

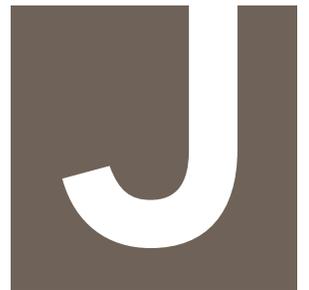


**SPECIAL NEEDS SERVICES**

PROGRAM GUIDE 2021-22

A COMMUNITY FOR EVERYONE

Today is a new day!  
 Embrace...  
 Compassion...  
 Listen...  
 Offer...  
 Hope...  
 be the change you wish to see in the world.



MetroWest

# A Message from the Director

Dear Participants, Families, Caregivers, and Professionals,

Welcome to our 2021-22 program guide! This past year has definitely looked different than past years, however we've continued to offer our programs virtually and keep our participants connected to our JCC Community. In past messages, I have shared that my favorite aspect of our program is watching our participants learn and grow while becoming a part of our inclusive community center! This came to a dramatic halt in March, 2020 and we were forced to get creative and reimagine ways to deliver programs and keep our participants working towards their goals. What I learned is that our community goes way beyond our physical building. Our incredibly talented and dedicated staff shifted their focus and brought our interactive programs to the screen while teaching our participants how to access community resources in new ways. Our programs have become a lifeline for many of our individuals and continue to provide consistency and structure during these uncertain times.

We were able to successfully re-open our Day Habilitation program last October at a reduced capacity and with many COVID-19 safety protocols in place. While we were only able to run for 6 weeks (due to mandatory closures issued by the NJ Division of Developmental Disabilities), we feel proud that we could offer safe, in person services to those in our program who wanted to return, while continuing to offer our virtual programs at the same time.

Our evening programs continued virtually offering Ladies Night, Guys Night, Game Night and Yoga, all from the comfort and safety of home. Even our Sunday trips went virtual where we were able to explore venues beyond our local community such as Paris, Mt. Everest and amusement parks around the world!

We're not sure what this next year holds in terms of the way we provide programs, but we do know that no matter what comes our way, we will be able to continue to provide services and connections to our participants. As you turn the pages of this program guide, we hope that you will find inspiring programs from which to choose. While we hope to return to in person programs, we may need to shift gears depending on NJ and CDC requirements. Please reach out to us with any questions and we hope to see you in person or on ZOOM soon!

Warmly,



## WE'RE HERE TO HELP!



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Director

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Assistant Director

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# IMPORTANT NOTES

- Fall program registration begins August 2021.
- Winter/Spring registration begins December 2021.
- An intake meeting is required prior to enrollment in programs for new participants. This can be done virtually.
- To register for a program, please email our administrator at [rcohen@jccmwsupports.org](mailto:rcohen@jccmwsupports.org).
- JCC Membership is NOT required to participate in our programs.
- JCC Special Needs Services staff includes Certified Teachers of Students with Disabilities, social workers, therapists, fitness specialists, and other professionals with extensive backgrounds in working with individuals with disabilities.

## Price Key

- M** Member Pricing  
**G** Guest Pricing

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### Amelia Perlstein

Chairperson, Human Rights Committee, JCC MetroWest

### Caren Ford

Chairperson, Board of Trustees, JCC MetroWest

### Stuart E. Raynor

Chief Executive Officer, JCC MetroWest

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## Fitness Hours

Call 973-530-3416 for most current hours

Call 973-530-3443 or email [membership@jccmetrowest.org](mailto:membership@jccmetrowest.org) for general membership questions

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760 Northfield Avenue, West Orange, NJ 07052

973-530-3400

JCC MetroWest is a beneficiary agency of Jewish Federation of Greater MetroWest NJ.

We strive to ensure access and meaningful participation by all members of the community.

# PARTICIPANT HIGHLIGHT

## Kelsy Marsh



Kelsy is not only a talented artist and avid NJ Devil's fan, but she also attends both our Day Habilitation and Ladies Night programs at JCC MetroWest. Kelsy has been attending our Special Needs Services programs for over 4 years and enjoys the different types of programs offered in our department.

Kelsy shared that the programs at the JCC are fun and that her favorite part of both programs she attends is that she gets to hang out with friends. Kelsy explained that "when I first started the programs, I didn't think I would make as many friends as I have made." She went on to explain that her "favorite part of the Day Habilitation program is being able to hang out with a variety of different people while enjoying activities such as the Word of the Day and socially focused games." In Ladies Night Kelsy shared that she really appreciates being in a group comprised of all women, as "sometimes it's more comfortable discussing certain topics with female friends."

Kelsy remarked that coming to the JCC programs are great because they "get me out of my house"—until this year! Unfortunately, our on-site programs closed due to the COVID-19 pandemic and Kelsy stated that she was "not happy when this happened." However, she explained that "the virtual programs really helped me stay connected by seeing old friends and meeting new friends who joined the sessions." Kelsy felt like the virtual programming moved the programs to her safely at home and connected her to her JCC community during strange and uncertain times.

Kelsy's mother, Kamni shared that "Kelsy feels nurtured at the JCC, the staff is very intuitive and caring. She enjoys the variety of programs and eagerly awaits participating in them. Even in the pandemic, the opportunity to continue to meet virtually has been invaluable. She has made many new and lasting friendships."

We feel so lucky to have Kelsy be a part of our JCC family. Kelsy's experience exemplifies how our unique programs provide value far beyond its services; it connects individuals of all abilities to our community by creating a warm and friendly environment where participants feel welcome and have a place where they belong whether it's in person or virtually.

## GRANT ACKNOWLEDGEMENTS

JCC MetroWest's  
Department of Special Needs Services  
thanks the  
**Healthcare Foundation of New Jersey**  
for their generous support of our  
Day Habilitation Program.



JCC MetroWest's  
Department of Special Needs Services  
thanks the  
**Jewish Women's Foundation  
of New Jersey**  
for their generous support of our  
Ladies Night Program.



# One Crazy Year

Last year we found ourselves navigating uncharted territory with the COVID-19 Pandemic closing our on-site programs and forcing us to recreate our programs virtually. Staff from our Day Habilitation and evening programs continued to engage in programs on ZOOM technology and provided much needed consistency and connection for our participants. Our Day Habilitation program expanded its daily offerings throughout the year to 4 hours of interactive programming per day and our evening programs continued to engage our participants remotely as well. In October, we briefly opened our on-site Day Habilitation program for 6 weeks at a 25% capacity with all new safety protocols and procedures in place. While DDD shut down our programs as the holidays approached, we felt proud that we were able to safely welcome back participants to our building. We are very hopeful that all of our programs will resume on-site in the fall, but we feel so fortunate that we have been able stay connected with one another during such an uncertain time through technology.



# CHILDREN'S PROGRAMS

We offer many inclusive children's programs here at JCC MetroWest which can be found at [www.jccmetrowest.org](http://www.jccmetrowest.org).



Please let us know which activities your child is interested in and we will work with you to provide the necessary supports. Our goal is to make all programs at JCC MetroWest inclusive whenever possible.

# SUMMER CAMPS

## Camp Deeny Riback (CDR) Camp Friends Program

*Approved Perform Care Provider through the Department of Children & Families*

Camp Deeny Riback is JCC MetroWest's premiere summer day camp. It's fully accredited by the American Camp Association (ACA), and is located on 35 beautiful, wooded acres in Flanders, NJ. Camp Deeny Riback offers inclusion opportunities through their Camp Friends program. Bussing, lunch, and snacks are provided.

Summer 2021: June 28–August 20, 9:00am–4:00pm

Pricing is dependent on number of weeks attended. A minimum of 4 weeks is required to participate in this program. An intake meeting is required for all new participants.



## CDR—Teen Travelers Unit Ages 13–21

*Approved Perform Care Provider through the Department of Children & Families*

This 2-week teen program at CDR provides both the traditional day camp experience along with exciting day trips! It also provides lots of opportunities for the development of friendships and social skills. Teens spend days enjoying activities like swimming, crafts, sports, biking, boating, archery and more in addition to day trips to venues such as Six Flags, NJ State Fair, and the Jersey Shore. This unit is for teens and young adults with disabilities and is supervised by experienced professional staff. 5:1 Camper to Staff ratio is provided and an intake meeting is required for all new campers.

August 9–August 20, 9:00am–4:00pm

\$2200 for 2-week session

# TEEN & ADULT PROGRAMS



## Ladies Night Ages 16+

Join us on Monday evenings and experience fitness, cooking, entertainment, arts & crafts, and other activities while making new friends! This program is open to all members of the community.

Mondays, 6:00–8:00pm

### FALL 2021

10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13 (10 sessions)

M: \$200 G: \$250

M: \$20 per session G:\$25 per session

### WINTER/SPRING 2022

1/24, 1/31, 2/7, 2/14, 2/28, 3/7, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16, 5/23 (15 sessions)

M: \$300 G: \$375

M: \$20 per session G:\$25 per session

## Guys Night Ages 16+

Join us on Monday evenings to discuss a variety of topics including entertainment, sports, comics, dating and more while preparing a weekly snack with friends. This program is open to all members of the community.

Mondays, 6:00–8:00pm

### FALL 2021

10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13 (10 sessions)

M: \$200 G: \$250

M: \$20 per session G:\$25 per session

### WINTER/SPRING 2022

1/24, 1/31, 2/7, 2/14, 2/28, 3/7, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16, 5/23 (15 sessions)

M: \$300 G: \$375

M: \$20 per session G:\$25 per session

## Game Night Ages 16+

Join us for an evening of games and snacks with friends! Each week participants enjoy playing games (board games & card games) which focus on turn-taking, managing frustration tolerance, and developing effective communication & socialization skills. This program is open to all members of the community.

Wednesdays, 6:00–8:00pm

### FALL 2021

10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15 (10 sessions)

M: \$200 G: \$250

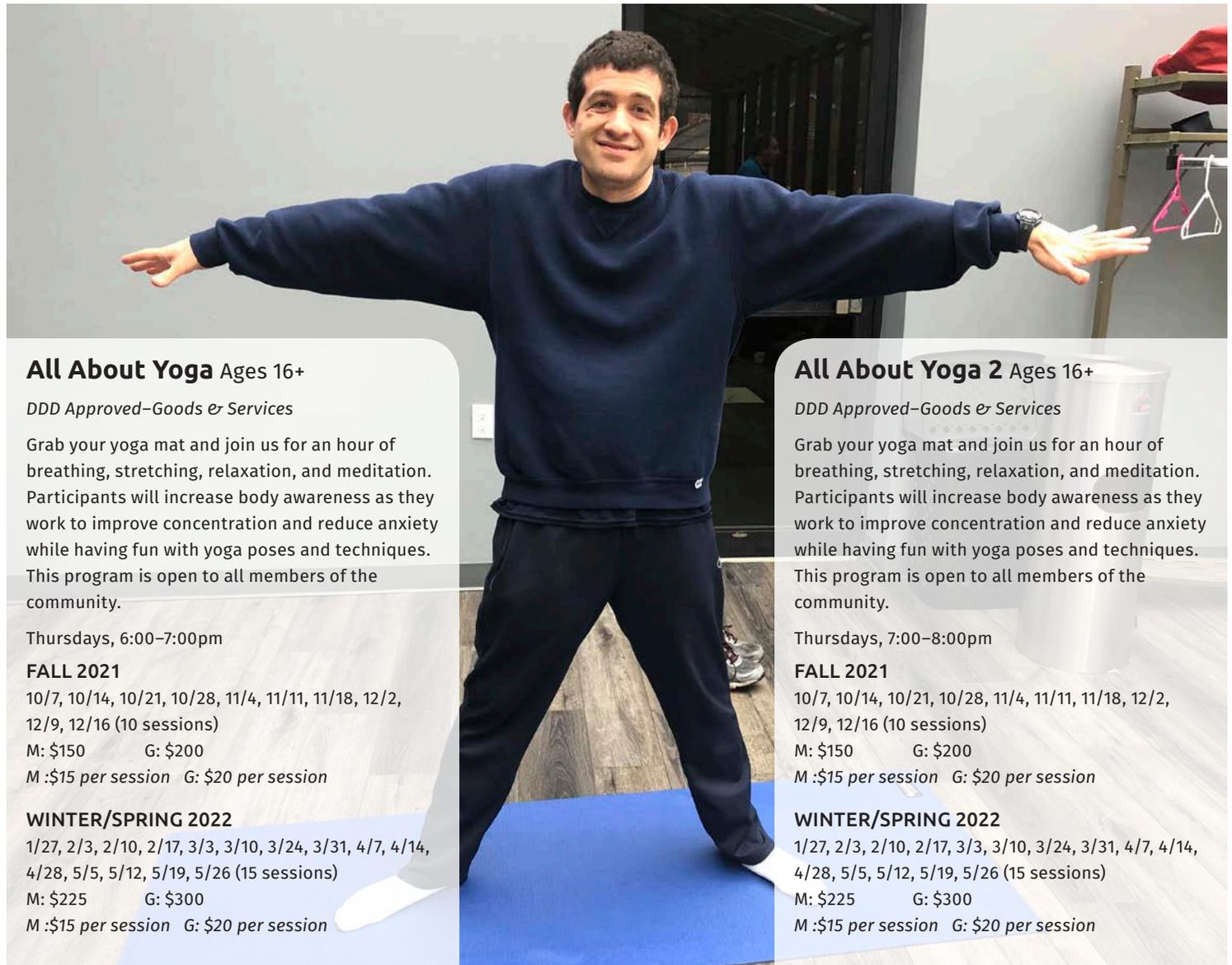
M: \$20 per session G: \$25 per session

### WINTER/SPRING 2022

1/26, 2/2, 2/9, 2/16, 3/2, 3/9, 3/23, 3/30, 4/6, 4/13, 4/27, 5/4, 5/11, 5/18, 5/25 (15 sessions)

M: \$300 G: \$375

M: \$20 per session G: \$25 per session



## All About Yoga Ages 16+

DDD Approved—Goods & Services

Grab your yoga mat and join us for an hour of breathing, stretching, relaxation, and meditation. Participants will increase body awareness as they work to improve concentration and reduce anxiety while having fun with yoga poses and techniques. This program is open to all members of the community.

Thursdays, 6:00–7:00pm

### FALL 2021

10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16 (10 sessions)

M: \$150 G: \$200

M: \$15 per session G: \$20 per session

### WINTER/SPRING 2022

1/27, 2/3, 2/10, 2/17, 3/3, 3/10, 3/24, 3/31, 4/7, 4/14, 4/28, 5/5, 5/12, 5/19, 5/26 (15 sessions)

M: \$225 G: \$300

M: \$15 per session G: \$20 per session

## All About Yoga 2 Ages 16+

DDD Approved—Goods & Services

Grab your yoga mat and join us for an hour of breathing, stretching, relaxation, and meditation. Participants will increase body awareness as they work to improve concentration and reduce anxiety while having fun with yoga poses and techniques. This program is open to all members of the community.

Thursdays, 7:00–8:00pm

### FALL 2021

10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16 (10 sessions)

M: \$150 G: \$200

M: \$15 per session G: \$20 per session

### WINTER/SPRING 2022

1/27, 2/3, 2/10, 2/17, 3/3, 3/10, 3/24, 3/31, 4/7, 4/14, 4/28, 5/5, 5/12, 5/19, 5/26 (15 sessions)

M: \$225 G: \$300

M: \$15 per session G: \$20 per session

## Swim Station Ages 16+

DDD Approved—Goods & Services

Jump in and enjoy our pool! Participants are encouraged to interact with peers while swimming and enjoying recreational activities in the water. This program is open to all members of the community.

Thursdays, 7:00–8:00pm

### FALL 2021

10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16 (10 sessions)

M: \$100 G: \$150

M: \$10 per session G: \$15 per session

### WINTER/SPRING 2022

1/27, 2/3, 2/10, 2/17, 3/3, 3/10, 3/24, 3/31, 4/7, 4/14, 4/28, 5/5, 5/12, 5/19, 5/26 (15 sessions)

M: \$150 G: \$225

M: \$10 per session G: \$15 per session



## VIRTUAL Summer Select Ages 16+

Six weeks of summer fun! Participants will enjoy a variety of activities while socializing with friends! Choose a few sessions or join us for all six!

Mondays, 6:00–7:00pm

### SUMMER 2021

June 21	Game Night
June 28	Get Fit
July 12	Creative Cooking
July 19	Yoga Flow and Stretch <b>(in person at the JCC)</b>
July 26	Creative Crafting
August 2	Karaoke Party

M: \$60 G: \$90

M: \$10 per evening G: \$15 per evening

## Sunday Trips Ages 16+

Spend a Sunday afternoon with friends while enjoying great activities throughout our community. Participants meet at the program venue and enjoy both lunch and activities at local restaurants, movie theaters, bowling lanes, and Chocolate Works—just to name a few! Lunch and activities are included in the program fee.

### SUMMER 2021

7/18, 8/8 (2 sessions)

### FALL 2021

10/17, 11/7, 11/21, 12/5, 12/19 (5 sessions)

### WINTER/SPRING 2022

1/30, 2/6, 2/27, 3/13, 4/10, 5/15 (6 sessions)

M: \$60 G: \$65 per trip

## Teen/Adult Sunday Socials

Dance the day away with a live DJ while enjoying lunch and snacks with your friends in the community.

Sundays, 1:00–3:00pm

10/24/21 Fall Festival

2/13/22 Day of Love

\$15 Admission per dance pre-registration

\$20 Admission per dance at the door

### 5/1/22 Formal Fundraiser

Get dressed up and enjoy a special evening with friends benefitting Special Needs Services at JCC MetroWest.

\$25/Ticket

# DAY HABILITATION PROGRAM

## Day Habilitation Program Ages 21+

Approved provider through NJ Developmental Disabilities Division (DDD) & Medicaid.

This five-day-per-week program for adults 21+ focuses on life skills activities both onsite at the JCC and in the greater community. Activities include social skills training in an interactive community center setting, swimming (both instructional and recreational), yoga, sports recreation, daily living skills training, community trips (supermarkets, shopping malls, and restaurants), food preparation skills, critical thinking skills training, current events awareness and discussion, and special projects with both children and senior populations, which can include concerts, art projects, and holiday related programs.

**Rates will be determined by individual tiers for participants enrolled in the Medicaid Supports Program**

For participants not enrolled in DDD:

M: \$80 per day    G: \$85 per day

### MONDAYS

#### SUMMER 2021

7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23 (7 sessions)

#### FALL 2021

9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13, 12/20, 12/27 (16 sessions)

#### WINTER/SPRING 2022

1/3, 1/10, 1/24, 1/31, 2/7, 2/14, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 6/13, 6/20, 6/27 (22 sessions)

### TUESDAYS

#### SUMMER 2021

7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24 (8 sessions)

#### FALL 2021

9/14, 10/5, 10/12, 10/19\*, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7\*, 12/14, 12/21, 12/28 (14 sessions)

#### WINTER/SPRING 2022

1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8\*, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28 (26 sessions)

### WEDNESDAYS

#### SUMMER 2021

7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25 (8 sessions)

#### FALL 2021

9/15\*, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24\*, 12/1, 12/8, 12/15, 12/22, 12/29 (14 sessions)

#### WINTER/SPRING 2022

1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29 (26 sessions)

### THURSDAYS

#### SUMMER 2021

7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26 (9 sessions)

#### FALL 2021

9/9, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16, 12/23, 12/30 (15 sessions)

#### WINTER/SPRING 2022

1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30 (25 sessions)

### FRIDAYS

#### SUMMER 2021

7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27 (9 sessions)

#### FALL 2021

9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 (14 sessions)

#### WINTER/SPRING 2022

1/7, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15\*, 4/29, 5/6, 5/13, 5/20, 6/3, 6/10, 6/17, 6/24 (22 sessions)

## \*Additional Day Habilitation Hour

If you are enrolled in the Supports Program through the Division of Developmental Disabilities (DDD) you are eligible to remain in our Day Habilitation program for an extended hour from 2:00–3:00pm. Check with your service coordinator to see if you have enough units available in your budget!

Below are dates that our program WILL NOT offer the 2:00–3:00 hour:

September 15, 2021

December 7, 2021

October 19, 2021

March 8, 2022

November 24, 2021

April 15, 2022

# Day Habilitation Program

## Weekly Schedule / 9:00am–3:00pm

*This sample schedule was developed prior to COVID-19 guidelines.  
Current amended and virtual schedules will be provided during the intake process.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:15am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity
10:00–11:00am Yoga OR Leisure Activity	10:00–11:00am Participant Led Exercise OR Leisure Activity	10:00–11:15am Music OR Leisure Activity	10:15–11:00am Walk the Community Track OR Basketball in the Gym	10:00–10:30am Weekend Report OR Leisure Activity
11:00am–12:00pm Recreational Swim OR Social Games	11:00am–12:30pm Lunch & Activity in the Community	11:15am–12:00pm Organized Sports OR Social Games	11:00am–12:30pm Lunch & Activity in the Community	10:30–11:30am Instructional Swim OR Social Games
12:00–1:00pm Lunch at the JCC Café OR Bring Your Own Lunch & daily living activities	12:30–1:30pm Instructional Swim OR Social Games	12:00–1:15pm Lunch at the JCC Café OR Bring Your Own Lunch & daily living activities Social Games and/or Leisure Activity	12:30–1:00pm Social Games OR Leisure Activity	11:30am–1:00pm Choice of Lunch Prep, Nutrition Talk, Leisure Activity & Lunch
1:00–2:00pm Social Games OR Leisure Activity	1:30–2:00pm Social Games OR Leisure Activity	1:15–2:00pm Indoor Cycling OR Word Games or Leisure Activity	1:00–2:00pm Movement Class OR Leisure Activity	1:00–2:00pm Music OR Leisure Activity
2:00–3:00pm Snack Prep, Music OR Leisure Activity	2:00–3:00pm Snack Prep, Gym Games OR Leisure Activity	2:00–3:00pm Snack Prep, Music OR Leisure Activity	2:00–3:00pm Snack Prep, Gym Games OR Leisure Activity	2:00–3:00pm Snack Prep, Social Games OR Leisure Activity

Alternative choices are available for all activities with the exception of community-based trips.

Activities focused on various goals are available with staff supervision should participants choose not to engage in the scheduled activity.

Scheduled activities are subject to change due to unforeseen circumstances.

For more information on the program information noted below, contact Rebecca Wanatick, Manager of Community Inclusion and Program Services: (973) 929-3129 or [rwanatick@jfedgmw.org](mailto:rwanatick@jfedgmw.org) or visit [www.GreaterMetroWestABLE.org](http://www.GreaterMetroWestABLE.org)

**Parent and Caregiver Support Groups** Find support and guidance as well as services and resources available in the community, network with other moms and learn how to better advocate. Groups take place in collaboration with both JFS MetroWest and JFS of Central NJ.

**Sibling Support Network** Siblings of children with disabilities join together for discussion, activities and games, engaging them to learn more about themselves and each other. Participants will have the opportunity to discuss the challenges, feelings and joys of being a sibling with peers, build coping skills, make friends and have fun! Programs take place in collaboration with both JFS MetroWest and JFS of Central NJ.

**MetroWest Madrichim Teen Advocate Training Program** During this 3-session course, teens will receive training to engage with and support children with disabilities in inclusive settings like religious school and recreational programs. Teens will have the ongoing support of a community professional throughout the year. Classes take place in the fall.

**Mental Health Awareness** Greater MetroWest ABLE provides training for both teens and adults through a variety of workshops.

- Mental Health First Aid 6-hour certification course
- Here.Now.GMW - Monthly Teen Group that includes teen-led in-person and online initiative promoting mental health awareness, well-being, and resilience through innovative content and creativity.

**Connecting Individuals with Disabilities, their Families and the Jewish Community**