



CONGREGATION HAVURAH SHALOM

# **Mi Sheberach/Caring Committee Resource Guide**

This guide has been prepared by the Mi Sheberach/Caring Committee to provide CHS members with listings of area service agencies, rabbis, and other information that should be very helpful to our members when such services are needed.

We have not verified the quality/reliability of services or products these providers offer and do not endorse or recommend any of them. It will be the responsibility of the individual member to contact these providers and determine whether they meet their specific needs and/or criteria.

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# FOOD AND GROCERY DELIVERY

**ATE FOODS** 300-4252  
[www.ATEFoods.com](http://www.ATEFoods.com)

ATE Foods delivers three 3-course meals at a time on Mondays. Meals are delivered either frozen or ready to be cooked. Orders placed by noon on Friday are delivered on Mondays.

**GREENLING ORGANIC DELIVERY** 440-8449  
[www.greenling.com](http://www.greenling.com)

Greenling delivers organic and local produce, as well as some organic non-perishable foods. Customers can shop online for individual items, or they can ask for the same group of groceries to be delivered at specific intervals.

**CAFÉ ON THE GREEN** 863-6200  
[www.cafeonthegreen.net](http://www.cafeonthegreen.net)

Café on the Green will provide meal delivery services for homebound individuals.

**SOUP PEDDLER** (512) 373-7672  
[www.souppeddler.com](http://www.souppeddler.com)

**The Soup Peddler takes online orders each week for delivery or pickup the following week.** You'll receive weekly email menus with each week's offerings. Delivery to Sun City residents is every Thursday morning. You leave a cooler on your front porch. Check out their website for full details on how to order and much more.

Use their secure website to select your choices, pay, and schedule your delivery/pickup.. You can order for **next week** by clicking on the [Next Week](#) link at left. Delivery is free with a \$15 minimum purchase.

**Local restaurants** also provide delivery services (for example, Domino's pizza). In order to find out if your favorite restaurant delivers, we recommend calling them, as delivery services from local restaurants can change often.

## **MEDICAL SUPPLIES AND EQUIPMENT**

### **Sun City Helping Hands –**

This organization of Sun City residents maintains a supply of wheelchairs, walkers, shower seats, canes, etc. in their respective garages. They are loaned to Sun City residents at no charge.

In addition to medical equipment, they also have such items as cribs and playpens available.

Contacts are:

Courtney Powell	864-3429
Maria Wagner	864-0641
Lorraine Franklin	869-2671
Janet Liem	868-8658

### **American Medical Equipment**

504 Leander Rd., Suite 112

Phone: 512 863-4094

Hours: Mon-Fri. 8:30 a.m. – 5:30 p.m. Closed Sat. & Sun

### **Georgetown Home Medical Equipment**

3010 Williams Dr., Suite 206

Phone: 512 763-1020

Hours: Mon-Fri. 9:00 a.m. – 5:00 p.m.

### **Faith in Action Caregivers**

805 W. University Ave., Suite 105.

Phone: 512/868-9544

E-mail: [gt@faithinactioncaregivers.org](mailto:gt@faithinactioncaregivers.org)

All services are given by their volunteers free of charge. They maintain a Medical Loan Closet which can lend walkers, wheelchairs and other durable medical equipment

## MISCELLANEOUS SERVICES

**CLEANING FOR A REASON** is a foundation that cleans homes for women with cancer.

This company partners with professional residential maid services who are insured and bonded to participate in their foundation. The companies have agreed to take 2 patients at a time and offer four free general cleanings – one a month for four months as a way to give back to their community.

The applications can be filled in online by women with any type of cancer as long as they are currently under cancer treatment. They have over 800 maid services participating in their program nationwide.

If your application is accepted, Cleaning For A Reason will contact the maid service in our area on your behalf. The maid service will then contact you directly to schedule your cleanings.

For complete details about this organization, visit their website at:  
<http://www.cleaningforareason.org/>

### **JEWISH FAMILY SERVICE - (512) 250-1043**

11940 Jollyville Road, Suite 110 South  
Austin, Texas 78759  
[jfs@shalomaustin.org](mailto:jfs@shalomaustin.org)

Hours: Monday–Friday, 8:30 AM–5:30 PM

Other appointment times and locations may be arranged. Call (512) 250-1043 for all appointments.

JFS is a social services agency that works to strengthen individual and family life, improve social ties, and enhance the general well being of the community.

JFS is staffed with licensed clinical social workers who offer individual, group, couples, and family counseling for all ages.

JFS's largest area of service is geriatric case management and outreach. It seeks older adults living both independently and in congregant living facilities in order to help connect them to important benefits and resources. A goal of JFS is to help older adults maintain independence and self sufficiency for as long as possible.

## RABBIS

These rabbis have agreed to allow their names to be listed in this Resource Book. Each of them has confirmed that if contacted by a CHS member they would be pleased to conduct memorial/burial services and fulfill requests for other such needs. Details such as fees, honoraria, etc. will be handled between the rabbi and the CHS member.

Rabbi Kerry Baker  
mobile: 512-947-6000  
[rabbibaker@gmail.com](mailto:rabbibaker@gmail.com)

Rabbi Rick Brody  
Congregation Kol Halev  
H: 512-340-9231  
C: 310-770-0272  
[rickbrody@gmail.com](mailto:rickbrody@gmail.com)

Rabbi Monty Eliasov  
Congregation Shalom Rav  
[avromxhai@aol.com](mailto:avromxhai@aol.com)  
mobile: 512-565-2198  
512-684-8158  
512-401-9856

# TRANSPORTATION SERVICES

## SCOTT & WHITE HEALTHCARE CARE-A-VAN - A Free Shuttle Service

The Scott & White Healthcare Round Rock **Care-a-Van** is providing complimentary shuttle bus transportation to medical appointments.

Monday through Friday, their handicapped-accessible van runs a non-stop daily route serving the [Georgetown Clinic](#) and the Round Rock campus.

Please call **512-509-RIDE** (7433) to hear the daily schedule. No reservation is necessary.

Visit their website for more details:

[http://www.sw.org/web/patientsAndVisitors/iwcontent/public/UMC/en\\_us/html/UMC\\_VisitorsGuide\\_ShuttleService.html](http://www.sw.org/web/patientsAndVisitors/iwcontent/public/UMC/en_us/html/UMC_VisitorsGuide_ShuttleService.html)

Some EMS and Medical Transport companies offer private services to help those who are medically fragile get to and from Dr's appointments, to the hospital for an illness or injury, relocate or move from home to nursing home, assisted living and so forth. These are non emergency ambulance type **transports** which **include** special equipment (like oxygen), wheel chair assist and trained professional staff with the knowledge and experience to safely transfer and monitor their customers. A great resource for the working or out of area caregiver worried about a family member. Some services can be covered with insurance, some are private pay.

## CENTRAL TEXAS EMS - 1-866-404-0911

<http://www.workingcaregiver.com/listing/medicaltransportwaco>

**Central Texas Regional EMS** provides non-emergency ambulance and wheelchair van transport services, 24 hours per day and 365 days per year.

They offer: ambulance transport, with full paramedic care; wheelchair van transport, with medically-equipped and specially-staffed vans; **and services** designed to meet the special needs of the geriatric population, their families and care-givers

## C.A.R.T.S.: Capital Area Rural Transportation System 1-800-456-7433

Rides are scheduled Mon – Fri from 8:00 – 4:00 / 24 hours advance notice recommended.

SUN CITY To: Austin Monday, Wednesday & Friday 8:00a 2:00p \$6.00 \$3.00

To: Georgetown Tuesday & Thursday 8:30a 12:00p \$2.00 \$1.00

To: Round Rock Tuesday & Thursday 8:00a 12:00p \$4.00 \$2.00

To: Temple 1st & 3rd Wednesday 8:15a 2:00p \$6.00 \$3.00

**GEORGETOWN Local Service Monday thru Friday 8:00a to 4:30p \$2.00 \$1.00**

To: Austin Monday, Wednesday & Friday 8:00a 2:00p \$6.00 \$3.00

To: Round Rock Tuesday & Thursday 8:00a 12:00p \$4.00 \$2.00

To: Temple 1st & 3rd Wednesday 8:30a 2:00p \$6.00 \$3.00

Their website is: [www.ridecarts.com](http://www.ridecarts.com)

**METRO RAIL**

MetroRail offers service weekdays between 5:50 a.m. and 7:36 p.m. The approximate travel time between Leander and Downtown Austin is one hour. Refer to their website for further details at <http://www.capmetro.org/metrorail/schedules.asp>

**FAITH IN ACTION CAREGIVERS** 512-868-9544 or 512-868-9544

1001 South Main St., Georgetown

Faith in Action Caregivers offers services to help older adults in maintaining and improving their quality of life.

With the assistance of volunteer caregivers, clients can maximize their ability to meet their own needs and to continue to live independently. They provide personal transportation to medical appointments, personal business and shopping.

Their website is: [Gt@faithinactioncaregivers.org](mailto:Gt@faithinactioncaregivers.org)