

Comprehensive Aging in Place Programming

Provided by JFS

The Road to Wellness

Wellness Specialist

Catherine Burke

(505)348-4515 catherine@jfsnm.org

This program is facilitated by JFS staff. Our vision is to help cultivate a caring supportive community where we can all age gracefully and with dignity. Our motto is "doing with not for". We put out a monthly newsletter, coordinate group van trips, and help residents organize community activities.

Mealsite

The Kubie Room

Mon-Fri 11:30 am-12:00 pm

Catherine Towers

(505) 823-1434 catherinet@jfsnm.org

Free hot meals are provided through the City of Albuquerque Department of Senior Affairs. Contact Catherine Towers in the JFS office at Shalom House for more information.

Case Management

The JFS office at Shalom House

Wednesdays and Fridays

1:00 pm-2:00 pm

(505) 291-1818

This free service can assist you with the following: Aging-related issues, navigating social systems (Medicare, Medicaid, Income Support Division) and obtaining increased levels of care.

Transportation

Information & Assistance (505) 291-1818

Reservation Line: (505) 348-4476

Monday through Friday

8:30 am to 4:30 pm

Fee: \$3 one way trips and \$5.00 round trip rides.

\$30.00 vouchers are also available.

JFS Senior Transportation Program is available for your individual transportation needs.

Food Pantry

Reservation Line: (505) 291-1818 ext. 6000

Behind Shalom House

Third Thursday of the month

from 12 pm- 12:30 pm

Register for this free once-a-month food box service. Boxes include food staples including frozen meat and fresh produce.

Housekeeping & Companion Services

Information Assistance (505) 291-1818

Available Mon- Fri 8 am- 5 pm

A Fee-for-Service program is available to anyone.

Clients of the JFS Case Management program could be eligible for services on a sliding-fee scale

Grief and Loss Support Groups

Facilitated by Rabbi Min Kantrowitz

(505) 291-1818 ext. 5481

Kubie Room

First Tuesday of the Month at 1:30 pm

Jewish Community Center

Fridays 12 pm- 1:00 pm

Grief and loss support groups are open to everyone.

Shalom House



peace contentment prosperity
friendship tranquility health

Welcome Home

Property Manager:

Lenora Maas

Phone: (505) 823-1433

Fax: (505) 823-9671

shalom@monarchnm.com

A collaboration between residents, Monarch

Property Management and Jewish Family Service



JEWISH FAMILY SERVICE
OF NEW MEXICO



MONARCH PROPERTIES, INC.
Property Management • Real Estate • Construction



Where life happens...

Going In and Out

For your safety only allow known people into Shalom House

There is a board in the entryway with apartment numbers that visitors use to buzz you. You must first press the "Talk" button to ask who is outside. Press the "Door" button to let the resident in ONLY if you know who is outside.

Disposing of Trash

Boxes should be flattened and thrown in the Trash bins located outside on the north side of the building.

Small wrapped or tied bags of trash can be disposed of in the Trash Chutes located on the north and south side of the front halls. Boxes or raw garbage must be taken to the trash bin.

Recycling Center is located behind Shalom House through the east doors on the first floor.

Activity Fund

\$1 per month donation

Every dollar you contribute to the activity fund is matched by the JCHC board. Funds are used for community enhancing activities, dinner for the resident meeting, van trips and much more.

Amenities

Laundry

Laundry room on each floor next to the elevators

Hours: 8:00 am - 9:00 pm daily

There is a magnetic board in the laundry room with tiles that have apartment numbers on them. Please put your apartment number tile on the washer or dryer you are using. Please be respectful of other residents and pick up clothes in a timely manner, clean up any spills, empty lint filter and throw away used dryer sheets.

Beauty Shop

3rd Floor

Thursday 9:00 am- 5:00 pm

Sign up for an appointment on the Beauty Shop door.

Kubie Room

South of the elevators on the 1st floor

The Kubie Room is a community room used for the mealsite, community events, movie watching, crafting, resident meetings and more.

Library

2nd floor lobby

The Albuquerque Public Library Book Van stocks and rotates books from our shelves. Feel free to take books home to read at your leisure and respectfully return them when done.

The Jewish Community Center

5520 Wyoming Blvd NE

(just northeast of Shalom House)

FREE MEMBERSHIP

Membership Services: (505) 348-4455

Every Resident of Shalom House receives a free membership to the JCC.

With extensive classes, clubs, events and fitness opportunities, this is an amazing resource right in your own back yard!

Please call Membership Services and tell them you are a Shalom House Resident for more information.

Everyone, regardless of age or religious affiliation, is welcome at the JCC.

Jewish Family Service

Information Line: (505) 291-1818

Guided by Jewish values, JFS services are available to people of all ages, religions and ethnicities. JFS works closely with Shalom House. If you have any questions about our services please give us a call.

(see next page)

...one moment at a time

