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For Immediate Release

Jewish Family Service Awarded \$20k Grant for Aging and Wellness

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San Diego—Jewish Family Service’s Aging and Wellness program was recently awarded a \$20,000 grant from Our Aging Society Program of The San Diego Foundation. The funds awarded on March 1, 2013 will support the Cyber Café at the College Avenue Center and transportation through *On the Go* to and from the College Avenue Center through February of 2014.

Brenda Bothel, Divisional Director of Aging and Wellness shared, “Older adults are often isolated and detached from daily socialization, with no ability to access transportation and essentially detached from the community. This recent grant will provide essential funds that will assist in our ability to increase access to socialization activities among older adults”.

The Aging & Wellness Services of Jewish Family Service delivers programming to more than 4,000 older adults annually across the country’s most densely populated areas. The extensive services offered by Jewish Family Service sustain the quality of life and independence of older adults.

“Jewish Family Service,” said Bothel, “is committed to the delivery of high-quality, research based, services that allow seniors to “age in place” by maintaining the ability to live in their own homes, and community safely, independently, and comfortably, regardless of age, income or ability level.”

The project will leverage the capacity and coordination of Jewish Family Service’s College Avenue Center and On the Go transportation service by providing older adults with access to the Center’s state of the art Cyber Café. The Cyber Café, bridges the digital divide for older adults

who often lack computer literacy by providing OASIS classes, Brain Fitness Program, Russian ESL Classes, employment resources, and workshops. While the *On the Go* program of Jewish Family Service provides reliable transportation solutions for older adults, reducing a major barrier for participation in socialization activities. The College Avenue Center, located near San Diego State University, engages older adults in exercising mind, body, and spirit through fun and innovative social, recreational and educational programming. Each year the center results in more than 32,000 visits to programs and activities.

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JEWISH FAMILY SERVICE OF SAN DIEGO

Jewish Family Service was founded in 1918 by a consortium of women's clubs who sought to address the myriad of human needs of the time. Today, JFS is a comprehensive human service organization with eleven locations throughout San Diego County and three in the Coachella Valley. From its early grassroots origins, the agency now serves more than 35,000 people annually. Its programs and services include: Adoption; Case Management; Counseling; Crisis Services; Family Violence; Jewish Connections; Refugee Resettlement; Older Adult/Senior Services; Parenting, Youth & School-based Services; and Training/Education. Learn more about why JFS is *One Source for a Lifetime of Help* at www.ifssd.org