

# MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



July 2025

21<sup>st</sup> Edition

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**Independence Day**, in the [United States](#), the annual **celebration** of nationhood.

It [commemorates](#) the passage of the [Declaration of Independence](#) by the [Continental Congress](#) on July 4, 1776

**QTIP – Quit Taking it Personally**

**Robin Ennis**

**Caregiver Resource &  
Information Specialist**

**908.866.1333**

[RobinEnnisLLC@gmail.com](mailto: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 **OU?** 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.





# INDEPENDENCE DAY

When: July 4th

Where: United States of America

## ORIGIN STORY

Independence Day, also called Fourth of July, commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. The Declaration announced the political separation of 13 North American colonies from Great Britain.

## CRITICAL PEOPLE

THOMAS JEFFERSON

- lead author
- 33 years old

JOHN ADAMS

BENJAMIN FRANKLIN

ROGER SHERMAN

WILLIAM LIVINGSTON

fellow committee members consulted

Benjamin Franklin, John Adams, and Thomas Jefferson discussing a draft of the Declaration of Independence, 1776.



*John Hancock*

John Hancock was the only one to sign the actual Declaration of Independence on July 4, 1776. Others signed later.

56 men signed from 13 colonies



2 signers would later become president of the United States

JOHN ADAMS  
THOMAS JEFFERSON

## HOW IT'S CELEBRATED TODAY

Blasting 15,000+ fireworks every year has become part of the tradition of celebration.



The Macy's fireworks show has been celebrating July 4th over New York City's East River for more than 40 years.

Every Fourth of July, the Liberty Bell in Philadelphia is tapped (not actually rung) 13 times in honor of the original 13 colonies.



Lee Greenwood's patriotic 1984 song "God Bless the U.S.A." gets nearly 25 times more views on July 4th than any other day of the year.

## TIMELINE

July 8  
1776

First effective celebration took place in Philadelphia. First public reading of the Declaration of Independence, after people were summoned by the ringing of the Liberty Bell.

July 3  
1781

Massachusetts became first state to recognize the Fourth of July as an official holiday.

July 4  
1801

The White House held its first Fourth of July party.



July 4  
1851

The first Horribles Parade was held in Lowell, Massachusetts. This parade is a comical send-up of a stuffy military organization called the Ancient and Honorable Artillery Company of Massachusetts or the "Ancient and Honorables."

June 28  
1870

Congress made Independence Day an official holiday for federal employees who worked in Washington, D.C.

1938

Congress formalized Independence Day as an official paid federal holiday.

July 4  
1960

The current 50-star flag debuted after Alaska and Hawaii became states in 1959.



## DID YOU KNOW?

The Declaration of Independence wasn't actually signed (except by John Hancock) on the Fourth of July—that's just the day the document was adopted by the Continental Congress.

One U.S. president, Calvin Coolidge, was born on the Fourth of July, in 1872.

Three U.S. presidents, John Adams, Thomas Jefferson, and James Monroe, all died on the Fourth. Adams and Jefferson died within hours of each other in 1826.



There have been 27 different official versions of the U.S. flag, including the first one in 1777. All of the changes have involved the addition of stars.



A popular myth holds that Benjamin Franklin proposed the turkey as the national symbol but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.



Great American composer John Philip Sousa wrote 136 marches in the late 19th and early 20th centuries. Some of his greatest hits were among the first to be recorded and mass-produced as phonograph records.



### SOURCES:

Eng's photo: AdasackRF  
Presidential seal: The White House  
Declaration of Independence: © National Archives  
Illustration of Franklin, Adams, and Jefferson: © Library of Congress



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## DATE SPECIFIC EVENTS FOR CAREGIVERS

### **Hospice & Palliative Care for Individuals with Dementia**

**Thursday, July 10 from 11am-12pm**

Presented by Heidi Facchini, RN, Director of Nursing and Patient Services, Center for Hope Hospice. Whether you are caring for a loved one in the advanced stages of dementia or are just curious about the role of hospice, register online and be part of a meaningful conversation on comfort and end-of-life care. Offered by Alzheimer's NJ. Click [here](#) to register.

### **NJSAVE Program Benefits and Overview (virtual)**

**Tuesday, July 15 from 10-11am**

NJSave — funded by the New Jersey Division of Aging Services — connects you to essential assistance programs to help reduce your out-of-pocket expenses for Medicare premiums, prescriptions, utilities, hearing aids, and more. [Registration](#) required. For more information contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

### **How Parents Social Security Benefits impact Their Adult Children with IDD (virtual)**

**Thursday, July 17 at 6:30pm**

How Parents Social Security Benefits Impact Their Adult Child with IDD. Featuring: Connor Griffin, Director of Healthcare Advocacy at The Arc of New Jersey. RSVP to 908-713-0469 or [epedersen@newroadsfinancial.com](mailto:epedersen@newroadsfinancial.com)

### **Estate Planning Seminar (in-person)**

**Friday, July 18 at 1pm**

Bentley Assisted Living, 3 Phillips Rd., Branchville  
Join Bentley and Andrea Capita, Esq. for this seminar. RSVP to Christine by 7/16 at 973-948-8884 or [cbeckmann@bentleyassistedliving.com](mailto:cbeckmann@bentleyassistedliving.com)

### **Managing Your Day with Activities (virtual)**

**Tuesday, July 29 at 1pm**

As a person progresses with memory impairment, so, too, may their ability to engage in meaningful independent activities at home. When a person is not able to engage in meaningful activities, it can be distressing for them, leading to disruptive behaviors. This presentation offers tips on how to provide stimulation and structure for the day so a person with dementia can engage in rewarding activities to enhance self-esteem and decrease stress for you and them. [Registration](#) required. For more information contact Mary Catherine Lundquist at: [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu) or call Care2Caregivers at: 800.424.2494



# DATE SPECIFIC EVENTS & SUPPORT GROUPS FOR CAREGIVERS

## **SAVE THE DATE: Fall Caregivers Conference (in-person)**

**Saturday, September 13 from 9:30am – 1:30pm**

St. Luke's Warren Hospital South Wing Conference Center. Workshop details to follow.

## **Caregiver TimeOut Group (virtual)**

**Monthly on the 3<sup>rd</sup> Tuesday**

To sign up to receive invitations to this event email [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

## **Technology Webinar Series (Virtual)**

**2<sup>nd</sup> 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 2:00pm**

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.](#)

## **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](mailto:marjorie@centerforprevention.org) to get more information or register.

## **[RWJ Barnabas Health Events Calendar](#)**

## **Bentley Assisted Living Caregiver Support Group (in-person) Sussex**

**1<sup>st</sup> Wednesday of the month from 10 – 11am**

Bentley Assisted Living, 3 Phillips Road, Branchville

Presented by Alzheimer's Association Greater New Jersey

To register contact Christine Beckmann at 973.948.8884 or [cbeckmann@bentleyassistedliving.com](mailto:cbeckmann@bentleyassistedliving.com)

Visit [alz.org/nj](http://alz.org/nj) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org)

## **ALzNJ Caregiver Support Group (in-person) Hunterdon**

**3<sup>rd</sup> Tuesday of the month from 6:30 -7:30pm**

North County Branch Library, Clinton, NJ

The support group is free and open to those caring for a loved one with dementia. To register, please call the Alzheimer's New Jersey Helpline 888-280-6055 or visit [www.alznj.org](http://www.alznj.org)

## **Bereavement Group (in-person) Warren**

**5/17, 6/14, 7/12, 8/23, 9/20, 10/18, 11/15 and 12/13, 2025**

Knoll-DeVoe Funeral Home & Cremation Service, 142 W Washington Ave, Washington Facilitated

By: Nicole Marie, Certified Grief/Life Coach through [Tears Life Coaching](#). For additional information please contact Nicole at 908-509-4772 (Call/Text) or [thruthetears@gmail.com](mailto:thruthetears@gmail.com)

## **Center for the Heart Support Group for Caregivers (virtual)**

**1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at 7:00pm**

Caring for a loved one with a serious or terminal illness can be both deeply meaningful and incredibly challenging. This support group is designed to provide a safe and compassionate space where primary caregivers can connect, share experiences, and find support from others who understand.

Click [here](#) to register and receive your meeting link. For more information call 908.503.2484. Visit [Center for the Heart](#).

## **[Alzheimer's New Jersey Family Support Groups](#)**

# SUPPORT GROUPS FOR CAREGIVERS

## Caregiver Support Group (in-person) **Warren**

### **NO MEETING IN JULY**

1<sup>st</sup> Tuesday of most months from 1:30-2:30pm

Tuesday, August 5 Southwest Branch of Warren County Library, 404 CR 519, Phillipsburg

Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for a support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections. To RSVP or questions [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or 908-866-1333.

## Dementia Support Group (in-person and virtual option)

First Thursday of each month from 4:30pm – 5:30pm

Arbor Terrace Basking Ridge, 3066 Valley Rd, Basking Ridge

Call Leslie Yngojo-Bowes at 908-498-6677 for in-person registration or click [here](#) to register via Zoom

## AlzNJ Support Groups (in person) **Somerset**

2<sup>nd</sup> Tuesday of each month from 1-2:00pm

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](http://www.alznj.org). For more information contact Denise Goldstein R.N., Certified Holistic Health Coach [Denise.goldsteinrn@gmail.com](mailto:Denise.goldsteinrn@gmail.com) or 732-563-9056

## Senior Center of the Chatham's Caregiver Support Group (in person) **Morris**

1<sup>st</sup> Thursday of each month from 10:30am to 12:00pm

Chatham Senior Center, 58 Meyersville Rd., Chatham Township

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](#) To register for this group visit [www.alznj.org](http://www.alznj.org) or call the Helpline: 888-280-6055

## Dementia/Alzheimer's Family Support Group (in-person) **Morris**

2<sup>nd</sup> Monday of every month from 1-2:25pm

West Morris YMCA Group, 14 Dover Chester Rd., Randolph

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. Visit [www.alznj.org](http://www.alznj.org) to register or call Siobhan Flynn-Higgins [sflynn-higgins@jfsmetrowest.org](mailto:sflynn-higgins@jfsmetrowest.org) or call 973.765.9050x1763

## West Morris Area YMCA Caregiver Support Group (in-person) **Morris**

2<sup>nd</sup> Monday of every month beginning from 11:30am - 12:30pm

West Morris Area YMCA, 14 Dover Chester Rd., Randolph

Offered by West Morris YMCA and Jewish Family Services of MetroWest NJ. This group is for adults caring for a loved one with Parkinson' Disease or a loved one over the age of 60. This group is free and open to spouses, adult children and siblings of older adults. **Pre-registration is required.** For more information or to register email [caregivers@jfsmetrowest.org](mailto:caregivers@jfsmetrowest.org) or call 973-637-1740.

## Stroke Support Group Meetings (in person) **Morris**

Last Wednesday of each month from 1-3:30pm

Morris County Library, 30 East Hanover Avenue, Whippany

Support, resources and occasional speakers on topics related to stroke survivors, caregivers and their families. Contact Lois Firzlauff 908-578-0812 [loisfirz@yahoo.com](mailto:loisfirz@yahoo.com) or Rich Coulther 201-230-8204 [rchclr@gmail.com](mailto:rchclr@gmail.com)

## Jewish Family Services Support Groups JFS MetroWest (in person)

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

[Sibling Support Group](#) and [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](mailto:Weitzmanlaura@gmail.com) for log in information. For questions contact Rebecca Wanatnick, Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ phone (973) 929-3129 or email [rwanatnick@jfedgmw.org](mailto:rwanatnick@jfedgmw.org)

## NAMI Family Support Groups (virtual)

Every other Wednesday from 7-8pm

This is a support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes. [Register](#)

## Brain Injury Alliance of NJ [Support Groups](#)

### COPSA Institute for Alzheimer's Disease and Related Disorders Support Groups (virtual)

Tues, July 1 from 7:00-8:30pm-Adults Caring for Parents Group

Wed, July 2 from 11:00am-12:30pm- Spouse Transition Group

Mon, July 7 from 9:30-11:30am-Spouse Support Group

Tues, July 8 from 1:00-2:00pm-Caregiver Support Group

Tues, July 8 from 7:00-8:30pm-Caregiver Support Group

Mon, July 14 from 7:00-8:00pm-Adults Caring Transitions Group

Tues, July 15 from 7:00-8:30pm-Adults Caring for Parents Group

Wed, July 16 from 7:00-8:30pm-Long Term Care Support Group

Mon, July 21 from 9:30-11:30am-Spouse Support Group

Thurs, July 24 from 10:00-11:00am-Transitions Bereavement Group

To register or find out more about services call 800-424-2494 or email Mary Catherine [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu)

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

## Montclair Caregiver Support Group (in-person) **Essex**

Monthly on Thursday beginning January 9 from 2-3pm

Montclair Edgemont House, 274 Valley Road, Montclair

Offered by Montclair Township and Jewish Family Services of MetroWest NJ. This group is for adults caring for a loved one over the age of 60. This group is free and open to spouses, adult children and siblings of older adults.

**Pre-registration is required.** For more information or to register call Michelle DeWitt at 973-744-3278. This group is facilitated by Renee Peters, MSW. She can be reached at 973-637-1763.

## Caregiver Support Group (Virtual) **Sussex**

3<sup>rd</sup> Thursday of each month from 2-3pm

For more information and to register, please call Sussex County Office on Aging at 973-579-0555 ext. 1288

# CAREGIVER RESOURCES

## AGING

### [Guiding an Improved Dementia Experience \(GUIDE\) Model](#)

The Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary nationwide model test that aims to support people with dementia and their unpaid caregivers. The model began on July 1, 2024, and will run for eight years.

### [Silver Sneakers](#)

### [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 \(NCLER\) and Resources & Webinar Links](#)

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

### [NJ Advocates for Aging Well](#)

### [Live Online Classes for Older Adults](#)

### [Family Connections – Older Adult Services](#)

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

[Connections at home](#)  
Connecting Homebound Seniors to their Communities. They assist homebound seniors experiencing social isolation. Their support team connects them to their communities through easy-to-use technology.

### [NJ Department of Human Services: Division of Aging Services](#)

[Mather: Meaningful Connections from the Comfort of Home](#) Mindfulness & Brain Health, Aromatherapy, Discussion Groups, Creative Arts & Art Making, and Movement & Dance

### [Senior Freeze](#)

### [Why Adult Daughters Face Large Financial Impacts from Being Caregivers for Their Elderly Parents](#)

**Older Adult Meal at St. Lukes Warren Warren**  
For Warren County adults 65+ weekdays from 4-6pm. \$3.99 dinner includes entrée. Credit & debit cards only. NO CASH. For more information call 1-866-785-8537.

**NewBridge@Home: A Counseling Program Morris**  
This program is designed to provide an opportunity for Morris County seniors and their caregivers to have counseling support in their homes. Contact Katie Skolsky at [kskolsky@newbridge.org](mailto:kskolsky@newbridge.org)

**Caregiver Volunteers of Central Jersey Monmouth & Ocean**  
For more information call 732-505-2273 or visit [cvcj.org](http://cvcj.org)

**Atlantic Adult Day Center**  
200 Mt. Airy Road, Basking Ridge  
Contact 908-766-2310 or [Mallory.Dubuisson@atlantichhealth.org](mailto:Mallory.Dubuisson@atlantichhealth.org)

**Choices for Seniors** an eldercare directory for seniors and their caregivers. Click [here](#) to view. Covering **Hunterdon, Mercer, Somerset, Warren** Counties.

## MILITARY/VETERANS

### [Veteran Service Officers](#)

Overview - Through the network of regional Veterans Service Offices (VSO), the NJ Department of Military and Veterans Affairs (DMAVA) provides the state's Veterans and their dependents with information and guidance in filing claims. Trained Veterans Service Officers at these offices also assist Veterans with issues pertaining to employment, education, burial, counseling, housing, social and medical services, and other areas of concern to Veterans and their families. DMAVA also conducts outreach events in the community where VSOs are present to help and assist any Veteran. Please refer to the Veterans Outreach Schedule.

**Veterans Crisis Line:** Dial 988 and Press 1

[Program of General Caregiver Support Services \(PGCSS\)](#)  
[Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#)  
[Caregiver Application For Benefits | Veterans Affairs \(va.gov\)](#)  
[Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness VA Caregiver Support](#)

Jennifer Del Pesce, LCSW, Caregiver Support Program, PGCSS Coordinator, VANJHCS East Orange, NJ (973) 676-1000 X203085 or [Jennifer.Delpesce@va.gov](mailto:Jennifer.Delpesce@va.gov)

### [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**.  
**Community Home Sharing Program for Veterans.** General information can be found [here](#). Contact [info@homesharing.org](mailto:info@homesharing.org) or 908-526-4663 for more information.

### [Social Security Administration: Information for Military & Veterans](#)

### [Veterans Benefits Newsletter](#)

### [U.S. Department of Veterans Affairs \(VA\)](#)

### [NJ Veterans' Benefits Guide](#)

### [Department of Military and Veterans Affairs](#)

### [Federal Benefits for Veterans, Dependents, Survivors, and Caregivers](#)

### [Warren County Veterans Website](#)

### [Morris County Veterans Services Office Event](#)

### [Welcome Home Vets of NJ](#)

Call 1-855-289-8527 or email [njsosvets@gmail.com](mailto:njsosvets@gmail.com). Serving Bergen, Essex, Hudson, Morris, Passaic, Union, Middlesex, Warren & Somerset. Catholic Charities Veteran Services, David Pearson 973-818-3601.

### [National Resource Directory](#)

# CAREGIVER RESOURCES

## MENTAL HEALTH

**Mental Health Crisis Resources**  
**Children's Mobile Response and Stabilization Services** 24 hours, 7 days a week 1-877-652-7624  
**New Hope IBHC Withdrawal Management, Short-Term Residential** 732-946-3030  
**Parent to Parent Recovery Support Services** 908-223-1951  
**Youth Helpline for NJ** <https://www.2ndfloor.org/>  
888.222.2228  
**Disaster Distress Helpline:** Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

**e Trevor Project** Immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. 100% confidential and 100% free. 1-866-488-7386

**Saint Clare's Wellness & Recovery Center**  
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. Call 908-477-2100 M-F 8:30-5 or after hours at 201-400-8573. Walk-ins welcome or call to make an appointment. Transportation may be available. Services include crisis support, individual counseling, medication evaluation, peer support and psychoeducation.

**SAMHSA Treatment Locator:**  
<https://findtreatment.gov/>

**National Council for Mental Wellbeing**

**Grow Your Mental Health Page**

**Collaborative Support Programs of New Jersey (CSPNJ)**

**SELF-HELP CENTERS (SHC) /COMMUNITY WELLNESS CENTERS (CWC)**  
For more information click [here](#).

<https://www.discoverynj.org/programs/addiction-therapy/family-support/>

<https://www.discoverynj.org/programs/addiction-therapy/family-support/>

**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

**The Gathering Place Community Wellness Center (Morris & Sussex)** For more information contact Mental Health Association Morris-973-334-3496x531 Al Shurdom or Sussex-862-946-6544 Kait Barone

**Mental Health Association Social Club**  
For more information and schedule call Christina Binetti at 973-334-3496x509.

**Mental Health Association [In-Home Therapy for Seniors](#)**

**Mental Health Association [Resource Directory](#) (Essex, Morris, Passaic, Hudson, and Sussex)**

## MENTAL HEALTH Cont'd

**[Mental Health First Aide](#)** Training & Information

**Recovery Management Checkup (RMC) Services through Prevention is Key (PIK)** This program is specifically designed for individuals with substance use disorder (SUD) who have recently been discharged from licensed treatment facilities in New Jersey. The program aims to provide essential support for individuals transitioning to independent living, as well as connecting them with vital resources to aid in their recovery journey. For more information click [here](#) or contact Noah Deutsch at (973) 303-3790 or [ndeutsch@mcpik.org](mailto:ndeutsch@mcpik.org) for more info.

**Atlantic Behavioral Health at Hackettstown Medical Center offers outpatient behavioral health services for Adults and Adolescents**  
**SUD Intensive Outpatient Program (Day and Evening)** Intensive Outpatient Program for individuals with primary diagnosis of substance use disorders as well as co-occurring mental health disorders.  
**SUD Aftercare Program** Step-down once a week group for individuals discharging from SUD IOP.  
**SUD Adolescent Group** Outpatient group therapy for adolescents ages 13-18 yrs old.  
**IDRC Outpatient Group** therapy for individuals referred by the Intoxicated Driver Resource Ctr  
**MH Acute Partial Hospitalization Program (Day)** Acute Partial Hospitalization program for individuals with primary mental health diagnoses and co-occurring substance use disorders.  
**MH Intensive Outpatient Program (Day)** Intensive Outpatient Program for individuals with primary mental health diagnoses and co-occurring substance use disorders. They are in-network with most insurances, and take Medicaid and Medicare. Contact Beth Schulaka at 908-441-1586 or [Beth.Schulaka@atlantichealth.org](mailto:Beth.Schulaka@atlantichealth.org)

**Mental Health Matters is a monthly [newsletter](#) from Atlantic Behavioral Health**

**SUSSEX SPECIFIC:**  
**[Wellness Hub](#)**

83 Spring St., Suite 303, Newton  
973-840-1850 or [wellnessHUB@mhainspire.org](mailto:wellnessHUB@mhainspire.org)  
Early intervention support services, a mental health urgent care and drop-in support center.

**WARREN SPECIFIC:**

**Warren County Stigma Free Initiative,** For more info. email [humanservices@co.warren.nj.us](mailto:humanservices@co.warren.nj.us)

**[Stigma Free Newsletter](#)**

**Center for Family Services Designated Crisis Screening & Intervention Services 24 hour hotline:** 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.

**Center for Family Services Intensive Outpatient Services** 908-689-1000

**Domestic Abuse & Sexual Assault Crisis Center of Warren County Hotline** 24 hours, 7 days a week 908-453-4181

**[Parent to Parent Addiction Services](#) (Warren)**  
325 B. W. Washington Ave., Washington  
908-223-1953 or [parent2parentwc@gmail.com](mailto:parent2parentwc@gmail.com)



# CAREGIVER RESOURCES

## DISABILITIES

### [A Guide to Accessible Beaches in New Jersey](#)

#### **Gold Medal Home Health**

Are you a family member supporting an individual with an intellectual and/or developmental disability? You can be compensated for your work! [Gold Medal Home Health](#) employs family members, neighbors, and others to provide services. All training is completed internally. If interested please contact Ken Sullivan at 201.320.0223 or [kens@goldmedalhomehealth.com](mailto:kens@goldmedalhomehealth.com)

#### **Increase Understanding & Acceptance of Autism**

Autism New Jersey invites individuals with autism and their caregivers to become Autism Ambassadors for 2025. These Ambassadors advocate, educate, and promote autism awareness and acceptance through various events and outreach activities across the state. This program is open to anyone committed to promoting understanding, acceptance, and inclusion for individuals on the autism spectrum! Participants can order a variety of free printed materials such as posters and bookmarks. Remember, April is National Autism Acceptance Month. [Learn about becoming an Autism Ambassador](#)

#### **Community Living Education Project (Rutgers Health)**

#### **Coordinated Care of MetroWest**

Provides assistance and supports individuals, families, and/or caregivers living in Greater MetroWest who are overseeing the lifetime care of adults with developmental or acquired disabilities. The program is designed to meet the unique needs of the individual and family no matter where they are in their journey. CCM ensures ongoing individualized and personal concern for such individuals with disabilities who may survive their caregivers or whose caregivers are not available to support them. They hope to provide peace to caregivers that someone is there to help when they are no longer here and most importantly, they focus on strengths and quality of life for the disabled adult.

Services include:

- -Free phone consultation to connect you to local resources and provide emotional support
  - -Short term fee for service case management to assist with more specific needs and research
  - -Long term fee for service case management to ensure a thorough care plan for future planning that is forever evolving and changing.
- For more information, call [\(973\) 765-9050](tel:9737659050) or email [coordinatedcare@jfsmetrowest.org](mailto:coordinatedcare@jfsmetrowest.org)

#### **[Autism New Jersey Announces Medical Equipment Lending Library](#)**

#### **[Finally Home NJ Learning Sessions](#)**

#### **[Catastrophic Illness in Children Relief Fund](#)**

**DAWNcil Consumer Satisfaction Survey: Traumatic Brain Injury Program**  
Take [survey here](#)

#### **Warren County Advisory Council on Disabilities** **2<sup>nd</sup> Thursday of every other month**

Are you an advocate for persons with disabilities? Are you interested in advancing the rights of persons with disabilities? If so, join the Council. For more information or to request an application contact 908-475-6591.

## DISABILITIES, Cont'd

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

[Brain Injury Alliance of New Jersey](#) Helpline 1-800-669-4323

### [Brain Injury Alliance Educational Programs](#)

### [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](#)

### [An Enhanced Family Crisis Handbook](#)

The purpose of this expanded version (4<sup>th</sup> edition) of the Toolkit is to empower individuals with disabilities and their family and professional caregivers by providing information to more effectively advocate for persons with complex severe behavioral health conditions (which we formerly referred to as "dual diagnosis") for treatments, supports, services and the conditions that promote mental wellness.

### [New Resource for New Jerseyans with Disabilities](#)

### [Digital Literacy Training \(Virtual\)](#)

AT&T, The Arc, and The Arc San Francisco have teamed up to produce digital skills training specifically for people with intellectual and developmental disabilities. Sign up to learn about: Getting started with computers, mobile devices, and video conferencing. Navigating websites and search engines, Online safety, passwords, fraud, scams, and more.

### [Disability Benefits 101: Working with a Disability](#)

Discover how NJ DB101 provides New Jersey specific information and tools to support employment and community inclusion.

### [Personal Assistance Service Program \(PASP\)](#)

### [Center for Medicare Updates "Quick Guide" to Identifying Coverable Hospice Care](#) [Center for Medicare Advocacy Webinars](#)

### [Davis Phinney Foundation for Parkinson's Every Victory Counts Manual for Care Partners](#)



## CAREGIVER RESOURCES

### DISABILITIES, Cont'd

[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 - Get Free Access to Online Special Education Training](#)

[The Arc of New Jersey Program](#)

The official source of Medicare information: [Medicare.gov](#) or **800-Medicare (800-633-4273)**. NJ State Health Insurance Assistance Program (SHIP) website: [SHIP](#) or **1-800-792-8820**

[Medicaid Transportation Coverage Guide](#)

NJSAVE Navigators by [County](#).

[Fact Sheet on Medicaid Non-emergency Medical Transportation \(NEMT\)](#)

[Basic Requirements for Conducting Ex Parte Renewals of Medicaid and CHIP Eligibility](#)

[Medicare Enrollees Could Lose Financial Assistance for Drug Costs if they Do Not Act](#)

**Medicaid for Health and Long-Term Care**  
According to [Justice in Aging](#), Medicaid "reform" proposals will lead towards taking federal funding away from states or restrict eligibility. Nearly 80 million (including 13 million seniors and people with disabilities) rely on Medicaid for health and long-term care.

It is important for disability advocates to be prepared with the knowledge and tools to defend Medicaid. We need to tell Congress and the new administration the importance Medicaid is for us, for our independence, and of course our healthcare. Please read the [Medicaid Threats Fact Sheet](#) for more info on these proposed cuts. [Cutting Medicaid Harms Older Adults No Matter How It's Sliced](#)

[Disability Information Hub](#)

[Center for Communication Disorders \(Free\)](#)

[Speech-Language Clinic](#)

**Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress & Grief**  
By [Pauline Boss](#) (Author)

[Training seeks to improve police encounters with people with autism](#)

Autism Communication Disorder Form from [NJ Motor Vehicle Commission](#)

[SPAN Parent Advocacy Network](#)

[Abilities of Northwest Jersey – Residential Services @ The Village at Hawk Point](#)

For more information contact Brian Cook, Residential Services Manager, 908-689-7460 or [bcook@abilitiesnw.com](mailto:bcook@abilitiesnw.com)

**Hunterdon Health & Wellness Center Clinton**  
[Rock Steady Boxing](#) for People with Parkinson's

**The New Jersey Council on Developmental Disabilities (NJCDD)** Five-Year State Plan: [Input Survey](#)

### MEDICAL

**Fox Rehab** - In home PT/OT/ST under Medicare Part B. For more information visit [foxrehab.org](http://foxrehab.org) or call Matthew Evans at 201-364-0871.

**Travel Podiatrist**

Paul J. Lafergola, DPM, 973.366.7676 or [plafergola59@gmail.com](mailto:plafergola59@gmail.com)

**Gentle Hands Mobile Phlebotomy**

For appointment call 862.279.3418 or [gentlehandsmps@gmail.com](mailto:gentlehandsmps@gmail.com)

[Visiting Physician Services](#)

[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.

[Kessler Institute for Rehabilitation](#) –Chester [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.

[Tinash Homecare Services](#)

[Advocates Join Center in Comments on Observation Status Appeals](#)

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

[New Observation Status Appeals Webinar Recording](#)

[Ennoble Care Primary Care House Call Services](#) For more information call 973-879-4034

**St. Joseph's Pharmacy**

758 Memorial Parkway, Phillipsburg  
908-454-0777 or [stjosephrxnj1@gmail.com](mailto:stjosephrxnj1@gmail.com)

[Discount Ramps: Modular Wheelchair Ramp Systems](#)

[Life Force Senior Care: 24 Hour In-Home Care](#)

Jason Byers, Regional Account Manager  
973-586-2900 or 917-821-7758 or [jason@lifeforceseniorcare.com](mailto:jason@lifeforceseniorcare.com)



## CAREGIVER RESOURCES

### MEDICAL, Cont'd

#### Zufall Health Medical, Dental & Behavioral Health

Services are provided to patients of all ages regardless of income, health insurance, immigration status, or language spoken. Their board-certified staff are committed to providing care. They provide services in **Essex, Hunterdon, Middlesex, Morris, Somerset, Sussex, and Warren Counties** as well as on their mobile medical and dental vans. For more information visit their [website](#).

[Glaucoma Screenings: Medicare Coverage](#)

#### Therapist specializing in Families, Couples & Caregivers

[Advanced Behavioral Counseling](#) 973-579-9394 (Medicare and Private Pay)

[Lakeside Counseling](#) 972-726-4533 (multiple insurance in network including Medicare)

### HOUSING & UTILITIES

#### Housing Assistance in Warren County

- **Temporary Assistance and Social Services (TASS)** at 908-475-6218 (Social Services Unit)
- **211** after hours for emergency assistance
- **Family Promise** 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.

**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](#)

**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](mailto:DisasterRecoveryandMitigation@dca.nj.gov)

[Legacy Empowerment Services - Housing Advocacy Program](#)

They serve all of NJ. They are a diverse and multi-talented team with a wide range of expertise including: job coaching, special education, finance and economics, social work, psychology, art and music therapy for individuals with special needs 21 and over. Call 732-523-0769 or email [info@legacynj.org](mailto:info@legacynj.org)

#### HUD Makes Finding Housing Resources on the Web Easier

The U.S. Department of Housing and Urban Development (HUD) is the federal government agency that administers the country's housing and urban development laws. HUD recently streamlined its information for each state, including New Jersey. Sections offer information on the following topics: Rental assistance, Rent and eviction relief, Affordable places to live, How to report housing discrimination, Housing quality and living conditions, Homelessness, and Disaster relief. Go to the New Jersey [HUD](#) web page

#### Financial Assistance Available for Home Repairs in **Warren County**

If you are a low or moderate-income homeowner in Warren County and your home is in need of repairs, the Warren County Housing Rehabilitation Program may be able to help. To learn more about the program and eligibility requirements or to request an application or for any questions about call 908-475-3989 ext. 229 or email [info@warrenhousing.com](mailto:info@warrenhousing.com)

[Habitat for Humanity Home Repair Program](#) for more information or to download an application. For questions call 908-835-1300 or email [office@habitatnwnj.org](mailto:office@habitatnwnj.org)

# CAREGIVER RESOURCES

## GENERAL

[Insurance Covered Incontinence Supplies](#)

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

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

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

[New Jersey Human Services Newsletter](#)

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

[American Cancer Society Help for Caregivers, Patients and Survivors](#)

[Cancer Caregiver Support | American Cancer Society](#)

[American Cancer Society Taking Care of Yourself When You're a Cancer Caregiver](#)

[I Choose Home New Jersey](#)

**NJ 2.1.1** helpline is available 24/7. You can dial 2-1-1, text your zip code to 898-211, or chat online at [www.nj211.org](http://www.nj211.org) for assistance at any time. The service is free, confidential, and multilingual. It connects you to resources for various needs, including housing, food, healthcare, and more.

[Smart 9-1-1](#)

[NJ Silver Alert](#)

**NJ Register Ready** – New Jersey’s Special Needs Registry for Disasters” allows NJ residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. Information is confidential and not be available to the public. The information will be held securely and only used for emergency response and planning.

[American Cancer Society Caregiver Resource Guide](#)

[National Alliance for Caregivers Guide Book](#)

[NEW JERSEY HUMAN SERVICES: New Jersey Resources 2024 First Edition](#)

[Advocates for Children of NJ](#)

[Goals of Care Coalition of NJ](#)

[Navigating Hope](#) brings services to you. Visit the van at a location near you to apply for benefits and get connections to social services. For **Morris** County residents.

[Different Types of Guardianships in New Jersey](#)

[Volunteer Guardianship One on One](#) - Hunterdon, Warren, Somerset

[New Jersey Leisure Guide: Insider Tips to NJ attractions, things to do, and events](#)

[Explore the accessible outdoors: Wheelchair-friendly trails in New Jersey’s scenic parks](#)

## GENERAL, Cont’d

**Tessie’s Touch – Essex & Morris County**

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 activities and transportation. If you or a loved one is interested in being paired with a volunteer to enjoy outings together contact Taylor Ruszczyk 973-637-1742. [truszczyk@jfsmetrowest.org](mailto:truszczyk@jfsmetrowest.org)

[Lasagna Love](#)

Volunteer to make lasagna or ask for a pan for yourself.

**Get Help with SNAP Food Assistance**

SNAP Navigators are available in all 21 counties to help people seeking assistance from the State [Supplemental Nutrition Assistance Program \(SNAP\)](#). SNAP Navigators can answer questions about SNAP and can help people apply for SNAP benefits. There are 11 agencies with SNAP Navigators available to assist residents throughout New Jersey.

[‘Carefluencers’ Are Helping Older Loved Ones, and Posting About It](#) **NY Times Article**

**Become a Disaster Response Crisis Counselor**

New Jersey is one of the first states to certify its behavioral health first responders in preparation for response to disasters and traumatic events. The development of a cadre of paraprofessionals enhances the capability of activating a timely and effective behavioral health response. A Disaster Response Crisis Counselor is a volunteer who becomes part of an Emergency Response Network and responds to the needs of communities in the event that a disaster strikes. The counselors are trained in disaster response, disaster behavioral health and crisis counseling among other topics and they collaborate with the various response partners who participate in the statewide emergency response network. The counselor does not need to have a clinical background as the crisis counseling program does not provide traditional mental health services. The training will provide the technical support and knowledge needed to become a Disaster Response Crisis Counselor emphasizing psychological first aid and information and referral services.

[Beware of Scammers Impersonating Charities](#)

[Unpaid Road Toll SMiShing Scams Resurface](#)

[How the Change Healthcare Cyberattack is Impacting the Industry](#)

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

**Changes to Social Security In-Person Services**

On November 13, the Social Security Administration, Office of Communications sent a letter to colleagues noting expanded appointment based services at local Social Security offices. Effective January 6, 2025, Social Security will require customers to schedule an appointment for service in local field offices, including requests for Social Security cards. They still encourage customers to use [online services](#), and [automated services](#), but customers who are not able to handle their business online or with the automated options may call their [local Social Security office](#) or the National 800# to schedule an appointment.



# CAREGIVER RESOURCES

## GENERAL, Cont'd

### **Center For Family Services (CFFS)**

CFFS offers a [comprehensive continuum of care](#) and a broad range of service areas to meet the current and changing needs across the New Jersey community:

[Addiction & Recovery](#)  
[Community Connections](#)  
[Counseling & Behavioral Health](#)  
[Early Childhood Education](#)  
[Family Support & Prevention](#)  
[Safe & Supportive Housing](#)  
[Trauma & Victim Response](#)  
[Workforce Development](#)

Highly trained, dedicated staff work closely with individuals, children, and families to provide exceptional care. Services help people develop solutions and create paths for greater self-sufficiency. Call 877-922-2377 or [access@centerffs.org](mailto:access@centerffs.org)

[Insurance Covered Incontinence Supplies](#) or call 844-276-5588

[Do I Have To Pay New Jersey Inheritance Tax? Pros and Cons of Putting Your Home in a Trust Can Medicaid Take My Home? Understanding Estate Recovery Program in New Jersey CDC Complete Care Form](#)

### **Information for People Helping Others**

The **Social Security Administration** strives to provide easy and convenient information about benefits and the application process. Whether you help a family member or friend or help someone through a group or organization, they created this [page](#) to help you

### **Physical Therapy Services – [Medicare Coverage](#)**

### **[New Jerseys' Parent Caucus](#)**

### **[Parent to Parent Coalition](#)**

For Families and Children Struggling with Alcohol and Drug Addiction

[National Domestic Violence Hotline](#) click on "Chat Now"; or text LOVEIS to 22522. 24-Hour Helpline & Referral: [1.877.782.2873](tel:18777822873)  
Hablamos Español Interpreters Available  
JBWS text/chat is now available.  
Deaf/Hard of Hearing: Text (973) 314-4192  
Visit the Website [here](#).

### **MORRIS**

### **Social Adult Day Center - Morris**

Helps Aging Adults Combat Loneliness, Boosts Health. The Cornerstone Social Adult Day Center in Morristown provides a safe, upbeat, and welcoming environment for aging adults who could benefit from social interaction and some assistance weekdays between 8 am – 6pm. Attendance flexibility, exceptional staff and door-to-door transportation make the program a hit for clients and caregivers alike. This impactful program is funded in part by the Morris County Board of Commissioners so those who live or work in the County are eligible for special sliding scale fees and scholarships. For more information or to arrange a free trial visit, call 973-326-7288, email [pkraemer@cfp-mnh.org](mailto:pkraemer@cfp-mnh.org) or download this printable flier: [Social ADC Flyer Revised 1.22.2024.pdf](#).

### **[Morris Museum Launches Digital Guide](#)**

Explore [Morris Museum](#) with a new digital guide on Bloomberg Connects, the free arts and culture app. You can plan your visit, access helpful on-site information, and dive deeper into your favorite works from home – or

## GENERAL, Cont'd

anywhere. Morris Museum joins more than 500 cultural institutions around the globe as a Bloomberg Connects partner.

[This Week in Morris County Newsletter](#)

### **SUSSEX**

### **[The Culinary Institute at Sussex County Community College](#)**

**Dinner:** Thursdays, 5:30-7:30

**Lunch:** Fridays, 11:30 am–1:30 pm

The Culinary Institute is a diverse facility that services the community and prepares our students with the training necessary for a rewarding career in the culinary field. The community can enjoy meals prepared by our culinary students at the Arbor Restaurant or pastries at our Bakeshop. Students learn, first-hand, how to provide quality food and a welcoming experience for guests. Reservations required. There is a price fix menu.

### **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](mailto: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**

### **Warren County Transportation Advisory Council (TAC)**

All residents in Warren County are invited to attend the TAC meetings and share your thoughts about Warren County Transportation. These meetings are open to the public and are held every other month on the second Thursday at 1:30 p.m. Requests for special accommodations can be made to the Warren County Department of Human Services by calling 908-475-6331. Locations of the meetings vary throughout the county and there are virtual and phone-in options as well. To find out more information, please contact us today. You can call 908-475-6331 or email the Transportation Coordinator, Deirdre Bassin, at [dbassin@co.warren.nj.us](mailto:dbassin@co.warren.nj.us)

### **[Greenwich Autism Alliance](#)**

**Warren County Community Senior Center Congregate Meals has a new caterer.** Chef's from Columbia, NJ has partnered with the Division of Aging and Disability Services to provide healthy, home-cooked meals to the senior community. This includes the home delivered meals. For questions contact 908-475-6591.

# CAREGIVER RESOURCES

## GENERAL, Cont'd

### Free Cancer Screenings

Breast Cancer – Breast exam & mammogram  
Cervical Cancer – Pap Test  
Postage Cancer – Physical exam & PSA test  
Colorectal Cancer – Colonoscopy  
If you are an insured resident of Warren County, please contact the Cancer Education and Early Detection Program (NJCEED) for eligibility requirements. 908-387-9888 or [CEED@norwescap.org](mailto:CEED@norwescap.org)

### 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

LSNWJ's priority is to provide equal access to justice to protect its clients' basic needs that are critical for self-sufficiency: income, safe and affordable housing, access to quality health care, family stability and personal safety, and life with dignity in the community.

#### APPLY FOR HELP

**Hunterdon** residents: 908-782-7979  
**Morris** residents: 973-285-6911  
**Somerset** residents: 908-231-0840  
**Sussex** residents: 973-383-7400  
**Warren** residents: 908-475-2010

#### GET HELP WITH:

**Public Benefits:** Homelessness Assistance, Welfare (TANF & GA), Food Stamps (NJ SNAP), Medicaid, Charity Care Health Care Access, and Social Security Disability SSI/SSD

**Family:** Domestic Abuse, Child Support or Parenting Time and Support for you or your child

**Consumer:** You are being sued to collect a debt, You have a Wage Garnishment or Bank Levy, You need to file for bankruptcy protection or You need help clearing your credit

**Housing:** Tenants' Rights, Evictions, Home Ownership Issues

**Individual Rights:** Do you need a Will or Powers of Attorney?, Expungement or Driver's License Restoration

Sign up for our newsletter  
<https://www.lsnwj.org/newsletter>

**TRUALTA Resource for Caregivers:** We've received word that a new service is available for residents of Monmouth and Middlesex Counties. Trualta is an extensive online library featuring caregiver training, articles of interest, support groups and chat rooms. It is accessible 24/7 from a person's phone, tablet or computer. Most of the videos and articles are short (5-7 minutes). This is an EXCELLENT resource. You have to register to access the platform. In addition to all the info in the library, you can attend live webinars and support groups. If you miss a webinar, you still have access to the recording. I've watched a few and found them to be excellent. I highly encourage you if you live in Monmouth or Middlesex to sign up. We are hoping that in the near future more counties will be offering this resource and will let you know as soon as we do.

**Monmouth County Residents** the website can be accessed from the county website [www.monmouthadvocates.com](http://www.monmouthadvocates.com) in the Caregiver Section or directly on [www.monmouth.trualta.com](http://www.monmouth.trualta.com).

**Middlesex County Residents** the website can be accessed at <https://middlesex.trualta.com/>.

## GENERAL, Cont'd

### [Latest on Senior Freeze, ANCHOR and Stay NJ](#)

#### Combined Applications for NJ Property Tax Relief Program

New Jersey is introducing its first-ever combined application form for three separate relief programs. The combined application will allow seniors and disabled homeowners to apply for ANCHOR and Senior Freeze programs, as well as the upcoming Stay NJ program, without having to fill out separate applications for each program. And by early March, paper copies of the combined application — dubbed "PAS-1" — will be mailed to more than 1 million households. The PAS-1 form can be accessed here: [PAS-1 form](#). To read the full story from NJ Spotlight News, click: [here](#)

#### EMPLOYMENT Warren County PART TIME CONTRACTED POSITIONS AVAILABLE

**SITE MANAGER** – Senior Nutrition Center In Warren County. Monday – Friday, 25 hours per week. 8:30am-1:30pm

**DESK CLERK** – Senior Nutrition Center In Warren County. Monday – Friday, 20 hours per week

**KITCHEN AIDE** - Senior Nutrition Center In Warren County. Monday – Friday. 20 hours per week

**PACKER / DRIVER** – Senior Nutrition Center In Warren County. Monday – Friday, 10 hours per week. If interested in applying please contact Sharon Green at [sgreen@co.warren.nj.us](mailto:sgreen@co.warren.nj.us)

#### [Legal Services and Unemployment: Legal Services of Northwest Jersey](#)

Now accept cases to help with Unemployment Insurance Benefits. Unemployment Insurance Benefits are government benefits that give financial support to people who lose their job through no fault of their own. When a person tries to claim unemployment benefits and receives an adverse action notice, they should: make a timely request for hearing as directed in the notice; apply for legal services. They offer consultation and advice, brief or extended service in meritorious claims in the following matters: Denials, Terminations, Overpayments, and in certain circumstances, Deputy Fact-Finding Claims.

#### Other Referral Resources for Unemployment, Workers' Rights

[NJ Department of Labor & Workforce Development](#) - File or follow up on an Unemployment Insurance Benefit claim; learn your rights

[US Equal Employment Opportunity Commission](#) - File a "Charge of Discrimination"

[NJ Division on Civil Rights](#) - File a complaint

[NELA \(National Employment Lawyer's Association\)](#) - Find a lawyer

#### Envision Center Open Computer Lab

EnVision Center, Phillipsburg Housing Authority Community Building  
No appointment needed and this program is free. For more information contact Sara at 908-859-0122x112 or [sboehmdavis@phillipsburgha.com](mailto:sboehmdavis@phillipsburgha.com)