

Hineinu Share List

Often times as we are going through a crisis, we feel alone and frustrated and in need of a helping hand. We don't know where to turn in our time of need, so the Hineinu Committee has compiled a list of resources that might be a beneficial starting point for assistance. Please note that you are always welcome to personally contact one of our three chairpersons directly via email.

Becky Fliegel

Email: becky.fliegel@yahoo.com

Lynn Greenbaum

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Resources are:

Council for Jewish Elderly (CJE)

3003 W. Touhy Ave.

Chicago, Il. 60645

773-508 1000

Provides health care screenings, community services, health & wellness education, enrichment programs, adult day care and research

Jewish Vocational Service's Jewish Employment Network

216 W Jackson

Chicago, Il. 60626

312 673 3400

Provides educational and vocational counseling, job placement services and vocational rehabilitation

North Shore Senior Center

161 Northfield Rd.

Northfield, Il. 60093

847- 784 6000

Provides classes, exercise facilities, clubs and free rental equipment of wheel chairs, canes, commodes, etc. for use for members. Also provides support groups on a variety of issues

Jewish Child and Family Services

3145 W. Pratt Blvd.

Chicago, Il. 60645

773-467 3700

Provides care for abused and neglected youth, therapy for children and adults, support for people with disabilities and their families and general counseling services.

Midwest Palliative & Hospice CareCenter
2050 Claire Court
Glenview, Il. 60025
847 467-7423

Provides hospice and palliative care services, also has a Jewish division
National Council on Aging provides a database for people 55 & older to show benefits one might be entitled to. Go to their questionnaire at www.benefitscheckup.org to see what you might qualify for.

Administration on Aging www.aoa.gov
Eldercare Locator www.eldercare.gov
National Family Caregivers Association www.nfcacares.org

Templates for setting up assistance for families in crisis or families in need can be found at:

LotsAHelpingHands <http://lotsahelpinghands.com>
Care Community <http://carecalendar.org>
FoodTidings <http://www.foodtidings.com>
Shiva Connect <http://shiva.connect.com>

In addition, we are always looking for drivers to deliver Shabbat Bags, give occasional rides to congregants who might need a ride to an appointment, or to attend nighttime services. These services are usually a one time request and are as needed.

We thank you for visiting our Hineinu Committee website.

We look forward to meeting you and working together as one Sukkat Shalom community.