Jewish Family Service of Somerset, Hunterdon and Warren Counties is a not for profit, non-sectarian agency offering a variety of programs for people of all ages and backgrounds.

The mission of the agency is to strengthen the quality of individual, family and community life.

Comments from participants and volunteers

“Our volunteer really listens... I really feel that she cares”

“My daughter sees her mentor as her role model”

“Having JFS work with my family has been a blessing”

“Our family mentor is Wonderful”

“This is a wonderful program...”

“I am extremely proud to be a member of the team”

JFS Volunteer Programs

Family Mentor
and
Senior Mentor
Senior Shopper
Cooking Companions
Healthy Harvest
Good Deeds Corps

SUPPORTED BY:

THE GROTTA FUND
FOR SENIOR CARE
THE BLANCHE AND IRVING LAURIE FOUNDATION
JEWSH FEDERATION OF SHW
THE WALLERSTEIN FOUNDATION
FOR GERIATRIC LIFE IMPROVEMENT
THE ERS CHARITABLE FUND
SOMERSET COUNTY OFFICE ON AGING
INDIVIDUAL DONATIONS

Volunteers Improving, Supporting and Changing Lives for the Better Every Day

"Take hold of him that he fall not and come to need" - Maimonides
Make a Difference by Becoming a Volunteer

The Volunteer Programs offered by JFS impact the lives of all age groups but with an emphasis on frail older adults including Holocaust survivors.

WHO ARE THE VOLUNTEERS?
Volunteers are people of all ages who care about others. They are trained to help provide companionship and support for program participants. Volunteers of all faiths and backgrounds are welcome.

WHAT VOLUNTEERS DO
- Visit home bound older persons in their place of residence: home, assisted living or nursing home
- Represent their caring spirit to the community at large
- Visit individually, with friends or as a family
- Give as little or as much time as they can

WHAT VOLUNTEERS GET BACK
Smiles, warmth and friendship
- A real connection with seniors and families
- Satisfaction from making a difference in the lives of others
- A sense of perspective
- An opportunity for learning creative, meaningful ways of interacting with others through training and ongoing group and individual supervision
- Peer support from other volunteers

JFS Volunteer Programs

Family Mentor
Strengthening Families through Mentor Support. A program for those feeling overwhelmed by life. Visit families with children under 10 on a regular basis to offer support and understanding.

Senior Mentor
Visit homebound, frail older adults for companionship to help reduce isolation and loneliness.

Senior Shopper
Provide regularly scheduled grocery shopping for those who no longer can shop for themselves and need assistance in Somerset County.

Cooking Companions
Visit isolated older adults at least once a month to prepare and eat a meal together. There is opportunity for companionship and improved nutrition through home visits.

Healthy Harvest
Healthy eating is important for good health and many people in our community do not have the income to purchase fresh produce to support a healthy diet. Volunteer for our annual Harvest Day at a local farm (in season) or help tend the JFS Community Garden hosted at the JCC or grow your own produce and donate it to JFS to distribute to those in need.

JFS Good Deeds Corps
Many seniors are isolated, alone and vulnerable; often weakened by physical illness, emotionally upset due to multiple losses and stressed daily by limited finances. Managing day to day alone becomes difficult. By volunteering as little as one time a month you can make a difference.

- Provide companionship
- Escort a senior to a medical appointment
- Share a special interest
- Go shopping
- Be a Handyman
- Offer to Drive
- Change a light bulb
(sometimes it's the simplest things that mean so much)