

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



FEBRUARY 2024

4th Edition

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**Protect the
Heart You
Love!**

Robin Ennis

**Caregiver Resource &
Information Specialist**

908.866.1333

RobinEnnisLLC@gmail.com

DEFINITION OF A CAREGIVER:

- Unpaid family member, friend, neighbor, co-worker, etc.
- Full time, part time, long distance
- Become over time; become overnight
- From a check in call once a week to total personal care

ARE YOU A CAREGIVER:

- Do you provide care for an aging parent, spouse, sibling, friend, or neighbor, or child with special needs?
- Do you care for anyone with a mental illness, physical or developmental disability?
- Do you pick up medication at the pharmacy, make meals, provide help with daily care or with doctor's appointments, pay bills or grocery shop for anyone?

HOW CAN I ASSIST YOU?

- Meet caregivers where they are in the stages of caregiving.
- Recognize that each caregiver experience is unique yet many share common experiences.
- Meet the diverse needs of each caregiver based on their unique caregiver experience.
- Help caregivers identify their needs and connect to resources, support, services, information and education.
- Support self-care for caregivers.

**“February is the border between
winter and spring.”**

— Terri Guillemets

Hello February

Fire will always
Extinguish unless it's
Burning in your soul.
Rain will always stop
Unless it pours
Again in your heart.
Reshape your mindset and
You'll reclaim your power.

OurMindfulLife.com



- “With the arrival of a new month, remember to prioritize self-care and make time to recharge your mind, body, and spirit.” – Deepak Chopra
- “As a new month dawns, remember that you have the power to create positive change in your life. Believe in yourself and take action.” – Les Brown
- “Doing the best at this moment puts you in the best place for the next moment.” – Oprah Winfrey

DATE SPECIFIC EVENTS FOR CAREGIVERS

Cancer Thriving & Surviving Workshop (CTS)

February 8 – March 19 from 10am-12:30pm

Morris County Library Conf. Rm 30 E. Hanover Ave. Whippany
2.5 hour interactive workshop once a week for 6 weeks to learn techniques to deal with symptoms of cancer and its treatment. For more information or to register call 973.682.4848.

Caregiver Time-Out Group Virtual Program via Zoom Supporting Heart Health: Loving Yourself with All Your Heart-Virtual Program

Tuesday, February 20 from 10-11am

February is American Heart Month. The word “heart” has many meanings—the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. There is a close link between your emotional health and heart health. This presentation will share tips on heart health to enhance your physical and emotional well-being. Presented by Mary-Catherine Lundquist with Rutgers University Behavioral Health Care. [Registration](#) is required. For questions contact RobinEnnisLLC@gmail.com or call 908..866.1333.

New Jersey Legislative Disability Caucus Webinar Positive Impacts and New Possibilities in the Disability Community

Tuesday, February 20 from 12:00-1:00pm

For more information visit <https://njcdd.org/event/positive-impacts-and-new-possibilities-in-the-disability-community/> or call The NJ Council on Developmental Disabilities at 800.792.8858

Webinar for Families of Children with Intellectual or Developmental Disabilities

Tuesday, February 20 from 6:30 - 8:00pm

The Regional Family Support Planning Council #1 (Morris, Sussex, Warren) invites parents to our special meeting to learn the Catastrophic Illness in Children Relief Fund, a financial reimbursement program for New Jersey Families with potentially catastrophic medical expenses due to a child’s illness or condition. Applicants must meet the following criteria: Expenses that are Medically necessary/ FDA approved, Expenses incurred under the age of 22 (7-year lookback), An application for uncovered eligible expenses over a 12 month must total at least 10-15 percent of family income for that year. Presented by Catastrophic Illness in Children Relief Fund. For more information contact 609.292.0600 or [visit](#)

DATE SPECIFIC EVENTS FOR CAREGIVERS

Medicare & Hospice Care

Thursday, February 22 from 2-3:00pm

Join staff from the Center for Medicare Advocacy and guest presenter Brian Lindberg, Executive Director of the Consumer Coalition for Quality Health Care for a discussion of the often misunderstood Medicare hospice benefit. [Registration required.](#)

Wellness Program for Veterans and their Spouses Age 64+

Wednesday, February 28 thru April 3 from 10am – 12pm

American Legion Post 86, 20 Yates Ave, Newton

Contact Vanessa for more information and to reserve a spot by February 23. vanessam@centerforprevention.org or 908.747.1167

Brain Injury: Causes, Symptoms and Supports

Tuesday, March 19 from 10-11am via Zoom

Did you know that every 9 seconds someone in the US experiences a brain injury? Despite the frequency with which brain injuries occur, the general public often lacks the needed information to fully understand what a brain injury is and what to do about it. Because the causes and symptoms of a brain injury are wide ranging and can dramatically change a family's life in a matter of seconds, it's crucial that the right information is shared and understood so that brain injury patients and their caregivers receive the appropriate support. The purpose of this presentation is to disperse this much-needed information so that the audience can understand the causes, symptoms, and supports associated with a brain injury. Presented by Courtney Caruso, M.S., CCC-SLP, Owner & Bilingual Speech-Language Pathologist, Liberty Speech Associates LLC. [Registration is required.](#) For questions contact RobniEnnisLLC@gmail.com or call 908.866.1333

Warren County Habitat for Humanity is hosting a Grief Share Program:

Loss of a Spouse - **Tuesday, March 19 from 6:30-8:00pm**

Regular GriefShare cycle begins – 13 Weeks beginning **Tuesday, March 26 from 6:30-8:00pm**

The Chapel at Warren Valley, 384 Rt. 57 West, Washington (Adjacent to the Habitat ReStore) To register, go to www.griefshare.org or www.thechapelnj.org

Virtual Caregiver TimeOut Group

Once per month on Tuesdays

To sign up to receive invitations to this event email RobinEnnisLLC@gmail.com

DATE SPECIFIC EVENTS FOR CAREGIVERS

Virtual Technology Webinar Series

2nd Wednesday of each month at 12pm

Click [here](#) for a list of program topics and dates.

Participation is free but registration is required. [Register here](#)

Stay Healthy at Home Webinar Series

Every Tuesday at 2:00 pm

Created by the New Jersey Self-Advocacy Project as part of our Healthy Lifestyles Project. The New Jersey Self-Advocacy Project will be presenting trainings on a variety of topics relating to self-advocacy and healthy living. Live viewers will be able to share comments and ask questions during the webinar. All webinars will be recorded and archived on our website to view after airing. [Click here to view them.](#)

Wellness Wednesdays

2nd Wednesday of every month at 2:30pm

Bentley Commons at Paragon Village
425 Route 46 East, Hackettstown

For more information and monthly program topics contact Kristen Ziolkowski at 908.498.0103 or 908.319.8047 or kziolkowski@paragonvillage.com

Memory Café at Arden Courts

Monday's 10-11am

For more information call 973.581.1800 or contact Maryann Johnston at maryannjohnstonrn@msn.com or Barbara Freda at barbara.freda@promedica.org

American Society on Aging

[Webinar Series](#)

Center for Prevention & Counseling's Recovery Center Events

There are a variety of free or low-cost activities. Call or email Marjorie at 973.940.2966 or marjorie@centerforprevention.org to get more information or register.

[Art of Caregiver February Webinar Series](#)

Hosted by Atlantic Health Morristown. For more information contact Rebecca Abenante at 973.971.5839 or HealthyAging@atlanticealth.org

SUPPORT GROUPS FOR CAREGIVERS

AlzNJ Support Groups

2nd Tuesday of each month from 1-2:00pm at Franklin Library, 485 DeMott Lane, Somerset

Free and open to the community providing families and caregivers with the emotional and educational support they need to better understand and cope with Alzheimer's disease and other dementias. To register call Demi at 973-586-4300x 1108 or www.alznj.org. For more information contact Denise Goldstein R.N., Certified Holistic Health Coach Denise.goldsteinrn@gmail.com or 732-563-9056

In-Person Stroke Support Group Meetings

Last Wednesday of each month from 1-3:30pm at Morris County Library, 30 East Hanover Avenue, Whippany, NJ

Offering support, resources and occasional speakers on topics related to stroke survivors, caregivers and their family members. Contact Lois Firzloff at 908-578-0812 loisfirz@yahoo.com or Rich Coulther 201-230-8204 rhcldr@gmail.com

In-person Dementia/Alzheimer's Support Group

1st Wednesday of every month at 10 AM at Bentley Assisted Living at Branchville, 3 Phillips Road, Branchville, NJ

Offering caregiver support, resources and occasional educational guest speakers and is open to the public. Contact Christine Beckmann, CSW at 973-948-8884 or cbeckmann@bentleyassistedliving.com

Atlantic Health System Stroke Support Group – via Zoom

3rd Thursday each month - Caregiver meeting: at 1:00pm and Survivor meeting: at 2:00pm

This group is offered through Morristown Medical Center, includes **separate** caregiver and survivor meetings. Call [973-971-4412](tel:973-971-4412) or email Tracey.Doidge@atlantichealth.org

Senior Center of the Chatham's Caregiver Support Group

First Thursday of each month from 10:30 am to 12:00 pm

This caregiver support group is for those who are caring for a loved one with dementia. It is offered in partnership with Alzheimer's New Jersey. Contact Carol Eisenhardt, Administrative and Program Coordinator at (973) 635-4565 or [visit](#)

Jewish Family Services Support Groups JFS MetroWest (in person)

[Caregiver Group for Parents of Adults with Disabilities](#)

[Sibling Support Group](#)

[Caregiver Group for Parents of Children with Mental Illness](#)

JFS of Central NJ (virtual)

[Support Group for Caregivers of Children with Disabilities](#)

[Support Group for Caregivers of Adults with Disabilities](#)

Contact Laura Weitzman, Weitzmanlaura@gmail.com for log in information. For questions contact Rebecca Wanatick, Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ phone (973) 929-3129 or email rwanatick@jfedgmw.org

SUPPORT GROUPS FOR CAREGIVERS

NAMI Connection Recovery Support Groups

Recovery Programs support groups monthly: Weekly on Tuesday at 6pm and Weekly on Wednesday at 7pm and Monthly on the 4th Wednesday at 12pm. Monthly LGBTQ+ support group on the last Sunday. Weekly on Friday at 4pm. - Refugee/Asylee support group. Additionally, 10 of our affiliates offer Connection Recovery Support groups monthly.

[Find Local Groups Here](#)

COPSA Institute for Alzheimer's Disease and Related Disorders Virtual Support Groups

Mon, February 5 from 9:30–11:30am-Spouse Support Group

Tues, February 6 from 7:00–8:30pm-Adults Caring for Parents Group

Tues, February 13 from 1:00–2:00pm-Caregiver Support Group

Mon, February 19 from 9:30–11:30am-Spouse Support Group

Wed, February 21 from 7:00–8:30pm-Adults Caring for Parents Group

Wed, February 28 from 7:00–8:30pm-Caregiver Support Group

Thurs, February 29 from 10:00–11:00am Transitions Bereavement Group

Concerned about someone with memory loss? For 45 years, the COPSA Institute for Alzheimer's Disease & Related Disorders has been helping individuals, families and professionals who care for those with memory issues by providing compassionate care, treatment, support, and education. To register or find out more about services call us at 800-424-2494 or email Mary Catherine

lundqumc@ubhc.rutgers.edu

CAREGIVER RESOURCES

AGING

[American Society on Aging](#)

[5 days Technology Can Make Life Easier for Caregivers of Dementia Patients](#)

[Alzheimer's New Jersey Respite Care and Wellness Program](#)

[Substance Abuse & Addiction in the Elderly](#)

[National Center on Law & Elder Rights \(NCLER\)](#)

[The Beacon – A Newsletter for Long-Term Care Residents](#)

[NJ Advocates for Aging Well](#)

A Healthy Meal & A Healthy Lifestyle

For Adults 65 and older
Offered weekdays from 4 – 6 pm.
\$3.99 dinner includes entree, salad, side, vegetable, dessert and 12 oz. drink. Please indicate you are ordering the older adult meal to the dietary staff. Credit/Debit only, NO CASH ACCEPTED.
1.866.STLUKES

Live Online Classes

The NJ Department of Human Services' Division of Aging Services has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community. [Visit](#)

Family Connections – Older Adult Services

Support for older adults, individuals caring for older adults, and older adults who have become legal guardians to their grandchildren. The various services include assessments, case management, resource sharing, counseling, and disease self-management.

olderadults@familyconnections.nj.org

DISABILITIES

[Finaly Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

[NJ Commission for the Blind and Visually Impaired](#)

[NJ WorkAbility](#)

[The Arc of the United States Announcement](#)

[The Arc of New Jersey Self Advocacy Project Newsletter](#)

[The Arc of New Jersey Program](#)

[The Arc of New Jersey Family Institute](#)

[Brain Injury Alliance Educational Programs For more information](#)

[ARCH is Access to Respite Care and Help](#)

[Equal Opportunity Support Services](#)

[Division of Disability Services launches their updated website](#)

[West Morris YMCA in Randolph - Parkinson's Disease Programs](#)

[Tri County Care Management Organization](#) By working effectively with schools, the Juvenile Justice System, and mental health and behavioral health providers, as well as advocating for family voice, choice and community support, CMOs help youth succeed at home, in school, and in the community.

[The NJ Council on Developmental Disabilities Regional Family Support Planning Councils](#)

[Donated Dental Services \(DDS\) Program](#)

[NJ Disabilities 101](#)

CAREGIVER RESOURCES

MENTAL HEALTH

Mental Health Crisis Resources

If you feel you or someone you know may harm themselves or someone else:

- 988 Suicide and Crisis Lifeline: 988
- The Trevor Lifeline for LGBTQIA+ Youth: 1-866-488-7386
- Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- Veterans Crisis Line: Dial 988 and Press 1
- Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis
- SAMHSA Treatment Locator:
<https://findtreatment.gov/>

[Grow Your Mental Health Page](#)

Center for Family Services Designated Crisis Screening: 908-454-5141. This is for anyone that is having a mental health crisis and needs a mobile assessment to determine if hospitalization is needed. Per State regulations, police will respond to ensure safety for all and may transport to the hospital if needed. They can also offer mental health peer support via this number.

Saint Clare's Wellness & Recovery Center, located at 140 Boulevard, Washington offers rapid crisis support to individuals experiencing an urgent mental health concern. Care is provided in a warm and inviting environment that is separate from the medical facility. Can be reached via phone at 908-477-2100 M-F 8:30-5 or after hours at 201-400-8573. Walk-ins are welcome or call to make an appointment during business hours. Transportation may be available if needed/requested. Services include crisis support, individual counseling, medication evaluation, peer support and psychoeducation.

MILITARY/VETERANS

Your county may have a **Veteran Services Officer (VSO)** call your local Office on Aging to inquire. Warren County VSO, Michelle McCloskey, 908-475-6591 or mccloskey@co.warren.nj.us

[Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness](#)

[Community Hope for Veterans](#)

National Call Center for **Homeless Veterans** – 877-424-3838

Resources for Homeless Veterans and other Veteran Resources are available. Contact your local VSO.

National Coalition of Homeless Vets 800-838-4357

Veterans are encouraged to register with **211**.

HOUSING & UTILITIES

Housing Assistance in Warren County:

- Temporary Assistance and Social Services (TASS) at 908-475-6218 (Social Services Unit) or 211 after hours for emergency assistance are places to start.
- Family Promise is another resource at 908-453-2194 for assistance with homelessness prevention and other housing programs.

Tri-County Continuum of Care is a group of agencies and partners working to end homelessness in Warren, Sussex & Hunterdon County utilizing Housing & Urban Development (HUD) funding. Family Promise of Sussex County is the lead agency for this collective and more information can be found on their website <https://familypromisesussex.org/index.php/tri-county-coc/>.

The Supportive Housing Association of New Jersey (SHA) [Housing Guide](#)

[Water and Sewer Bill Assistance Available](#)

[Low Income Household Water Assistance Program \(LIHWAP\)](#)

[Division of Housing and Community Resources](#)

[Housing Counseling and Legal Services Program](#)

Housing Programs Now Open:

- **Tenant-Based Rental Assistance (TBRA) Program**, which helps cover rental housing costs for low-income rental families impacted by Hurricane Ida to make rental housing more affordable.

TBRA pre-applications are available [online](#). People can also request a TBRA pre-application by calling (609) 913-4252 or by emailing DRM.TBRA@dca.nj.gov. TBRA program staff will review pre-applications and refer households that meet eligibility criteria to complete a full application.

- **Homeowner Assistance Recovery Program (HARP)**, which provides owner-occupied residential property owners with financial assistance to help them repair, elevate, and, in some cases, rebuild their primary homes that were damaged by Hurricane Ida.

[HARP applications are available online](#). People can also request a HARP application by calling DCA's Division of Disaster Recovery and Mitigation constituent services office at (609) 292-3750 or by emailing DisasterRecoveryandMitigation@dca.nj.gov.

CAREGIVER RESOURCES

GENERAL

[New! 2024 Medicare Cost-Sharing Rates](#)

[New Substance Use Disorder Coverage in Medicare in 2024](#)

[CMS Issues Final Rule on Nursing Home Transparency](#)

[Statement on Proposed Appeal Rules for Hospital Observation Status and FAQ's](#)

[GriefShare](#) is a virtual or in person grief support group

[The National Alliance for Caregiving \(NAC\)](#)

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

[Report Social Security-related scams to the SSA Office of the Inspector General \(OIG\)](#)

[National Alliance for Caregivers Guide Book](#)

[Karen Ann Quinlan Home for Hospice Community Events](#)
[Visiting Physician Services](#)

[NJ 2.1.1](#)

[New Jerseys' Parent Caucus](#)

[Beware of Scammers Impersonating Charities](#)

[NJ Updates: Events, Deadlines, Programs, Guidance, and More](#)

[More Medicare Prescription Drug Help for Beneficiaries in 2024 – Including Out-of-Pocket Cap](#)

Tessie's Touch

Offered by Jewish Family Service of MetroWest NJ, brings joy & connection to isolated older adults by matching them with a caring volunteer. Tessie's Touch covers the cost of the activities and transportation. If you or a loved one is interested in being paired with a volunteer to enjoy outings together contact Taylor Ruszczyk at truszczyk@jfsmetrowest.org or 973-637-1742.

EZ Ride

For Qualified Members EZ Ride Offers 50% Percent Discount for Medical Trips Thanks to a generous grant from NJ Transit, effective January 1, 2023, EZ RIDE will offer a 50% discount for medical trips provided through the EZ Ryde4Life program while funding lasts.

The membership-based "EZ Ryde4Life" program uses Lyft and Uber to provide rides for seniors without a smartphone. Seniors call EZ Ride at (201) 939-4242, option 4, to request a ride, and a Transportation Coordinator will send a Lyft or Uber car to take them where they need to go. The program is available state-wide and requires members to register, set up a transportation account using a credit or debit card, and then seniors can call when they need a ride. Riders pay the fare charged by Lyft or Uber and an administrative fee of \$2.50 per trip.

The discount is available to EZ Ryde4Life members participating in any ONE of the following programs:

1. Pharmaceutical Assistance to the Aged & Disabled (PAAD) Program
2. Senior Gold Prescription Discount Program
3. Beneficiary of both NJ Medicaid and Medicare programs

EZ Ride will provide a maximum of eight rides a month for medical purposes ONLY. Dialysis patients are eligible for an additional eight rides a month. Rides will be provided on a first come first served basis. For more information, please contact Kinga Skora at (201) 939-4242 ext. 131. [Visit](#)

CAREGIVER RESOURCES

GENERAL

Center for Medicare Advocacy January 4, 2024 updates

As required by [President Biden's nursing home reform agenda](#), the Centers for Medicare & Medicaid Services (CMS) created a database of nursing facilities with common ownership. CMS recently began publicly reporting information about affiliated nursing facilities. Each certified nursing has a homepage on *Care Compare* that includes, if relevant, a link to a separate federal website with information for all its affiliated entities, <https://data.cms.gov/quality-of-care/nursing-home-affiliated-entity-performance-measures>.

No Need for a Script for PT

In New Jersey, you get direct access to Physical Therapy and don't need doctor's prescription/referral to start treatment. However, some insurance plans may require a referral from a Medical Doctor to reimburse for Physical Therapy services.

Legal Services of Northwest Jersey

provides a full range of free legal services to people with limited income in Hunterdon, Morris, Somerset, Sussex, and Warren Counties

Free Tax Prep

Call United Way of Northern NJ at 973.993.1160xx5 and leave a message or email UnitedWayTaxPrep@UnitedWayNNJ.org Tax filing opens February 1st.

Parent to Parent Coalition

For Families and Children Struggling with Alcohol and Drug Addiction

988 Suicide & Crisis Hotline

If you are having thoughts of suicide If you need mental health-related crisis support. If you are worried about someone else Please call or text **988** or visit the [National Suicide Prevention Lifeline](#) chat to connect with a trained crisis counselor

Atlantic Health Community Health Events

Neurological Rehabilitation

What conditions can benefit from neurological rehab?

Injuries, infections, degenerative diseases, structural defects, tumors, and disorders in the circulatory system can impair the nervous system. Some of the conditions that may benefit from neurological rehab may include:

- Vascular disorders, such as ischemic strokes (caused by blood clots), hemorrhagic strokes (caused by bleeding in the brain), subdural hematoma, and transient ischemic attacks (TIAs)
- Infections, such as meningitis, encephalitis, polio, and brain abscesses
- Trauma, such as brain and spinal cord injury
- Structural or neuromuscular disorders, such as Bell palsy, cervical spondylosis, carpal tunnel syndrome, brain or spinal cord tumors, peripheral neuropathy, muscular dystrophy, myasthenia gravis, and Guillain--Barré syndrome
- Functional disorders, such as headache, seizure disorder, dizziness, and neuralgia
- Degenerative disorders, such as Parkinson disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Alzheimer disease, and Huntington chorea

Utility Assistance

Are you one of the 20 million Americans that are behind on their utility bills? Assistance is available in two easy steps!

- Gather Documents: Social Security Verification, Social Security Card or Government Issued Document with Social Security Number
- Address Verification: Current Lease Agreement, Mortgage Statement, or Tax Bill
- Income Verification: Awards Letter, Benefit Statement, or Paystubs
- Utility Bills: Heating: Natural Gas, Propane, Oil, Electric, Wood Email utilities@familypromisesussex.org or Call 973-579-1180 ext. 1022 to schedule an in-person appointment at our Newton office or for a home visit

Warren County Department
of Human Services
Division of Aging & Disability
Services
Wayne Dumont Jr.
Administration Building
165 County Rte. 519 South
Belvidere, New Jersey
07823-1949

“The Division of Aging & Disability Services is the County's lead agency and administrator of Federal, State, and Local funds earmarked to assist Warren County's older adults and their caregivers. The Division operates under the Warren County Department of Human Services. Our Division is also the County's lead agency for the New Jersey Aging and Disability Resource Connection (ADRC) initiatives. Our services are provided directly or through contracts with other partner agencies. Services are coordinated through our professional staff and referrals to contracted partner agencies occur through our Division. ADRC provides information and assistance to older persons, adults with physical disabilities and caregivers. Through a comprehensive intake and screen for community services, our Division staff can assist in identifying needs and determining the best options for assistance and provide services. The Division of Aging & Disability Services' philosophy upholds the rights of the county's older adults (60 years and above) to age with dignity, maximum health, independence, wellbeing, and the ability to make their own life choices.”

SERVICES INCLUDE

- Adult Protective Services (APS)
- Benefits and Entitlement Screening
- Caregiver Respite Program
- Care Management for Jersey Assistance for Community Caregiving (JACC Program)
- Certified In-Home Health Aides (JACC Program) · Chore Services (Unskilled Volunteers)
- Community Senior Centers (Nutrition Education, Meals, Physical Exercise, Health Screens, Wellness Education, Socialization and Recreation)
- Division's Newsletter
- Emergency Utility Assistance
- Home Delivered Meals
- Home Safety and Environmental Adaptations
- In-home Clinical and Functional Assessments
- In-home Mental Health Counseling
- Legal Services for Seniors
- Medicare Counseling
- Options Counseling on Long Term Care Support Services
- Personal Assistance Services Program (PASP)
- Respite Services and Caregivers Support
- Transportation
- Veterans Directed Home and Community Based Services
- Volunteer Programs

**For more information call
908.475.6591.**

Individuals are screened and referred through the Division for the above programs.