

**Press Release
For Immediate Release**

Of Southern Arizona

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Contact: Staci Smith
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JFCS Helps Seniors to Stay in their Homes!

One of the most important goals for people who are aging is to continue to live independently within the comfort of their own home. At Jewish Family & Children's Service (JFCS), we provide quality services to qualified seniors that make this possible. Through JFCS' Homemaker Services program, qualified seniors are able to receive housekeeping services that maintain a sanitary and safe environment, tasks that might otherwise be neglected due to physical limitations or health ailments. Often times it is difficult for people to maintain their homes, including cleaning and sanitizing. The completion of these simple tasks can be the difference between staying in one's own home and living in a care facility.

Additionally, JFCS provides companions for seniors to help them with tasks such as picking up medications, arriving at a doctor's appointment on time or simply engaging in social activities that help maintain mental and physical well-being. JFCS' Senior Companions are healthy and active seniors who are happy to dedicate their time to others who require a little more assistance in accomplishing these tasks. The emotional rewards from this program are clearly exhibited by both the Senior Companion and the senior receiving the services. We are proud to provide such a life enhancing service.

If you have questions, or if you or someone you know is interested in these services, please call (520) 795-0300 x 204.

www.jfcstucson.org

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