.jfsnashville.org

801 Percy Warner Boulevard • Suite 103 • Nashville, TN 37205



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JEWISH FAMILY SERVICE

Jewish Family Service is here for you! Our staff is available to answer questions and assist in locating resources that may be useful to you or a family member.

This directory contains contact information for the most frequently requested resources that we are contacted about and is not meant to be comprehensive. All vendors listed are ones that are known to us and have received positive feedback from the members of the Jewish community.

We hope that this updated directory will be useful to you. Please contact us if you have any questions about the resources listed or if the resource you need is not listed.

Our goal is always to help strengthen the lives of seniors and their families.

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SYNAGOGUES

Congregation Sherith Israel

Orthodox
3600 West End Avenue
Nashville, TN 37205
615-292-6614
www.sherithisrael.com

West End Synagogue

Conservative
3810 West End Avenue
Nashville, TN 37205
615-269-4592
www.westendsyn.org

The Temple Congregation Ohabai Sholom

Reform
5015 Harding Road
Nashville, TN 37205
615-352-7620
www.templenashville.org

Congregation Micah

Reform
2001 Old Hickory Boulevard
Brentwood, TN 37027
615-377-9799
www.congregationmicah.org

Congregation Beit Tefilah Chabad

Orthodox
95 Bellevue Road
Nashville, TN 37221
615-646-5750
www.ChabadNashville.com



PARTNER AGENCIES

National Council of Jewish Women

Abbey Benjamin, Program Director
801 Percy Warner Blvd
Nashville, TN 37205
1-904-514-1497
www.ncjw.org
www.acantor@gmail.com

Hadassah, the Women's Zionist Organization of America

801 Percy Warner Blvd
Nashville, TN 37205
615-646-7918
www.hadassah.org

B'nai B'rith Maimonides Lodge #46

801 Percy Warner Blvd
Nashville, TN 37205
615-352-7070

B'nai B'rith Social Unit

801 Percy Warner Blvd
Nashville, TN 37205
615-438-9898

Akiva Community Day School

809 Percy Warner Blvd
Nashville, TN 37205
615-356-1880
www.akivanashville.net



Vanderbilt Hillel, Ben Schulman Center for Jewish Life at Vanderbilt

2421 Vanderbilt Place
Nashville, TN 37212
615-322-8376
www.vanderbilt.edu/hillel

Jewish Federation of Nashville and Middle Tennessee

801 Percy Warner Blvd
Nashville, TN 37205
615-356-3242
www.jewishnashville.org

Jewish Foundation of Nashville

801 Percy Warner Blvd
Nashville, TN 37205
615-356-3242
www.jewishnashville.org

Jewish Community Archives

801 Percy Warner Blvd
Nashville, TN 37205
615-354-1655
www.jewishnashville.org

Gordon Jewish Community Center

801 Percy Warner Blvd
Nashville, TN 37205
615-356-7170
www.nashvillejcc.org



The Observer

Jewish Community Newspaper

801 Percy Warner Blvd

Nashville, TN 37205

615-354-1653

www.jewishobservernashville.org

Tennessee Holocaust Commission

2417 West End Avenue

Nashville, TN 37240

615-343-2563 or 615-499-0047

www.tennesseeholocaustcommission.org

RESOURCES

Adult Daycare

Green Hills Senior Health Center

2001 Woodmont Blvd

Nashville, TN 37215

615-425-4900

www.greenhillshealthcenter.com

Provides social and recreational activities for seniors five days a week. Seniors have access to the fitness area and pool.

Centennial Adult Care Center

1808 8th Ave. South

Nashville, TN 37203

www.centennialadultcare.com

615-383-3399

Provides daily socialization services to adults unable to function at home without supervision or support.



The Club at Abe's Garden

115 Woodmont Blvd
Nashville, TN 37205
615-997-3030

www.abesgarden.org

Provides programming for seniors with dementia with a wide range of hours available.

Fifty Forward Adult Day Services

3511 Belmont Blvd
Nashville, TN 37215
615-463-2266

Provides social groups, activities and exercise five days a week. Fees are based on a sliding scale and transportation is provided.

Knowles Adult Day Service

1010 Camilla Caldwell Lane
Nashville, TN 37218
615-840-6000

info@knowlesassistedliving.com

www.knowleshome.org

Provides adult day care five days a week that includes two meals and a snack. Fees are based on a sliding scale and transportation is provided.

Addictions and Alcoholics Anonymous

Jewish Alcoholics, Chemically Dependent Persons & Significant Others

Meets at The Temple Congregation Ohabai Sholom
5015 Harding Road
Nashville, TN 37205
615-352-7620
615-568-1786 Robb McCluskey



Provides a weekly support group for Jewish individuals and significant others involved in recovery and 12 step programs. The group meets every Wednesday at 6 pm at The Temple. JACS also has an annual Passover Seder and a Sukkot celebration.

Alcoholics Anonymous of Nashville and Middle TN

615-831-1050

www.aanashville.org

Call for information on a meeting in your area.

AA Middle TN meeting search

<http://www.aanashville.org/cgi-bin/meetingdb/mtgsearch.cgi>

TN Redline

1-800-889-9789

Accurate and up to date resource for alcohol, drug, gambling, and other addictions.

Bio Medical Waste Cleanup

24/7 services to clean up bio medical waste in the home

LICRA

Legendary Intensive Carpet Restoration Association

3283 Franklin Limestone Rd

Antioch, TN 37013

615-360-0079

www.licranashville.com

ServPro

2322 Clifton Ave.

Nashville, TN 37209

615-745-3638



Counseling

Jewish Family Service

801 Percy Warner Blvd

Nashville, TN 37205

615-356-4234

www.jfsnashville.org

Medicare and private insurance covers counseling services that are medically necessary. Most insurance plans are accepted, and a sliding scale fee is offered.

Driving Assessments

Pi Beta Phi Rehabilitation Institute

1215 21st Avenue South

Nashville, TN 37232

615-936-5040

Provides assessments to determine if the individual is healthy enough to continue driving. The assessment includes cognitive, vision and on the road evaluations. Insurance may cover costs.

AARP Driver Safety Program

888-227-7669

www.aarpdriversafety.org

Offers an interactive, multimedia course that informs seniors about normal age-related changes that affect driving and helps seniors improve their skills. An online course is also available. The state of Tennessee requires insurance companies to discount the cost of collision coverage for seniors who complete the course.



Elder Abuse & Neglect

Call 1-888-277-8366 to report any suspected abuse or neglect of an adult. If you are unsure as to whether you should report suspected abuse or neglect or you are concerned that you might be abused or neglected, a trained counselor at Jewish Family Service will be happy to assist you. Your call will alert Adult Protective Services and an investigation of your concerns may follow.

Elder Law & End of Life Planning

The Elder Law Practice of Timothy Takacs

201 Walton Ferry Road
Hendersonville, TN 37075
615-824-2571
www.tn-elderlaw.com

Services include estate planning, life care planning, elder law, care coordination, Medicare and insurance education and nursing home advocacy.

Council on Aging

95 White Bridge Road, Suite 114
Nashville, TN 37205
615-353-4235
www.coamidtn.org

Publishes, *Preparing and Planning*, a guide for life's final chapter. The guide contains ready to complete documents including power of attorney and advanced directives. Seniors can get a copy by calling the above number. JFS has a limited number of guides on hand.



The Gift Initiative of Alive Hospice

1718 Patterson Street
Nashville, TN 37203
615-346-8418
www.TheGiftInitiative.org

Offers educational programs to help Middle Tennesseans actively plan for care at the end of life by completing advance directives. Offers free workshops, forms and resources to help adults get the conversation started and document their wishes.

TN Senior Legal Helpline

1-844-435-7486
www.tals.org

Free legal advice and referrals. Talk to a Tennessee attorney. Resources for Tennesseans 60 and older

Educational

Osher Lifelong Learning Institute at Vanderbilt University

2301 Vanderbilt Place
Nashville, TN 37240
615-343-0700
www.vanderbilt.edu/OLLI

Osher Lifelong Learning Institute strives to organize and present stimulating intellectual and cultural non-credit courses and programs to the greater Nashville community. Classes are held in various locations around the city and are open to adults over the age of 50. Classes are priced individually and financial assistance may be available on a case-by-case basis.



Nashville State Community College

120 White Bridge Road
Nashville, TN 37209
615-353-3333
www.nsc.edu

Nashville State welcomes audit students who want to take course not for credit, but for their own academic exploration and personal enrichment.

Financial Assistance

Jewish Family Service

801 Percy Warner Blvd
Nashville, TN 37205
615-356-4234
www.jfsnashville.org

Provides financial assistance to the Jewish community in Middle Tennessee. Assistance is available on a limited basis to individuals who qualify. A financial assessment is required. JFS can assist individuals in a financial crisis with food, utilities and rent/mortgage. JFS cannot assist with medications, health care expenses and legal fees.

Food/Nutrition

Jewish Family Service Kosher Food Box Program

801 Percy Warner Blvd
Nashville, TN 37205
615-356-4234
www.jfsnashville.org

Provides a supplemental kosher food box to eligible individuals/families. Food boxes are available on Fridays once a month for approved individuals/families by appointment only. Delivery is not available.



Second Harvest Food Bank

615-329-3491

www.secondharvestmidtn.org/get-help/

Call to find a food bank in your area.

TN Department of Human Services

1000 Second Avenue North

Nashville, TN 37202

615-532-4000

www.tn.gov/humanserv/

Provides financial assistance for food to eligible individuals/families. Individuals can apply online for food assistance.

Home delivery and convenient pick up options:

Kroger Pickup

www.kroger.com

1-800-576-4377

Shipt

www.shipt.com

1-205-502-2500

Instacart

www.instacart.com

1-888-246-7822

UberEats

www.ubereats.com

1-800-253-9377

Gourmet to You

615-754-6744

www.gourmettoyou.com

Home delivery of gourmet chef prepared meals. Breakfast and lunch options are also available. They can customize a meal plan and schedule to fit your needs.



See Kosher Food section for kosher options.
See Social/Educational/Wellness Programs for information about senior lunch programs.

Funeral Services

Marshall, Donnelly & Combs Funeral Home

201 25th Avenue North
Nashville, TN 37203
615-327-1111

www.marshalldonnellycombs.com

Offers a full range of services including pre-arrangements, funeral services, burial and cremations for the Jewish community. They are knowledgeable about the Jewish traditions/laws.

Grief Services

Jewish Family Service

801 Percy Warner Blvd
Nashville, TN 37205 615-356-4234
www.jfshnashville.org

Provides grief counseling to individuals and families of all ages. Most insurance plans are accepted and a sliding scale fee is offered.

The Grief Support Center at Alive Hospice

1718 Patterson Street
Nashville, TN 37203
615-963-4732

www.alivehospice.org

Provides a comprehensive bereavement support program for adults and children. Services include individual grief counseling, support groups and teens,



and educational seminars. Services are available for anyone in the community who has been touched by a loss.

Hospice

Alive Hospice

1718 Patterson Street

Nashville, TN 37203

615-327-1085

www.alivehospice.org

Provides pain and symptom management for patients as well as emotional support and spiritual care for patients and their loved ones. Hospice care can be provided in patient's homes, at the Alive Hospice Residence, at assisted living, independent living and long-term care facilities; and in area hospitals. Additionally, Alive Hospice provides palliative for patients with chronic, life-threatening illnesses who desire comfort care (pain and symptom management) as they pursue curative treatments.

Housing

Below is a list of senior facilities that typically have Jewish residents. The JFS Helping Hands Program offers Shabbat services and assists with cultural and religious programs at various facilities. Locations being served by JFS Helping Hands Program fluctuate based on the number of Jewish residents.



Independent Living:

Blakeford at Green Hills

11 Burton Hills Blvd
Nashville, TN 37215
www.blakeford.com
615-665-9505

Park Manor

115 Woodmont Blvd
Nashville, TN 37205
www.parkmanorapts.com
615-383-7303

St. Paul Senior Living Community

5031 Hillsboro Road
Nashville, TN 37215
www.thesaintpaul.com
615-298-2400

Richland Place

504 Elmington Avenue
Nashville, TN 37205
www.richlandplace.com
615-269-4200

Low income housing options:

Green Hills Apartments for Retired Teachers

2209 Abbott Martin Road
Nashville, TN 37215
615-297-7536



Leah Rose

1900 Acklen Avenue
Nashville, TN 37212
615-298-2634
www.leahroseresidence.com

Parthenon Towers

301 28th Avenue
Nashville, TN 37203
615-252-3732

Villa Maria Manor

32 White Bridge Road
Nashville, TN 37209
615-352-3084

Assisted Living:

Belmont Village

4206 Stammer Place
Nashville, TN 37215
615-279-9100
www.belmontvillage.com

Brighton Gardens

103 Arcaro Place
Brentwood, TN 37027
615-376-5299
www.sunriseseniorliving.com/communities/brighton-gardens-of-brentwood

Brookdale Bellevue

8118 B-Sawyer Brown Road
Nashville, TN 37221
615-349-2396



Brookdale at Belle Meade

6767 Brookmont Terrace
Nashville, TN 37205
615-913-4415

Brookdale Green Hills Cumberland

15 Burton Hills Blvd
Nashville, TN 37215
www.brookdaleliving.com
615-463-9111

Burton Court at Blakeford

11 Burton Hills Blvd
Nashville, TN 37215
615-665-2742
www.blakeford.com

Mary Queen of Angels

34 White Bridge Road
Nashville, TN 37205
615-353-6181
www.maryqueenofangels.com

NHC Place at the Trace

8353 Highway 100
Nashville, TN 37221
629-888-5800
www.nhcplaceatthetrace.com

Park Manor

115 Woodmont Blvd
Nashville, TN 37205
www.parkmanorapts.com
615-383-7303



Richland Place

504 Elmington Avenue
Nashville, TN 37205
615-292-4900
www.richlandplace.com

Facilities for Dementia Care:

Abe's Garden

115 Woodmont Blvd
Nashville, TN 37215
615-257-7383
Abesgarden.org

Barton House

6961 Highway 70 South
Nashville, TN 37221
615-673-6922
bartonhousetn.org

Claire Bridge

Brookdale at Belle Meade

6767 Brookmont Terrace
Nashville, TN 37205
615-913-4415

Claire Bridge

Brookdale Green Hills Cumberland

15 Burton Hills Blvd
Nashville, TN 37215
www.brookdaleliving.com
615-463-9111



Low income assisted living facility options:

Knowles Home Assisted and Adult Day Services

1010 Camilla Caldwell Lane
Nashville, TN 37218
615-862-6440
www.knowlesassistedliving.org

Nursing Homes:

The Meadows

8044 Coley Davis Road
Nashville, TN 37221
615-646-4466
www.lakeshoreestates.org

NHC Place at the Trace

8353 Highway 100
Nashville, TN 37221
629-888-5800
www.nhcplaceatthetrace.com

Richland Place Health Center

504 Elmington Avenue
Nashville, TN 37205
615-292-4900
www.richlandplace.com

West Meade Place

1000 St. Luke Drive
Nashville, TN 37205
615-352-3430
www.westmeadeplace.com



Woodcrest at Blakeford

11 Burton Hills Blvd
Nashville, TN 37215
615-665-2524
www.blakeford.com

Low Income Nursing Home Options:

Green Hills Health and Rehabilitation Center

3939 Hillsboro Circle
Nashville, TN 37215
615-297-2100
www.savaseniorcare.com

Nashville Community Care & Rehabilitation Center at Bordeaux

1414 County Hospital Road
Nashville, TN 37218
615-712-2600
www.bordeauxshc.com

Information & Referral

Jewish Family Service

801 Percy Warner Blvd
Nashville, TN 37205
615-356-4234
www.jfsnashville.org

Assistance locating services and resources in Middle Tennessee.



The Senior Scene of Jewish Nashville

801 Percy Warner Blvd
Nashville, TN 37205
615-356-7170
www.nashvillejcc.org

Publishes a monthly insert in The Observer providing information about senior programming from every agency and synagogue in the Jewish community.

211

<http://tn211.mycommunitypt.com>

Information and Referral call center that maintains a database of health and human services programs including housing, financial assistance, counseling services and medical care. Dial 211 for assistance.

Council on Aging

95 White Bridge Road, Suite 114
Nashville, TN 37205
615-353-4235
www.coamidtn.org

Publishes the Services for Seniors directory in addition to providing information and referral services. Seniors can get a directory by calling the above number. JFS has a limited number of directories on hand.

In-Home Services

Family Staffing Solutions

2000 Richard Jones Road, Suite 170
Nashville, TN 37215
615-383-5656
www.familystaffing.com



Provides non-medical services in the home such as transportation, meal preparation, assistance with personal hygiene, etc.

First Light Home Care

725 Cool Springs Blvd
Franklin, TN 37067
615-567-5857

www.nashvillefranklin.firstlighthomecare.com

Provides non-medical services in the home such as transportation, meal preparation, assistance with personal hygiene, etc.

Independence Plus by Park Manor

115 Woodmont Blvd
Nashville, TN 37205
615-383-7303

Provides non-medical services in the home including errands, personal hygiene, light housekeeping/laundry, medication supervision and companionship.

CURA For Care

1900 Church Street, Suite 300
Nashville, TN 37203
615-522-5265

www.curaforcare.com

Provides non-medical services in the home including personal/hygiene care, medication management, memory care, transportation, shopping, communication with physicians and case management.

Jacob's Ladder of Jewish Family Service

801 Percy Warner Blvd
Nashville, TN 37205
615-356-4234

www.jfsnashville.org



JFS provides volunteers to seniors living independently in their own homes to perform tasks such as replacing smoke alarm batteries, lights bulbs, or updating clocks for a time change. Contact JFS directly for more information.

Vanderbilt Health on Call

Nurse Practitioner available to come to the home for non-emergency medical issues. 7 days a week. 7:00am-7:00pm. Credit cards and most insurances accepted. Serves Davidson County, Brentwood, Franklin, Hendersonville, and Nolensville
<https://www.vanderbilthealth.com/vhoc/>

Concierge Services

Premier Personal Services

1900 Church Street, Suite 300
Nashville, TN 37203
615-915-2868
www.PPS-CURA.COM

Provides concierge services such as errands, meals, transportation, home care and management for an hourly fee, three hour minimum.

Insurance and Benefits

SHIP (State Health Insurance Program)
501 Union Street
Nashville, TN 37219
1-877-801-0044
www.tnmedicarehelp.com

Provides free guidance and support to seniors who have questions or concerns about their Medicare or TennCare insurance.



Volunteer Veteran Advocate

Verble Estate Preservations and Advisors
9005 Overlook Blvd
Nashville, TN 37027
615-373-2733
www.verbleseniorsolutions.com

Provides free volunteer services that assist seniors in applying for VA benefits for in-home care.

The Elder Law Practice of Timothy Takacs

201 Walton Ferry Road
Hendersonville, TN 37075
615-824-2571
www.tn-elderlaw.com

Services include Medicare and insurance education.

Kosher Food

Grins Café at Vanderbilt

2421 Vanderbilt Place
Nashville, TN 37240
615-322-8571

Offers kosher vegetarian food under the supervision of Rabbi Saul Strosberg.

AVO Restaurant

3 City Avenue #200
Nashville, TN 37209
1-615-329-2377
www.eatavo.com



Woodlands Indian Vegetarian Cuisine

3415 West End Avenue
Nashville, TN 37203
615-463-3005

www.woodlandstennessee.com

Offers kosher vegetarian Indian food under the supervision of Rabbi Saul Strosberg.

Nothin Bundt Cakes

21 White Bridge Road
Nashville, TN 37205
1-615-354-6300

www.nothingbundtcakes.com

Panima

Erika Shuman
721 Magnolia Trail
Nashville, TN 37221
615-585-7496

www.panimabakers.com

Kosher meats are locally available at Kroger in Belle Meade and Trader Joe's in Green Hills. Another option is to order meats online from Griller's Pride and pick up at West End Synagogue.

Griller's Pride

3939 McElroy Road, Suite B
Doraville, GA 30340
1-770-454-8108

www.grillerspride.com



Medical Equipment

Philips Lifeline

1-800-566-6156

www.lifeline.philips.com

Provides medical alert services and medication dispensers in private homes and in assisted living facilities. The goal of Lifeline is to ensure your safety in the home and to alert someone when there is a problem.

United Cerebral Palsy Medical Equipment Exchange

1200 9th Avenue North, Suite 110

Nashville, TN 37208

615-242-4091, extension 105

www.ucpamidtn.org

Provides used medical equipment to seniors who do not have insurance and/or cannot afford to purchase medical equipment.

Bradley Home Health Care

5206 Charlotte Avenue

Nashville, TN 37209

615-383-9516

www.bradleyhealthservices.com

Sells medical equipment in the retail store and delivers within a 60-mile radius. Bradley will also file insurance with doctor's prescription for the equipment.



Moving/Relocating/Downsizing

Aging in Place Transition Services

3605 Saratoga Drive

Nashville, TN 37205

1-629-999-2477

www.aginginplaceservices.com

Provides coordination of moving that includes downsizing, packing and setting up a new home.

Premier Personal Services

1900 Church Street, Suite 300

Nashville, TN 37203

615-915-2868

www.PPS-CURA.COM

Provides coordination of moving that includes downsizing, packing and setting up a new home. Services are provided according to the customer's specific needs.

Pharmacy Delivery

Bradley Drug Company

5208 Charlotte Pike

Nashville, TN 37209

615-383-2741

www.bradleyhealthservices.com

Free delivery within 60 miles.

Call your pharmacy and insurance company to inquire about medication delivery options.



Respite Care

Tennessee Respite Coalition

19 Music Square West
Nashville, TN 37203
615-269-8687
www.tnrespite.org

Provides relief to families and caregivers from the extraordinary and intensive demands of providing ongoing care. They can assist in locating respite care for your individual or family needs.

Social and Wellness Programs

Jewish Family Service

801 Percy Warner Blvd
Nashville, TN 37205
615-356-4234
www.jfsnashville.org

JFS facilitates the Temple's Golden Lunch Bunch Program on the first and third Tuesdays of each month at the Temple. There is musical entertainment and lunch is provided for a small fee. The Golden Lunch Bunch is open to all Jewish seniors in the community. JFS also organizes a Passover Seder each year, which is held at the GJCC and is open to all seniors in the community for a small fee.

Low Vision Program of Jewish Family Service and B'nai B'rith Maimonides Lodge #46

801 Percy Warner Blvd
Nashville, TN 37205
615-356-4234
www.jfsnashville.org



Provides low vision aids to seniors so that they can maintain their independence. There are a variety of aids available to assist the individual with cooking, telling time, recreational games and personal care.

Gordon Jewish Community Center

801 Percy Warner Blvd
Nashville, TN 37205
615-356-7170
www.nashvillejcc.org

The GJCC provides an array of programs and classes for seniors including aquatic programs including arthritis classes, fitness programs, various speakers and multiple holiday celebrations throughout the year. The GJCC also offers a weekly program called Thank Goodness It's Thursday for seniors of all ages which consists of a nutritious meal and a program for a small fee. The GJCC also offers Prime Time, a program for seniors of all ages. Over 75 classes and programs are offered throughout the year on a variety of topics including cooking, bridge, law, health, religious programs, monthly dinner club, monthly casino trips and book clubs. Free or discounted memberships are available for seniors with Medicare. Call to inquire about whether your insurance company participates. Current information can be found on the website.

West End Synagogue

3810 West End Avenue
Nashville, TN 37205
615-269-4592
www.westendsyn.org

Ongoing programming for seniors includes our Lunch & Learn Program. This kosher, catered lunch meets on the 2nd and fourth Wednesdays of each month for a small fee. We also provide a free



annual Hanukkah carnival open to all ages including grandparents. A yearly Senior Shabbat dinner is free to members. Non-members are welcome to attend for a small fee. For current programming inquiries, interested seniors are encouraged to call the synagogue directly or check the website.

The Temple Congregation Ohabai Sholom

5015 Harding Pike

Nashville, TN 37205

615-352-7620

www.templenashville.org

The Temple provides numerous Adult Education programs and Social Action opportunities throughout the year. There are also ongoing activities including Golden Lunch Bunch (on the first and third Tuesday of each month), weekly Torah study, monthly book club discussions, and weekly Lunch with the Rabbi on Thursdays. Most programming is open to all members of the community. Online access to Shabbat services is available via The Temple's website. Interested seniors should call the Temple directly or check the website calendar for current program information.

Congregation Micah

2001 Old Hickory Boulevard

Brentwood, TN 37027

615-377-9799

www.congregationmicah.org

Provides social activities throughout the week including Mah Jongg every Tuesday, Micah Book Club discussions the first Saturday of every month, and Torah study every Saturday morning. Every Thursday, there is a roundtable discussion with the Rabbi entitled Schmooze and Views, which occasionally coincides with our free, seasonal SOS Lunch and



Learn programs. Online access to Shabbat services is available. All programs and Shabbat services are open to the community; call Micah directly or check the website for current information.

Congregation Sherith Israel

3600 West End Avenue
Nashville, TN 37205
615-292-6615
www.sherithisrael.com

Sherith Israel is a warm, traditional synagogue that welcomes a diverse and multigenerational membership. While we may feel a tug to offer specific programming for the various groups within our Shul, our goal, in the spirit of Klal Yisrael, is to have one program that brings everyone together, as best possible. To that end, there is room for everyone at our table. Every Friday night we have Abraham and Sarah's tent, an inclusive, intimate and joyous Shabbat dinner at the Shul following services. RSVPs are much appreciated, but all are welcome. The dinner is free of charge thanks to a very generous sponsor.

Chabad of Nashville

95 Bellevue Road
Nashville, TN 37221
615-646-5750
www.ChabadNashville.com

Hosts a communal T.G.I.S. Shabbat dinners twice a month on Friday evenings. Provides ongoing learning opportunities including the Jewish Learning Institute and lectures. Special social programs include the Chicken Soup Squad and the Caring and Wellness Committee. Interested seniors should call Chabad of Nashville or check the website for current information. All programs are open to non-members.



Support Groups & Services

Jewish Family Service

801 Percy Warner Blvd
Nashville, TN 37205
615-356-4234
www.jfsnashville.org

Support groups on a range of topics can be offered when there is sufficient interest. Call JFS if you are interested in participating in a support group. If JFS does not offer the support group you are looking for, we can assist you in locating one.

Sharsheret

1086 Teaneck Road, Suite 2G
Teaneck, New Jersey 07666
1-866-474-2774
www.sharsheret.com

Provides support for Jewish women and their families facing breast and ovarian cancer. Services include individual and peer to peer support, genetic counseling, education and referral to resources.

Transportation

Shalom Taxi

Gordon Jewish Community Center
801 Percy Warner Blvd
Nashville, TN 37205
615-354-7170

A subsidized transportation program. To determine eligibility and for more information call Carrie Mills at 615-354-1680.



Senior Ride Nashville

298 Foster Street
Nashville, TN 37207
1-615-610-4040

www.seniorridenashville.org

An annual membership gives seniors access to trained volunteers who transport seniors for a minimal fee.

Access Ride

Metro Transit Authority
130 Nestor Street
Nashville, TN 37210
615-880-3970

www.nashvillemta.org

Provides transportation through Davidson County to eligible individuals. Eligibility includes the inability to ride a standard bus independently, the inability to get on and off a bus and/or the inability to get to and from a bus stop. Interested individuals can call 880-3970 to request an application. A functional assessment and if necessary, training is required for all individuals. There is a small fee per ride. The hours of operation are Monday through Friday 4:30 am- 11:15 pm and weekends from 4:45 am-9:30 pm. Reservations must be made 1-7 days in advance.

Synagogues will consider transportation requests to members on a case by case basis.



Visitation

**JFS Helping Hands
801 Percy Warner Blvd
Nashville, TN 37205
615-354-1686
www.jfsnashville.org**

The JFS Helping Hands Program matches trained volunteers with isolated seniors for one-on-one visits. Services typically include being a Friendly Visitor or providing telephone reassurance. The visits can be short term or ongoing, depending upon the needs of the senior being served.

The Helping Hands Music Program is designed specifically for adults living with Alzheimer's or other forms of dementia. Trained musicians arrange and perform individual monthly one on one visits with participating clients. Helping Hands Through Art is an intergenerational art program for adults living with Alzheimer's or other forms of dementia. Following a similar format as the music program, Helping Hands Through Art matches clients with a trained facilitator for the creation of art.

All Helping Hands services are provided in a private, confidential manner.

If you are a member of a local congregation, contact your synagogue directly for information on obtaining a friendly visitor from your congregation.



Volunteer Opportunities

For opportunities within the Jewish community:

Michal Eskenazi Becker

Adult Community Outreach Coordinator

801 Percy Warner Blvd

Nashville, TN 37205

615-354-1696

michal@jewishnashville.org

The Jewish Community of Nashville and Middle Tennessee maintains a shared website for volunteer opportunities for all ages and skills. Many volunteer opportunities and a list of participating organizations can be found at <https://jewishnashville.galaxydigital.com>. Through this website, you can create your own profile and easily sign up for opportunities that fit you the best.

For opportunities within the broader community:

Hands on Nashville

37 Peabody Street, Suite 206

Nashville, TN 37210

615-298-1108

www.hon.org

Provides a data base of volunteer opportunities for people of all ages.

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THE **STRENGTH** OF A PEOPLE.
THE **POWER** OF COMMUNITY.