

Thelma Steinman Seniors Support Services

Transportation and Kosher Meal Services

Transportation:

Our Transportation Program offers reliable and friendly services for Jewish seniors and adults with disabilities. Our friendly drivers ensure that you reach your destination safely and offer assistance when needed. We can offer transportation to medical appointments and to social programming.

Request for transportation needs to be in by the Tuesday prior to the appointment time or earlier. **Transportation Cost:** \$12.00 flat rate

Please contact Sina at 613.722.2225 xt 359 or by email at snaebkhil@jfsottawa.com

Kosher Meals On Wheels:

Kosher Meals on Wheels' volunteers deliver nutritious kosher and hallal friendly meals at an affordable price weekly. Each meat and dairy meal includes soup of the day, a starch selection, a vegetable, bread and dessert.

The cost per meal ranges from \$8.00 to \$12.00 per meal, including delivery.

Please contact Lisa at 613.722.2225 xt 315 or by email at lbogdonov@jfsottawa.com



בינה
BINAH



Jewish Family Services of Ottawa
Centre juif des services familiaux d'Ottawa
2255 Carling Avenue Suite 300
Ottawa, ON K2B 7Z5
613.722.2225 : www.jfsottawa.com

אל תשליכנו לעת זקנה ככלות כוחנו אל תעזבנו

"Do not cast us away into old age, when our strength gives out do not forsake us."



What is Binah?

The **Binah Day Program** was created for Jewish seniors with moderate cognitive impairment. The program is designed to enhance well-being by delivering social, mental, and physical stimulation in a positive Jewish environment.

The **Binah Day Program** is able to provide a one on one opportunity for participants with staff that are trained to work with the Fit Minds InterAct™ Caregiver's Kit. Staff take an individualized approach and focus on the strengths of the participants of the program by drawing on their needs, interests, and experiences. The InterAct™ Program is more than just a memory program. It is filled with activities, exercises and games organized around five areas of cognition:

- Language and Music
- Visual/Spatial Orientation
- Memory
- Critical Thinking
- Computation

Take a look at a day with Binah

Meet and Greet

A light snack with coffee or tea and a group discussion on current events

Let's Get Moving!

Light exercise

Lunch

A healthy Kosher meal

Afternoon Activity

Every week we offer a different and exciting activity or presentation for participants as well as **Fit Minds InterAct™** one-on-one sessions.



The good things in it..

Binah provides a comfortable and safe environment for clients. We have two large activity rooms, a kosher kitchen and a computer room. Our group activities are designed to trigger memory through sensory stimulation, creative arts, and activities designed to promote skills centered around daily living.

The people behind it..

The **Binah Day Program** staff is made up of dynamic and enthusiastic workers who have experience in senior programming. They are dedicated to creating exciting and meaningful experiences for the senior Jewish community of Ottawa.

The program is staffed with 4 employees, including a Personal Support Worker, as well as a strong volunteer base who contribute their expertise and creativity.

The **Binah Day Program** takes place on Wednesday at Jewish Family Services at 2255 Carling Avenue, Suite 300.

The program costs \$25.00 per day and participants can enroll at their convenience. Transportation can be provided for a fee.

For more information please call Laura Thomas at 613.722.2225 xt 392 or email lthomas@jfsottawa.com

