Where do you go for answers?
When you need help making decisions, contact us.

Office of Aging and Disabled Services
75 Bayard Street, 5th Floor
New Brunswick, NJ 08901

732-745-3295 | 1-877-222-3737
Main line | ADRC Toll Free

Sponsored by the Middlesex County Board of Chosen Freeholders
Office of Aging and Disabled Services

Follow Us:
www.middlesexcountynj.gov
The Aging & Disability Resource Connection, or ADRC, serves as your doorway to programs and services for senior citizens and adults with physical disabilities.

Made possible by federal grants, the ADRC was established to provide “one-door” access to services that will help people age in place. The ADRC provides limited direct access to resources and services and provides information about and/or answers to a wide range of questions and concerns.

The ADRC is designed to foster the independence and dignity of individuals at least sixty years of age or individuals living with physical disability, regardless of financial status by providing the assistance they need to access a broad array of programs which will help prolong self-sufficiency.

You can call one phone number within the county for information about programs and services for your particular needs and circumstances. These services include: information, referral and assistance, benefits screening for program eligibility and care management.

ADRC trained staff will provide assistance that promotes wellness, independence, dignity and personal choice.

www.adrcnj.com

1-877-222-3737
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**ADULT DAY CARE**

2nd Home Adult Medical Day Care
420 Fayette Street
Perth Amboy, NJ 08861
732-826-8012
www.2ndhome.org
Bilingual Staff

Always at Home
8a Jocama Blvd
Old Bridge, NJ 08857
732-591-9155

Buckingham Place Adult Day Center & Home Health Care
700 Wood Lane
Monmouth Junction, NJ 08852
732-329-8954 ext. 1
www.buckinghamplace.net

Circle of Life Adult Day Centers
3000 Hadley Road
South Plainfield, NJ 07080
732-839-3333

Edison Adult Medical Day Care Center
1655-150 Oak Tree Road
Edison, NJ 08820
732-494-1001

Elderday JFS of Middlesex County
201 South 3rd Avenue
Highland Park, NJ 08904
732-777-1940
www.jfsmiddlesex.org

Golden Era Medical Adult Day Care
36 Meridian Road
Edison, NJ 08820
732-549-2273

Golden Path Adult Medical Day Care, Inc.
50-52 Charles Street
New Brunswick, NJ 08901
732-640-1122

Graceland Adult Medical Day Care
316 Madison Avenue
Perth Amboy, NJ 08861
732-826-0680

Harmony Adult Medical Day Care Center
220 Centennial Avenue
Piscataway, NJ 08854
732-667-5527

Iselin Adult Day Care Center
477 Lincoln Highway
Iselin, NJ 08830
732-283-1373

JFK Adult Medical Day Program
3 Progress Street - Suite 103
Edison, NJ 08820
908-912-1910
www.jfkhartwyck.org

Just Home Medical Adult Day Care Center
7 Edgeboro Road
East Brunswick, NJ 08816
732-432-9990
www.jhcare.org
Just Like Home
426 Raritan Street
Raritan Center
Sayreville, NJ 08872
732-721-9200

Nirvana Adult Day Care
2050 Oak Tree Road
Edison, NJ 08820
848-200-7343

Parker at the Pavilion Adult Day Health Services Center, Inc.
443 River Road
Highland Park, NJ 08904
732-565-2440
www.franciseparker.com

Saint Peters Adult Day Center
200 Overlook Drive
Pondview Plaza
Monroe Township, NJ 08831
609-655-6853
www.saintpetershcs.com

Second Inning Adult Day Care Center
1501 Livingston Avenue
North Brunswick, NJ 08902
732-626-5544

South Amboy Adult Day Health Care Center
540 Bordentown Avenue
South Amboy, NJ 08879
732-553-1600
www.southamboyadhcc.com

Sterling Adult Day Services
120 North Center Drive
North Brunswick, NJ 08902
732-951-2020

Sunny Days Adult Day Care Center
217 Durham Avenue
South Plainfield, NJ 07080
732-791-4888
www.sunnydaysadultdaycare.com

Vcare Adult Center
121 Ethel Road West
Piscataway, NJ 08854
732-640-0455

ALCOHOL PROGRAMS
COUNSELING

Alcoholics Anonymous (A.A.)
800-245-1377
www.aa.org

Ala-Call/Substance Abuse
NJ State Hotline 800-322-5525
www.snj.com/ala-call

An information and referral hotline for NJ residents with alcohol and drug problems. A trained volunteer will provide information about meeting times and location for self-help groups. Information is available concerning counseling, hospitalization and treatment facilities which cover the entire State of NJ.
Crisis Hotline
732-442-3794
www.rbmc.org/behavioral-health
Raritan Bay Medical Center
530 New Brunswick Avenue
Perth Amboy, NJ 08861

Provides assistance with crisis for mental health and substance abuse.

Carrier Foundation
P.O. Box 147
Route 601
Belle Mead, NJ 08502
800-933-3579 (24 hrs/7 days)
www.carrierclinic.org

Private, nonprofit behavioral healthcare system that provides a full range of treatment services for psychiatric, emotional and addiction problems. Outpatient centers are located in South Plainfield, Freehold, Paramus, Belle Mead, Hamilton and Toms River. Specialized treatment programs include an inpatient Senior treatment and evaluation program.

Daytop NJ at
Crawford House (Women)
362 Sunset Road
Skillman, NJ 08558
908-874-5153
www.daytopnj.org/crawford/

Halfway house for female residents of New Jersey for alcoholism treatment and other drug dependencies.

Middlesex County Division of Addictions and Mental Health Planning
Office of Human Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-4091
www.middlesexcountynj.gov

Coordinates alcohol and drug programs throughout Middlesex County.

Intoxicated Driver Resource Center
P.O. Box 30
New Brunswick, NJ 08903
732-745-4500

New Hope Foundation
51 Throckmorton Street
Freehold, NJ 07728
732-946-3030 or 800-705-4767
www.newhopefoundation.org

Intensive outpatient and inpatient rehab. for alcoholism, substance abuse, and compulsive gambling.

Open Door New Hope Foundation
2-4 New and Kirkpatrick Street
New Brunswick, NJ 08901
732-246-4800

Provides outpatient counseling, group therapy, education, and evaluation. AA & NA meetings.
Wellspring Center for Prevention
620 Cranbury Road, Suite 105
East Brunswick, NJ 08816
732-254-3344 HelpLine
www.wellspringprevention.org

- Information & Assistance
- Prevention Resource Center
- Education and Training
- Community organization
- Consultation services
- Advocacy

ALZHEIMER’S PROGRAMS

“A Day Away”
Jewish Family Services of Middlesex County
1600 Perrineville Road, Suite 52
Monroe Township, NJ 08831
609-395-7979

Social activities and monthly support group for those with Alzheimer’s and other memory problems.

Alzheimer’s New Jersey
400 Morris Avenue – Suite 251
Denville, NJ 07834
973-856-4300
Helpline 888-280-6055
www.alznj.org

- Information and Referral
- Family caregiver support groups
- Safe Return program
- Respite information

Alzheimer’s Association
225 North Michigan Avenue, Fl.17
Chicago, IL 60601
800-272-3900
www.alz.org

Provides educational information and links families to local programs.

Alzheimer’s Foundation of America
National Toll Free Helpline
866-232-8484

Care 2 Caregivers COPSA
151 Centennial Avenue
Piscataway, NJ 08854
800-424-2494
www.care2caregivers.com

Counselors assist dementia caregivers by providing supportive counseling and information on the broad ranges of services that can help caregivers.

Elderday
JFS of Middlesex County
201 South 3rd Avenue
Highland Park, NJ 08904
732-777-1940
www.jfsmiddlesex.org

A specialty program for those with memory loss. Caregivers group available. Tues. – Fri., 9am - 2pm

Buckingham Place Adult Day Center & Home Health Care
700 Wood Lane
Monmouth Junction, NJ 08852
732-329-8954 ext.1
www.buckinghamplace.net
COPSA Institute For Alzheimer’s Disease and Related Disorders-RUBHC
100 Metroplex Drive
Suite 200
Edison, NJ 08817
732-235-8400
www.ubhc.rutgers.edu

JFK Adult Medical Day Program
3 Progress Street
Edison, NJ 08820
908-912-1910 Adult Day Care

Millenium Memory Care
310 Buckelew Avenue
Monroe Township, NJ 08831
609-521-8855
www.milleniummemorycare.com

A specialized memory care home with 16 private bedrooms, providing a small and personalized community environment for residents with Alzheimer’s Disease, dementia and other types of memory issues.

Saint Peter’s Adult Day Center
200 Overlook Drive
Monroe Township, NJ 08831
609-655-6853

ASSISTED LIVING RESIDENCES

EAST BRUNSWICK
The Chelsea at East Brunswick
606 Cranbury Road
East Brunswick, NJ 08816
732-651-6100
www.chelseaseniorliving.com

Sunrise of East Brunswick
190 Summerhill Road
East Brunswick, NJ 08816
732-613-1355
www.sunriseseniorliving.com

EDISON
Sunrise Brighton Gardens
1801 Oak Tree Road
Edison, NJ 08820
732-767-1031
www.sunriseseniorliving.com

Heritage at Clara Barton
1015 Amboy Avenue
Edison, NJ 08837
732-225-5990
www.genesishcc.com

Whispering Knoll
62 James Street
Edison, NJ 08820
732-744-5541
www.whisperingknoll.org
ENGLISHTOWN
Liberty Manor Assisted Living
49 LaSatta Avenue
Englishtown, NJ 07726
732-786-1000

STEIN ASSISTED LIVING AT THE
WILF CAMPUS FOR SENIOR LIVING
350 DeMott Lane
Somerset, NJ 08873
732-568-1155
www.wilfcampus.org

HIGHLAND PARK
Parker at Stonegate
443 River Road
Highland Park, NJ 08904
732-565-2500
www.franciseparker.com

BRANDEYWINE ASSISTED LIVING
155 Raymond Road
Princeton, NJ 08540
732-329-8888
www.brandycare.com

MONROE TOWNSHIP
Brookdale Monroe
380 Forsgate Drive
Monroe Township, NJ 08831
609-409-7525
www.brookdale.com

THE CHELSEA AT FORSGATE
319 Forsgate Drive
Monroe Township, NJ 08831
732-656-1000
www.chelseaseniorliving.com

SOUTH BRUNSWICK
Brandywine Assisted Living
155 Raymond Road
Princeton, NJ 08540
732-329-8888
www.brandycare.com

WOODBRIDGE
St. Joseph’s Assisted Living
1 St. Joseph’s Terrace
Woodbridge, NJ 07095
732-634-0004
www.stjosephseniorhome.com

OLD BRIDGE
The Reformed Church Home
1990 Rt. 18 North
Old Bridge, NJ 08857
732-607-9230
www.reformedchurchhome.com

PLAINSBORO
Atrium Senior Living of Princeton
1000 Windrow Drive
Princeton, NJ 08540
609-514-9111

CAREGIVING RESOURCES

Counselors assist dementia caregivers by providing supportive counseling and information on the broad ranges of services that can help caregivers.

SOMERSET
Spring Hills at Somerset
473 Demott Lane
Somerset, NJ 08873
732-873-4800
www.spring-hills.com

Care 2 Caregivers
151 Centennial Avenue
Piscataway, NJ 08854
800-424-2494
www.care2caregivers.com
Family Resource Network
1 AAA Drive, Suite 203
Trenton, NJ 08691
800-376-2345 or 609-392-4900
www.familyresourcenetwork.org

Family Support Center of NJ
35 Beaverson Boulevard, Bldg. 11
Brick, NJ 08723
800-372-6510
www.fscnj.org

Statewide Respite Care Program
Middlesex County Office of Aging and Disabled Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
www.state.nj.us

A program designed to provide assistance by giving unpaid caregivers a break from their daily responsibility of caring for an elderly or disabled friend or relative. This allows the caregiver to attend to their personal matters, medical appointment, shopping, or vacations. Applicants must meet eligibility guidelines.

FOOD PANTRIES/COMMUNITY SERVICES

These organizations provide food and/or outreach services free of charge to persons with limited resources in need of emergency assistance in their respective communities.

Middlesex County Food Organization and Outreach Distribution Services (M.C.F.O.O.D.S.)
c/o MC Improvement Authority
101 Interchange Plaza
Cranbury, NJ 08512
732-729-0880
www.mcauth.com/mcfoods.htm

Provides referrals to food pantries and soup kitchens throughout the County that offer assistance to Middlesex County Residents.

Fish Inc.
456 New Market Road
Piscataway, NJ 08854
732-968-5957
www.fishhospitality.org

Emergency food, clothing, furniture, blankets, special needs for the elderly.
Jewish Family Services of Middlesex County
32 Ford Avenue
Milltown, NJ 08850
732-777-1940
www.jfsmiddlesex.org

Food Distribution

American Red Cross of Central New Jersey
707 Alexander Road
Princeton, NJ 08540
609-951-8550
www.redcross.org

Food Vouchers available to those affected by disasters.

Elijah’s Promise
18 Neilson Street
New Brunswick, NJ 08901
732-545-9002 Ext. 118
www.elijahspromise.org

Lunch: Mon-Fri 11am-12:15pm
Dinner: Mon-Fri 6pm-7pm
Dinner: Sat/Sun 3:30pm-4:30pm

Prepared meals, health services, educational services, counseling and general assistance.

The Salvation Army
287 Handy Street
P.O. Box 69
New Brunswick, NJ 08901
732-545-1477
www.newjersey.salvationarmy.org

Food Pantry, Appointment Required.

The Salvation Army
433 State Street
Perth Amboy, NJ 08861
732-826-7040
www.newjersey.salvationarmy.org

Food pantry, lunch program, and emergency winter shelter. Lunch is available Monday-Friday, the last 10 days of every month.

CONSUMER INFORMATION

The following agencies handle complaints arising from the purchase of products or services. Some agencies also provide background information on the reputation of business firms, and conduct consumer education.

Better Business Bureau of Central Jersey
1262 Whitehorse-Hamilton Square Road – Suite 202
Trenton, NJ 08690
609-588-0808
www.bbb.org

Middlesex County Division of Community Affairs
711 Jersey Avenue
New Brunswick, NJ 08901
732-745-3875
www.middlesexcountynj.gov

Complaints must be sent in writing.
Federal Trade Commission
Consumer Response Center
877-FTC-HELP (382-4357)
www.ftc.gov

To report fraud and to obtain information about avoiding consumer scams.

National Consumers League
www.Fraud.org

NJ Division of Consumer Affairs
124 Halsey Street
Newark, NJ 07102
800-242-5846 / 973-504-6200
www.njconsumeraffairs.gov

NJ Board of Public Utilities
Division of Customer Relations
800-624-0241
www.bpu.state.nj.us

Complaints concerning utilities.

NJ Department of Treasury
Division of Taxation
Property Tax Relief Programs
800-882-6597
www.state.nj.us/treasury/taxation

NJ - Office of Insurance
Fraud Prosecutor
877-55 Fraud (553-7283)
www.nj.gov/oag/insurancefraud/

COUNSELING / MENTAL HEALTH

Carrier Foundation
P.O. Box 147
Route 601
Belle Mead, NJ 08502
800-933-3579 24-hours / 7 days
www.carrierclinic.org

Private, non-profit behavioral healthcare system that provides a full range of treatment services for psychiatric, emotional and addiction problems. Specialized treatment programs include an inpatient Senior treatment and evaluation program.

Catholic Charities
Family Service Center
288 Rues Lane
East Brunswick, NJ 08816
732-257-6100
www.ccdom.org

26 Safran Avenue
Edison, NJ 08837
732-738-1323

319 Maple Street
Perth Amboy, NJ 08861
732-324-8200

• Family, marital, individual, and group counseling, psychiatric and psychological services.
• Outreach program for people with physical disabilities and/or chronic illness and their families. This program provides counseling and case management in the home of a person who is physically unable to get to a mental health center.

**The Chelsea at East Brunswick**
606 Cranbury Road
East Brunswick, NJ 08816
732-651-6100
www.chelseaseniorliving.com

For residents with mental health or behavioral issues, the Crossings program offers a secure setting in assisted living with the specialized care of a skilled behavioral health clinical team.

**COPSA - University Behavioral Healthcare**
100 Metroplex Drive
Edison, NJ 08817
1-800-969-5300
(for appointments)
732-235-8400
(general information)
www.ubhc.rutgers.edu/

Provides counseling services for adults. Psychiatric & medication evaluation, support groups, case management, and home visits.

**George J. Otlowski, Sr. Center for Mental Health Care**
570 Lee Avenue
Perth Amboy, NJ 08861
732-442-1666
www.middlesexcountynj.gov

Offers treatment for a wide range of emotional disorders, including anxiety, depression, marital, family and other problems of daily living. The center serves Middlesex County residents of all ages.

**Jewish Family Services of Middlesex County**
32 Ford Avenue
Milltown, NJ 08850
732-777-1940
www.jfsmiddlesex.org

52 Concordia Shopping Center
Monroe Township, NJ 08831
609-395-7979

Provides a range of counseling, support groups and multi-services for seniors.

**MIDDLESEX COUNTY OFFICE OF HUMAN SERVICES**
Division of Addictions and Mental Health Planning
75 Bayard Street
New Brunswick, NJ 08901
732-745-3280
www.middlesexcountynj.gov

Provides information and referral services for behavioral health, mental health and addictions programs.

**Princeton House Behavioral Health Services**

**Senior Link Program**
1460 Livingston Avenue
North Brunswick, NJ 08902
732-435-0202/1-888-437-1610
www.princetonhcs.org
Outpatient center that provides intensive, structured mental health care to seniors 65 and older with a variety of psychiatric disorders.

**DENTAL PROGRAMS**

**Senior Dental Program**  
NJ Dental Association  
1 Dental Plaza  
North Brunswick, NJ 08902  
732-821-9400  
www.njda.org

A service for seniors to receive a 15% reduction from participating dentists. Eligibility is based on PAAD guidelines & is for those who do not have Medicaid or dental insurance.

**Dental Home Service**  
730 Prospect Street  
Maplewood, NJ 07040  
1-800-842-4663  
www.dentalhomeservices.com

For patients who have trouble receiving dental care due to health and/or mobility issues. Private insurance is accepted but not Medicaid. House call fee of $85.

**Donated Dental Services**  
Dental Lifeline Network  
PO Box 2117  
Edison, NJ 08818-2117  
732-821-3056  
www.dentallifeline.org

Dentists provide volunteer services for comprehensive treatment to eligible patients. Emergency services are **not** available. Applicants may be placed on a wait list. Applicants must lack adequate income to pay for dental care and have a permanent disability, or are 65 or older, or qualify as medically fragile.

**Middlesex County College**  
Dental Hygiene Clinic  
L'Hommédieu Hall - Room 164  
2600 Woodbridge Avenue  
Edison, NJ 08818  
732-906-2536  
www.middlesexcc.edu

A student clinic that offers seniors a complete dental exam including cleaning and oral cancer screening for a $5 fee. Please allow sufficient time for the completion of treatment. By appointment only.

**Eric B. Chandler Health Center**  
Dental Department  
277 George Street  
New Brunswick, NJ 08901  
732-235-6700  
www.rwjms.rutgers.edu

Fee based on a sliding scales; accepts Medicaid and private insurance.
By appointment only, fees are on a sliding scale.

**Mobile Dentistry**
505 Stillwells Corner Road
Suite C2
Freehold, NJ 07728
732-915-2740

For patients that are homebound, handicapped, or unable to get to the office. Private insurance is accepted but not Medicaid. House call fee of $175.

**New Jersey Dental Association Homebound Program**
800-831-NJDA
www.njda.org

Patients or caregivers in need of a dental visit to their home should call to be connected with dentists who make house calls.

**DISABILITY SERVICES**

**Alliance Center for Independence**
629 Amboy Avenue
Edison, NJ 08837
732-738-4388
732-738-9644 TTY
www.adacil.org

Resource center, information and referral, advocacy, training, group peer sharing, and case management.

**Arc of New Jersey**
985 Livingston Avenue
North Brunswick, NJ 08902
732-246-2525
www.arcnj.org

**Arc of Middlesex County**
219 Black Horse Lane - Suite 1
North Brunswick, NJ 08902
732-821-1199
www.arc-middlesex.org

Enhance the quality of life and advocate for people with disabilities in New Jersey.

**Diose of Metuchen**
**Office of Persons with Disabilities**
The St. John Neumann Pastoral Center
P.O. Box 191
Metuchen, NJ 08840
732-565-6432
www.diometuchen.org
Disability Rights NJ
210 South Broad Street, 3rd Floor
Trenton, NJ 08608
609-292-9742/800-922-7233
TTY: 609-633-7106
www.drnj.org

Disability Services & Advocacy LLC
P.O. Box 395
South River, NJ 08882
732-238-6133
www.dsausa.net

Easter Seal Society of NJ
25 Kennedy Blvd. – Suite 600
East Brunswick, NJ 08816
732-257-6662
www.easterseals.com/nj/

Provides information and referral for people with disabilities. Coordinates vocational workshops and training centers.

Middlesex County Office of Aging and Disabled Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
www.middlesexcountynj.gov

NJ Association of the Deaf/Blind Inc.
Evers Community Services
24K Worlds Fair Drive
Somerset, NJ 08873
732-805-1912 (V/TTY)
www.everas.org

NJ Commission for the Blind and Visually Impaired
153 Halsey Street, 6th Floor
Newark, NJ 07101-47017
973-648-3333
www.state.nj.us/humanservices/

Vocational Rehab Program
973-648-7504

Vocational Rehab Services are designed to assist persons who are blind, visually impaired, or deaf-blind, to develop/update skills that will enable them to secure employment.

NJ Division of Deaf and Hard of Hearing
P.O. Box 074
Trenton, NJ 08625-0074
609-588-2648
www.state.nj.us/humanservices/

NJ Division of Developmental Disabilities
195 Gateway Center
5 Commerce Way, Suite 100
Hamilton, NJ 08691
800-832-9173
www.state.nj.us/humanservices/ddd/

NJ Division of Disability Services
11A Quaker Bridge Plaza
Mercerville, NJ 08619
888-285-3036 / 609-292-7800
609-631-4366 (TDD)
www.state.nj.us/humanservices/dds/
PASP Personal Assistance Service Program
Middlesex County Office of Aging and Disabled Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
www.middlesexcountynj.gov

PASP provides routine, non-medical assistance to adults with disabilities who are employed, attending school or involved in community volunteer work.

DOMESTIC VIOLENCE

Statewide Domestic Violence Information Hotline
1-800-572-SAFE
www.state.nj.us/dcf

Information on people’s rights, access to emergency care, shelter, and personal counseling.

Women Aware Inc.
250 Livingston Avenue
New Brunswick, NJ 08901
732-249-4900
732-249-0600 (TTY)
24 Hour Hotline-732-249-4504
www.womenaware.net/

Offers free confidential services to abused women and their families. Services include shelter, counseling, information, referral and advocacy.

Women Helping Women
224 Main Street
Metuchen, NJ 08840
732-549-6000

Counseling center specializing in issues related to domestic violence.

Office of Victim/Witness Advocacy Middlesex County Prosecutor’s Office
100 Bayard Street, 4th Floor
New Brunswick, NJ 08901
732-745-3394
www.middlesexcountynj.gov

Victim support includes an escort, a companion in court, transportation, counseling on the legal process, and help in filing for the Victim’s Compensation Fund.

The Legal Services of NJ Domestic Violence Representation Project (DVRP)
732-572-9100
www.lsnjlaw.org

Provides direct representation, referral, and advice to low-income women, including those victimized by domestic violence.
EDUCATION

Higher Education Student Assistance Authority
800-792-8670
www.hesaa.org

Information on financial aid, grants and loans for education.

New Jersey Virtual University
www.njvu.org

Provides a user-friendly, on-line index of over 1,000 distance learning courses and programs in advanced education and lifelong learning from over 42 NJ colleges & universities.

VOCATIONAL & TECHNICAL HIGH SCHOOLS

East Brunswick Vocational HS
112 Rues Lane
East Brunswick, NJ 08816
732-254-8700

New Brunswick Vocational HS
256 Easton Avenue
New Brunswick, NJ 08901
732-247-3832

Perth Amboy Vocational HS
618 New Brunswick Avenue
Perth Amboy, NJ 08861
732-442-9595

Piscataway Vocational HS
21 Suttons Lane
Piscataway, NJ 08854
732-985-0717

Woodbridge Vocational HS
1 Convery Boulevard
Woodbridge, NJ 07095
732-634-5858

ELDER ABUSE

Adult Protective Services
Middlesex County
732-745-3635
www.fcsmonmouth.org

Mailing Address:
Family and Childrens Services
191 Bath Avenue
Long Branch, NJ 07740

Evaluates referrals of abuse, neglect, and exploitation of vulnerable adults who reside in a community setting.

NJ Department of Health Facilities, Evaluation and Licensing
Complaint Hotline
1-800-792-9770
www.state.nj.us/health/healthfacilities
For complaints or to report an incident concerning: nursing homes, assisted living, residential health care facilities, personal care home, medical day care, hospitals, hospice agencies, home health agencies, dialysis centers.

Office of the Ombudsman for the Institutionalized Elderly
24-HOUR HOTLINE
1-877-582-6995
www.state.nj.us/ooie/

Receives and investigates complaints of suspected abuse or exploitation of elderly people in institutions.

EMERGENCY ASSISTANCE

American Red Cross of Central New Jersey
707 Alexander Road
Princeton, NJ 08540
609-951-8550
www.redcross.org

Serves families through blood banks, disaster assistance, safety training, food vouchers, transportation and counseling.

Hours: Mon.-Fri. 8:30am - 4:30pm

EMEPLYMENT/ VOCATIONAL REHABILITATION/ VOLUNTEER

Middlesex County Workforce Development
506 Jersey Avenue
New Brunswick, NJ 08901
732-745-4116

275 Hobart Street - 2nd floor
Perth Amboy, NJ 08861
732-826-3200
www.middlesexcountynj.gov

Program offers schooling and training.

NJ State Department of Labor Division of Vocational Rehabilitation Service
Middlesex Office
550 Jersey Avenue
P.O. Box 2672
New Brunswick, NJ 08901
732-937-6300
www.jobs4jersey.com

The Division of Vocational Rehabilitation Services is responsible for training and placement of persons of employable age with disabilities.
**NJ WINS (NJ Work Incentive Network Support)**
866-946-7465  
www.njwins.org

NJ WINS provides NJ residents who receive SSDI, SSI, or Medicaid with cost-free informational and technical assistance to make choices about accepting employment or increasing work hours.

**NJ Workability**
1-888-285-3036  
www.state.nj.us

The workability program offers people with disabilities who are working, and whose income would otherwise make them ineligible for Medicaid, the opportunity to pay small premium and receive full NJ Medicaid coverage. To be eligible one must meet certain eligibility/income criteria.

**Raritan Valley Easter Seals**
25 Kennedy Boulevard  
East Brunswick, NJ 08816  
732-257-6662  
www.easterseals.com

Offers vocational rehabilitation to the handicapped through evaluation, training and provision of competitive employment.

**JFK Rehabilitation Institute**
JFK Medical Center Vocational Rehabilitation Institute  
65 James Street  
Edison, NJ 08818-3059  
732-321-7069  
www.jfkmc.org

Professional Office Skill Training (POS) is a 26-week course available to handicapped persons who meet eligibility guidelines.

**RSVP 55+ Volunteer Program**
JFS of Middlesex County  
32 Ford Avenue, 2nd Floor  
Milltown, NJ 08850  
732-777-1940  
www.jfsmiddlesex.org

**Senior Community Service Employment Program**
**Title V – Workforce 55+**
550 Jersey Avenue  
New Brunswick, NJ 08901  
732-937-5237 / 732-937-5233  
www.jobs4jersey.com

Assists individuals 55 years of age or over with their employment and training needs. Individuals must meet income eligibility requirements.

**Middlesex County One Stop Career Center**
550 Jersey Avenue  
New Brunswick, NJ 08901  
732-937-6200  
www.middlesexcountynj.gov

Provides free job training, including workshops for resume writing, interviewing techniques, etc. Career counselors are available to assist in job searching. Computers with internet access are available, as well as printers, fax machines and copy machines.
Displaced Homemaker Center
Jewish Family Services of Middlesex County
32 Ford Avenue
Milltown, NJ 08850
732-777-1940
www.jfsmiddlesex.org

Provides job counseling, training and placement, and financial management services.

ENERGY ASSISTANCE

Low Income Home Energy Assistance Program (LIHEAP)
Puerto Rican Action Board
90 Jersey Avenue
New Brunswick, NJ 08903-0240
732-828-4510
www.energyassistance.nj.gov

This program assists eligible low-income individuals with a benefit towards heating and cooling costs. Monthly gross income cannot exceed $1,962 for one person and $2,655 for two people. Applications are accepted October 1st – April 30th.

Lifeline Program
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745 / 609-588-7161
www.state.nj.us

Lifeline is a utility assistance program that offers $225 to persons who meet PAAD eligibility requirements or who receive Supplemental Security Income (SSI).

Gross annual income must not exceed $26,575 for a single person, or $32,582 for a married couple.

New Jersey Citizen Action Oil Group
1-800-464-8465
www.njcaoilgroup.com

A project of NJ Citizen Action which provides consumers with an alternate to the high cost of home heating fuel by using group purchasing power to negotiate discount prices with heating oil suppliers for their members.

New Jersey Comfort Partners
888-773-8326
www.njcleanenergy.com

A program to assist eligible low income families save energy and money by making their homes more energy efficient.

Statewide Heating Assistance and Referral for Energy Services (NJ SHARES)
1901 North Olden Ave. Extension
Ewing, NJ 08618
866-657-4273
www.njshares.org

NJ Shares provides temporary assistance to moderate and fixed income households experiencing a financial crisis. This program is for those who do not qualify for Federal and State assistance programs due to income.
You must have a past due balance and demonstrate a good faith attempt to pay bills. There are no income guidelines but you must show a financial need.

Applications are accepted through these agencies:

- **Puerto Rican Action Board**  732-828-4510
- **Puerto Rican Association for Human Development**  732-442-1081
- **Catholic Charities**  732-826-6278

**Payment Assistance for Gas and Electric (PAGE)**
Puerto Rican Action Board PAGE Program
90 Jersey Avenue
New Brunswick, NJ 08901
732-828-4510
www.njpoweron.org

This program is designed to help low to moderate income households who are facing a financial situation that includes a documented notice of overdue payments for gas and electric and have a past history of making regular payments.

Clients who have previously received a TRUE grant can apply for a PAGE grant 60 days after receipt of the TRUE grant.

**Temporary Relief of Utility Expenses (TRUE)**
Puerto Rican Action Board TRUE Program
90 Jersey Avenue
New Brunswick, NJ 08901
732-828-4510
www.njpoweron.org

This program is designed to help low to moderate income households who are experiencing economic hardship. Must demonstrate past due balance and/or have received disconnection notice and/or service has been disconnected. Annual income cannot exceed $54,963 for one person and $71,877 for two people.

**Universal Service Fund (USF)**
Puerto Rican Action Board
90 Jersey Avenue
New Brunswick, NJ 08901
732-828-4510
www.energyassistance.nj.gov

USF helps make natural gas and electric bills more affordable for low income households. Monthly gross income cannot exceed $1717 for one person and $2324 for two people.

**Weatherization Assistance Program**
Puerto Rican Action Board
90 Jersey Avenue
New Brunswick, NJ 08903
732-828-4510
www.energyassistance.nj.gov

Provides energy conservation measures for eligible low income homeowners by increasing energy efficiency in their homes.
FINANCIAL ASSISTANCE

Housing Coalition
Puerto Rican Action Board
90 Jersey Avenue
New Brunswick, NJ 08903
732-249-9700
https://prab.org/

A HUD certified Housing Coalition of Central Jersey provides a wide range of programs to assist Middlesex County residents with housing services. The following housing services are available: Homeownership Counseling, Mortgage Assist, Delinquency, Default, Foreclosure Mediation and loss Mitigation Counseling.

Middlesex County Board of Social Services
181 How Lane
New Brunswick, NJ 08903
732-745-3500

252 Madison Avenue
Perth Amboy, NJ 08861
732-324-5500
www.middlesexcwa.newark.rutgers.edu

Information and referral service, food stamps, financial assistance, medicaid, social services, counseling, and protective services for adults.

Middlesex County Division of Housing, Community Development and Social Services
75 Bayard Street - 2nd Floor
New Brunswick, NJ 08901
732-745-3025
www.middlesexcountynj.gov

Provides low and moderate income home owners with financial counseling, low interest loans to restore deteriorating homes in Middlesex County.

United States Department of Agriculture USDA – Rural Development
5th Floor North - Suite 500
8000 Midlantic Drive
Mount Laurel, NJ 08054
856-787-7700
www.rd.usda.gov/nj

Provides loans in rural areas to assist income eligible homeowners in obtaining decent, safe, and sanitary housing. The loans may be used for construction, repair, or purchase of housing in rural areas.

Verizon Communications Lifeline Service
888-337-3339

This program offers discounted local telephone service for qualified low-income residents and seniors 150% or below Federal Poverty Level.
GERIATRIC ASSESSMENT

COPSA Institute for Alzheimer’s Disease and Related Disorders
RUBHC
100 Metroplex Drive
Suite 200
Edison, NJ 08817
732-235-8400
www_ubhc_rutgers.edu

Comprehensive program for evaluation, treatment, and diagnosis of disorders. Medication & behavior management, and clinical drug trials.

George J. Otlowski, Sr. Center for Mental Health Care
570 Lee Street
Perth Amboy, NJ 08861
732-442-1666
www.middlesexcountynj.gov

Provides evaluation, diagnosis, treatments and support for the many types of behavioral issues experienced in the aging process. Treats the physical and emotional needs of both patients and their loved ones.

Geriatric Evaluation and Management Service (GEMS)
Division of Geriatrics
Saint Peter’s University Hospital
Cares Building - 4th Floor
254 Easton Avenue
New Brunswick, NJ 08901
732-745-6655
www.saintpetershcs.com/geriatric

Comprehensive program to treat the physical and psychological needs of persons 60 and over.

HEALTH FOUNDATIONS AND ASSOCIATIONS

American Cancer Society
2600 U.S. Hwy. #1
North Brunswick, NJ 08902
800-227-2345 / 732-297-8000
www.cancer.org

Information, peer support programs, local transportation to treatment, guidance, counseling, equipment loans, and patient supplies.

National Cancer Institute
Cancer Information Service
800-422-6237
www.cancer.gov
American Diabetes Association
Center Point II
1160 Rt. 22E - Suite 103
Bridgewater, NJ 08807
800-342-2383
www.diabetes.org

Provides pamphlets, educational programs, newsletters, referrals, and support groups.

American Heart Association
1 Union Street - Suite 301
Robbinsville, NJ 08691
800-242-8721 / 609-208-0020
www.heart.org

Information and referral services, CPR training, patient education programs, nutrition courses, professional education programs, and cardiac support groups.

American Lung Association
of New Jersey
P.O. Box 10188
Newark, NJ 07101
800-LUNG-USA / 908-685-8040
www.lung.org

Information and referral services, professional services to consumer and health care providers relating to asthma, tuberculosis, respiratory disease, and environmental health. Low-cost smoking cessation clinics.

American Parkinson Disease Association
P.O. Box 910
New Brunswick, NJ 08903
732-745-7520 / 800-223-2732

Provides information and resources, education programs, newsletters, support groups and speakers.

Arthritis Foundation
555 Route 1 South - Suite 320
Iselin, NJ 08830
888-467-3112 / 732-283-4300
www.arthritis.org/new-jersey

Provides information and referrals, support groups, self-help courses, water exercise and fitness programs, and speakers for community groups.

Deborah Hospital Foundation
212 Trenton Road
Browns Mills, NJ 08015
609-283-9019
www.deborahfoundation.org

Correction of operable heart defects and treatment of all lung disease without any restriction of race, religion or ability to pay.

Epilepsy Foundation
National Information Center
1 AAA Drive #203
Trenton, NJ 08691-181
800-336-5843
www.epilepsy.com

Muscular Dystrophy Association
25 E. Spring Valley Avenue #210
Maywood, NJ 07607
201-843-4452
www.mda.org

Registered clients can obtain free diagnosis and follow-up care at the JFK Medical Center in Edison, College Hospital and United Hospital in Newark and at Monmouth Medical. DA clinics provide initial diagnosis and comprehensive services inclusive of orthopedic aids, flu inoculation, and recreational outings.
Hearing Aid Dispenser Examiners Committee  
P.O. Box 45038  
Newark, NJ 07101  
973-504-6331  
www.njconsumeraffairs.gov

Regulates the practice of hearing aid dispensers in the state of New Jersey.

Hearing Aid Helpline  
800-521-5247 Ext. 333

Provides a free kit of consumer information.

Hear NOW  
800-648-4327

Assists people who are deaf or hard of hearing and who have no resources to acquire hearing aids. Hear Now also collects hearing aids for recycling purposes.

NJ Division of Deaf and Hard of Hearing  
P.O. Box 074  
Trenton, NJ 08625-0074  
800-792-8339  
609-984-7281 (TTY)  
www.state.nj.us humanservices/ddhh/

Provides interpreter referral service, information and referral hotline, telephone equipment. Also provides advocacy, employment/vocational opportunities, and assists with social, legal, medical, educational & recreational issues.

HEARING

Clear Captions  
2619 Birchwood Court  
North Brunswick, NJ 08902  
908-208-9415  
www.clearcaptions.com

Hearing Aid Assistance to the Aged and Disabled (HAAD)  
NJ Department of Health and Senior Services  
P.O. Box 715  
Trenton, NJ 08625-0715  
800-792-9745  
609-588-7180 TTY

Provides a $100 reimbursement to eligible persons who purchase a hearing aid.

- Must be a New Jersey resident with income less than $26,655 for a single person, or income less than $32,680 if married.

- Applicant must be 65 and older, or 18 years of age and receiving Social Security Disability benefits.
HOME CARE SERVICES

Princeton Home Care (PHCS)
88 Princeton-Hightstown Road
Princeton Junction, NJ 08550
609-497-4900
www.princetonhcs.org

Services include skilled nursing, physical, occupational, speech and home infusion therapy, medical social service, and home health aides.

Middlesex County Office of Aging and Disabled Services
75 Bayard Street, 5th Floor
New Brunswick, NJ 08901
732-745-3295 or 1-877-222-3737
www.middlesexcountynj.gov

Through various County and State programs, in-home support services are available for those who qualify. Programs such as:

- **JACC** (Jersey Assistance For Community Caregiving)
- **MCMAP** (Middlesex County Multi-Assistance Program)

- **MLTSS** (Managed Long Term Services and Supports)
- **The Statewide Respite Program**

The following services may be obtained through these programs:

- Home Health Aide Services
- Companion Services
- Social/Medical Adult Day Care
- Chore Services
- Private Duty Nurse
- Medical Transportation
- Medical Equipment & Supplies
- Personal Emergency Response System
- Environmental Modification/Barrier Free

All programs have specific financial criteria and special requirements to be met in order to qualify. Call for a screening to determine eligibility.

Robert Wood Johnson Visiting Nurse
VNA of Central Jersey
972 Shoppes Boulevard
North Brunswick, NJ 08902
888-997-9584
www.rwjuh.edu/rwjuh/homecare

Provides skilled nurses, physical and occupational therapists, speech therapists, medical social workers and home health aides.
HOME IMPROVEMENT

Middlesex County
Safe Housing Program

Residential Maintenance Services are provided to seniors, age 60 and over, whom are homeowners residing in the following towns in Middlesex County. The emphasis of this program is to provide a healthy, safe and secure home to older individuals who can no longer perform the tasks necessary to insure these conditions. The Residential Maintenance programs provide minor repairs and improvements to the homeowners. There is no fee for this service but applicants are given the opportunity to voluntarily contribute to the cost of the service.

For further information, contact one of the following agencies:

Perth Amboy Senior Center
732-826-1690

Sayreville Senior Center
732-390-7058

South River
732-257-2340

Spotswood Office on Aging
732-251-3432

Middlesex County Division of Housing, Community Development and Social Services
75 Bayard Street, 2nd Floor
New Brunswick, NJ 08901
732-745-3025

USDA Rural Development
5th Floor North - Suite 500
8000 Midlantic Drive
Mount Laurel, NJ 08054
856-787-7700
www.rd.usda.gov

Loan/grant funds are available to help very low-income homeowners of modest single family homes in rural areas repair their homes. For homeowners 62 and over who cannot repay a loan, grant funds are available to remove health or safety hazards, or remodel dwellings to make them accessible to those with disabilities.
HOMELESS SHELTERS

Fish Hospitality Program
456 New Market Road
Piscataway, NJ 08854
732-968-5957
www.fishhospitality.org

Provides homeless women and families with shelter and meals.

Ozanam Family Shelter
89 Truman Drive
Edison, NJ 08817
732-985-0327
732-247-3270

For single women and families with children.

Ozanam Shelter of New Brunswick
20-22 Abeel Street
New Brunswick, NJ 08901
732-729-0850

For homeless men.

St. John’s Center
24 Abeel Street
New Brunswick, NJ 08901
732-745-9800

Services include: shelter screening, referral to food banks and clothing.

The Salvation Army
Emergency Winter Shelter
433 State Street
Perth Amboy, NJ 08861
732-826-7040
http://newjersey.salvationarmy.org

For homeless men.

HOSPICE PROGRAMS

Hospice care provides physical and emotional care for the terminally ill and their families.

American Hospice of NJ
400 Broadacres Drive
Bloomfield, NJ 07003
973-893-0818
www.americanhospice.com

Barbara E. Cheung Memorial Hospice-Roosevelt Care Center
118 Parsonage Road
Edison, NJ 08837
732-321-6800
www.rooseveltcarecenter.com
Caring Hospice Services of Central Jersey
1090 King Georges Post Road
Suite 703
Edison, NJ 08837
732-661-9373
www.caringhospice.com

Haven Hospice Program
JFK Medical Center
65 James Street
Edison, NJ 08818
732-321-7769
www.havenhospice.org

Stein Hospice of NJ
49 Veronica Avenue - Suite 206
Somerset, NJ 08873
732-227-1212
www.wilfcampus.org/hospice/

Princeton Homecare Hospice Program
88 Princeton-Hightstown Road
Princeton Junction, NJ 08550
609-497-4900
www.princetonhcs.org

Kindred Hospice
242 Old New Brunswick Road
Suite 140
Piscataway, NJ 08854
732-562-8800

VNA Health Group
176 Riverside Avenue
Red Bank, NJ 07701
1-800-400-0981
www.vnahg.org

HOSPITALS / HEALTH CENTER

Cancer Institute of New Jersey
195 Little Albany Street
New Brunswick, NJ 08901
732-235-2465
www.cinj.org

Eric B. Chandler Health Center
277 George Street
New Brunswick, NJ 08901
732-235-6700
www.rwjms.rutgers.edu

Jewish Renaissance Medical Center
275 Hobart Street
Perth Amboy, NJ 08861
732-376-9333
www.jrmc.us

JFK Medical Center
65 James Street
Edison, NJ 08818
732-321-7000
732-321-7050 Rehab Institute
www.jfkmc.org
University Medical Center at Princeton
1 Plainsboro Road
Plainsboro, NJ 08536
609-853-7000
www.princetonhcs.org

Robert Wood Johnson University Hospital Rahway
865 Stone Street
Rahway, NJ 07065
732-381-4200
www.rwjuhr.com

Raritan Bay Medical Center
1 Hospital Plaza
Ferry Road & Route 18
Old Bridge, NJ 08857
732-360-1000
www.rbmc.org

Raritan Bay Medical Center
530 New Brunswick Avenue
Perth Amboy, NJ 08861
732-442-3700
www.rbmc.org

Robert Wood Johnson University Hospital
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732-828-3000
www.rwjuh.edu

Saint Peter’s University Hospital
254 Easton Avenue
New Brunswick, NJ 08901
732-745-8600
www.saintpetershcs.com

Somerset Medical Center
110 Rehill Avenue
Somerville, NJ 08876
908-685-2200
www.smc.rwjuh.info

Veterans Administration
NJ Health Care System
385 Tremont Avenue
East Orange, NJ 07018
973-676-1000

151 Knollcroft Road
Lyons, NJ 07939
908-647-0180
www.newjersey.va.gov

Housing

Catholic Charities
732-826-6278
www.ccdom.org

One time assistance for back-rent, security deposit.

Central Jersey Housing Resource Center
600 First Avenue - Suite 3
Raritan, NJ 08869
908-704-8901
www.cjhrc.gov

NJ Homeless Hotline – 211

Home Sharing, Inc.
The People Care Center
120 Finderne Avenue
Bridgewater, NJ, 08807
908-526-4663
www.homesharing.org

Assists home “Providers” who have a separate bedroom for rent, with finding a home “Seeker” who is looking for somewhere to live.
Homelessness Prevention Program

PRAHD
89 Truman Avenue
Edison, NJ 08817
732-638-2870

Provided limited financial assistance to low & moderate income tenants and homeowners in imminent danger of eviction or foreclosure due to temporary financial problems beyond their control.

Housing Coalition
Puerto Rican Action Board (PRAB)
90 Jersey Avenue
New Brunswick, NJ 08903
732-249-9700
www.prab.org

- Homeownership Counseling for first time home buyers.
- Mortgage Counseling to explore options to avoid foreclosure.
- Tenant/Landlord Counseling on rights and responsibilities under state and local laws, regulations and ordinances.
- Fair Housing Counseling to victims of discrimination.
- Case Management/Permanent Housing Counseling to assist those who are homeless, housed in substandard conditions or at risk of losing housing due to eviction or foreclosure.

Middlesex County
Office of Human Services
Division of Housing, Community Development & Social Services
75 Bayard Street - 2nd Floor
New Brunswick, NJ 08901
732-745-3025
www.middlesexcounty.nj.gov

Provides federal funds for housing, rehabilitation, and rental assistance to eligible applicants who reside in designated communities in Middlesex County.

New Jersey
Department of Community Affairs
45 Kilmer Road
Edison, NJ 08817
732-777-6999
www.state.nj.us/dca/

Administers the Section 8 Tenant-Based Assistance Program which is funded by the US Department of Housing and Urban Development (HUD). The purpose of this program is to make decent, safe and sanitary housing available to very low-income households in the private rental market. Households that meet eligibility requirements receive help with their monthly rent and utility costs.

RUBHC - Housing Assistance
732-235-6184
www.ubhc.rutgers.edu

One time housing financial assistance for individuals with a psychiatric diagnosis. Based on available funding.
U.S. Department of Housing and Urban Development
1 Newark Center - 13th Floor
Newark, NJ 07102
973-622-7900
www.hud.gov

Housing Discrimination Hotline
800-669-9777

Disseminates funds to community development agencies and public housing authorities. Information on home improvement loans, mortgage insurance, and urban homesteading program.

ALTERNATE FAMILY CARE

A community based program where up to three persons receive room, board, personal care and other supportive health and social services in the home of an unrelated individual who has been approved and trained by the following sponsor agencies serving Middlesex County.

Care Management 2000, Inc.
258 Park Street
Upper Montclair, NJ 07043
973-655-0121

BOARDING HOMES

This type of facility provides rooms and meals to tenants. Rooms and baths may be either private or shared. Other services may be offered depending on the facility.

MONROE TOWNSHIP

Gibbons Rest Home
418 Schoolhouse Road
Monroe Township, NJ 08831
732-641-2370

Millenium Memory Care
310 Buckelew Avenue
Monroe Township, NJ 08831
609-521-8855
www.milleniummemorycare.com

*For Alzheimer’s, Dementia and other types of memory issues.

Woodhaven Rest Home
373 Schoolhouse Road
Monroe Township, NJ 08831
732-521-3066

OLD BRIDGE

Community House
Catholic Charities
124 Bentley Avenue
Old Bridge, NJ 08857
732-251-0022
www.communityhouse-saintthomas.org

SOUTH RIVER

Memory Care Living
69 Burton Avenue
South River, NJ 08880
732-390-4663

A distinctive memory care home specializing in care for those with dementia/memory impairment.
CONTINUING CARE 
RETIREMENT COMMUNITIES

Provide housing, services and health care to people of retirement age. Increasing levels of care is provided to meet the needs of residents from independent living to a variety of health and nursing needs. There is an entrance fee and a monthly fee.

MONROE TOWNSHIP

Monroe Village
1 David Brainerd Drive
Monroe Township, NJ 08831
732-521-6400
www.monroevillageonline.org

HOME SHARING/SHARED LIVING RESIDENCES

The following organizations assist those who are in need of housing, with those who are looking to share their residence.

Homesharing Inc.
People Care Center
120 Finderne Avenue
Bridgewater, NJ 08807
908-526-4663
www.homesharing.org

Middlesex Match
Puerto Rican Action Board
New Brunswick, NJ 08901
732-249-9700

RESIDENTIAL HEALTH CARE FACILITIES

These facilities provide health maintenance and services under the direction of a professional nurse. Other services such as meals, housekeeping, and recreational services are also provided. Most services are included in the rent, but some may be purchased separately.

CRANBURY/HIGHTSTOWN

Holly House
117 Dey Street
Hightstown, NJ 08520
609-443-0465
www.hollyhouseresidence.com

JAMESBURG

Lincoln Rest Center
40 Lincoln Avenue
Jamesburg, NJ 08831
732-521-0730

MONROE TOWNSHIP

Kestler’s Rest Home
5 North State Home Road
Monroe Township, NJ 08831
732-521-1747

Meadowview Care Center
319 Spotswood-Gravel Hill Road
Monroe Township, NJ 08831
732-521-4948

Pamid Haven
357 Bucklelew Avenue
Monroe Township, NJ 08831
732-521-1194
NEW JERSEY

New Jersey Firemen’s Home
565 Lathrop Avenue
Boonton, NJ 07005
973-334-0024
www.njfn.org

The home is exclusively for the care and support of aged, indigent and disabled firefighters.

RETIREMENT COMMUNITIES

Designed for active, independent older people age 55 years or older. Social and recreational activities and limited services such as transportation are usually provided. Units are usually for sale, but some may be rented. There is usually a monthly fee.

EAST BRUNSWICK

Cedar Village at East Brunswick
5108 Cedar Village Boulevard
East Brunswick, NJ 08816
732-236-7831
www.cedar-village.com

Waterford at East Brunswick
540 Cranbury Road
East Brunswick, NJ 08816
732-238-1367

HELMETTA

Regency Walk
13 Appleby Drive
Helmetta, NJ 08828
732-521-0398

MONROE TOWNSHIP

Clearbrook
Community Association
1 Clearbrook Drive
Monroe Township, NJ 08831
609-655-2706
www.concordia-community.com

Concordia
1 Clubhouse Drive
Monroe Township, NJ 08831
609-655-0382
www.concordia-community.com

Encore Monroe
397 Blossom Way
Monroe Township, NJ 08831
609-409-7454
www.encoremonroe.com

Greenbriar at Whittingham
100 Whittingham Drive
Monroe Township, NJ 08831
609-395-0404
www.gwmonroe.com

The Ponds
100 Waterside Boulevard
Monroe Township, NJ 08831
609-655-0821
www.thepondsnj.net

Regency at Monroe
530 Buckelew Avenue
Monroe Township, NJ 08831
732-605-1717
www.regencyatmonroe.com

Rossmoor Community
2 Rossmoor Drive
Monroe Township, NJ 08831
609-655-1000
www.rossmoor-nj.com
Renaissance at Cranbury Crossing
48 Vineyard Court
Monroe Township, NJ 08831
609-395-7114

Renaissance at Monroe
101 Medici Road
Monroe Township, NJ 08831
609-443-5446

Waterside Villas
1 Overlook Drive
Monroe Township, NJ 08831
609-409-0018
www.watersidevillagenj.com

WOODBRIDGE

Woodbridge Hills
400 Hampton Lane
Iselin, NJ 08830
732-636-5190

SUBSIDIZED / AFFORDABLE APARTMENTS

Apartment style housing designed for people aged 62 and over or the disabled. There are income guidelines for eligibility. Some buildings offer services such as housekeeping, meals, transportation and recreational activities.

CRANBURY

Cranbury Housing Associates, Inc.
216 Rockingham Row
Princeton Forrestal Village
Princeton, NJ 08540
609-786-1102
www.cranbury.org

EAST BRUNSWICK

Halls Corner
551 Cranbury Road
East Brunswick, NJ 08816
732-257-1906
*62 and older only
www.eastbrunswick.org

Oak Creek Village
401 New Brunswick Avenue
East Brunswick, NJ 08816
732-254-4488
www.eastbrunswick.org

Jeanette Smith Village
Noe Street
Carteret, NJ 07008
732-541-6800

Joseph Hermann Gardens
Union Street
Carteret, NJ 07008
732-541-6800

Victoria Copeland Senior Home
Essex Street and Union Street
Carteret, NJ 07008
732-541-6800

CARTERET

Carteret Housing Authority
96 Roosevelt Avenue
Carteret, NJ 07008
732-541-6800
www.ci.carteret.nj.us
EDISON

Edison Housing Authority
Willard Dunham Drive
Edison, NJ 08837
732-549-3301

14 Rev. Samuel Carpenter Blvd.
Edison, NJ 08820
908-561-2525
www.edisonhousing.com

Inman Grove Senior Housing
1061 Inman Avenue
Edison, NJ 08820
908-561-2203

Julius Engel Gardens
Willard Dunham Drive
Edison, NJ 08837
732-549-3301

Robert E. Holmes Gardens
14 Rev. Samuel Carpenter Blvd.
Edison, NJ 08820
908-561-2525

Village Court Seniors
32 North Reading Road
Edison, NJ 08817
732-486-2194

HIGHLAND PARK

AHEPA – Highland Apartments
239 South 6th Avenue
Highland Park, NJ 08904
732-572-0700
www.highlandparkhousing.org

Samuel J. Kronman Complex
242 South 6th Avenue
Highland Park, NJ 08904
732-572-4420

Barclay Village
Lake Street
Jamesburg, NJ 08831
732-521-5003

Metuchen Senior Citizens Housing
35 Lincoln Avenue
Metuchen, NJ 08840
732-494-6700

Watchung Terrace
100 Watchung Terrace
Middlesex, NJ 08846
732-356-0681

NEW BRUNSWICK

New Brunswick Housing Authority
P.O. Box 110
New Brunswick, NJ 08901
732-745-5147
www.newbrunswickhousing.org

55 Harvey at Providence Square
55 Harvey Street
New Brunswick, NJ 08901
732-246-3278

John P. Fricano Towers
90 Neilson Street
New Brunswick, NJ 08901
732-246-7681

Livingston Manor
116 Livingston Avenue
New Brunswick, NJ 08901
732-828-4083
Lord Stirling Senior Apts.
40 Hassart Street
New Brunswick, NJ 08901
732-214-9381

Providence Square
217 Somerset Street
New Brunswick, NJ 08901
732-828-4083

St. Mary’s Apartments
260 Remsen Avenue
New Brunswick, NJ 08901
732-247-8470

**NORTH BRUNSWICK**

No. Brunswick Housing Authority
710 Hermann Road
North Brunswick, NJ 08902
732-247-0922
www.northbrunswicknj.gov

Martin Gerber Apts.
550 Remsen Avenue
North Brunswick, NJ 08902
732-246-7788

North Brunswick Senior Housing
740 Hermann Road
North Brunswick, NJ 08902
732-296-7122

**OLD BRIDGE**

Old Bridge Housing Authority
1 Old Bridge Plaza
P.O. Box 700
Old Bridge, NJ 08857
732-721-5600 ext. 6410 or 6415
www.oldbridgehousing.com

Birchwood at Old Bridge
100 Mimi Road
Old Bridge, NJ 08857
732-416-1400

Chuck Costello Complex
1998 Rt. 18 North
Old Bridge, NJ 08857
732-679-0534
*For individuals with special needs.

Maher Manor
2000 Rt. 18 North
Old Bridge, NJ 08857
732-679-1763

Rotary Senior Housing
100 Ticetown Road
Old Bridge, NJ 08857
732-679-9070

**PERTH AMBOY**

Perth Amboy Housing Authority
881 Amboy Avenue
Perth Amboy, NJ 08861
732-826-3110
www.perthamboyha.org

High Street Apartments
315 High Street
Perth Amboy, NJ 08861
732-826-4222

The Parkview
618 New Brunswick Avenue
Perth Amboy, NJ 08861
732-324-1600

Richard F. Stack Apartments
333 Rector Street
Perth Amboy, NJ 08861
732-826-3110
Wesley T. Hansen Apartments
415 Fayette Street
Perth Amboy, NJ 08861
732-826-3110

PISCATAWAY

Affordable Housing
505 Sidney Road
Piscataway, NJ 08854
732-562-6570

Sterling Village
1 Sterling Village Drive
Piscataway, NJ 08854
732-699-0033

SAYREVILLE

Housing Authority Gillette Manor
650 Washington Road
Sayreville, NJ 08872
732-721-8400
www.sayrevilleha.org

Lakeview at Sayreville
1 Kulas Lane
Parlin, NJ 08859
732-727-8833

SOUTH AMBOY

South Amboy Housing Authority
250 South Broadway
P.O. Box 817
South Amboy, NJ 08879
732-721-1831
www.southamboyhousing.com

Hillcrest Manor Senior Residence
2097 Route 35
South Amboy, NJ 08879
732-721-5300

Robert Noble Manor
241 Gordon Street
South Amboy, NJ 08879
732-721-7500

Dohaney Homes
Affordable Housing
Bayshore Drive
South Amboy, NJ 08879
732-721-1831

Woodrow McCarthy Towers
250 South Broadway
South Amboy, NJ 08879
732-721-1831

SOUTH BRUNSWICK

Citizens for Independent Living
100 Woods Lane
Monmouth Junction, NJ 08852
732-355-0620
www.southbrunswickcil.com

Charleston Place
3424 Route 27
Kendall Park, NJ 08824
732-297-7966

Oak Woods Senior Residence
700 Woods Lane
Monmouth Junction, NJ 08852
732-355-9009

Woodhaven at South Brunswick
1401 Jones Drive
Princeton, NJ 08540
732-329-6807
www.emess.com
SOUTH PLAINFIELD

South Plainfield Senior Residence
151 Morris Avenue
South Plainfield, NJ 07080
908-755-6600

SOUTH RIVER

South River Landing
20 Wojie Way
South River, NJ 08882
732-238-3838

Willett Manor
340 Whitehead Avenue
South River, NJ 08882
732-257-8221

SPOTSWOOD

Crescent Park
1 Arlington Avenue
Spotswood, NJ 08884
732-723-0008

Woodmere Senior Housing
250 Crescent Avenue
Spotswood, NJ 08884
732-251-3242

WOODBRIDGE

Woodbridge Housing Authority
20 Bunns Lane
Woodbridge, NJ 07095
732-634-2750
www.woodbridgehousingauthority.org

Adams Towers
555 Rahway Avenue
Woodbridge, NJ 07095
732-634-2750

Cooper Towers
1422 Oak Tree Road
Iselin, NJ 08830
732-634-2750

Finn Towers
19 Martin Terrace
Woodbridge, NJ 07095
732-634-2750

Greiner Towers
460 Inman Avenue
Colonia, NJ 07067
732-634-2750

Maple Tree Manor
1255 Rahway Avenue
Avenel, NJ 07001
732-636-1313

Olsen Towers
555 New Brunswick Avenue
Fords, NJ 08863
732-634-2750

Stern Towers
555 Brook Street
Woodbridge, NJ 07095
732-634-2750
IMMIGRATION AND NATURALIZATION

United States Department of Homeland Security
Citizenship & Immigration Services (USCIS)
970 Broad Street - Room 136
Newark, NJ 07102
www.uscis.org

USCIS National Customer Service Center
800-375-5283

The following agencies provide assistance in citizenship services:

Catholic Charities
319 Maple Street
Perth Amboy, NJ 08861
732-324-8200

Jewish Family
Services of Middlesex County
32 Ford Avenue
Milltown, NJ 08850
732-777-1940

INCOME TAX PREPARATION

Free state and federal income tax assistance is available:

AARP
Tax Aide - Site locator
1-888-227-7669
www.aarp.org

A nationwide tax counseling and tax return preparation service for the low-to-moderate income senior. Home visits are available to the homebound and the handicapped.

Internal Revenue Service
Volunteer Income Tax Assistance - VITA Site Locator
1-800-906-9887
www.irs.treasury.gov

The Internal Revenue Service provides free assistance in the preparation of tax returns. Call the above number for a site near you.
LEGAL SERVICES

Middlesex County Bar Association Lawyer Referral Service
87 Bayard Street
New Brunswick, NJ 08901
732-828-0053

Offers a lawyer referral service for senior citizens in Middlesex County. There is a $35 consultation fee when meeting with an attorney. Hours: Monday – Friday, 9am - 3pm

Middlesex County Legal Services Corporation
317 George Street - Suite 201
New Brunswick, NJ 08901
732-249-7600

313 State Street - Suite 308
Perth Amboy, NJ 08861
732-324-1613
www.lsnj.org/cjls/

Provides free legal services in civil matters to eligible individuals unable to retain a private attorney. Legal assistance and representation are provided in landlord/tenant issues, public assistance, social security income denial, food stamps, medical bills, matrimonial/family affairs, consumer problems and bankruptcy.

Middlesex County Surrogate Office
75 Bayard Street - 1st Floor
New Brunswick, NJ 08901
732-745-3055
www.middlesexcountynj.gov

Provide information and services pertaining to wills (probate), trusts, adoptions, and guardianship. Satellite offices located throughout Middlesex County. Call for Details

Office of the Public Guardian and Elder Rights
P.O. Box 812
Trenton, NJ 08625-0812
609-588-6500
www.state.nj.us/humanservices

OPG acts as a surrogate decision maker for residents 60 and over who have been deemed incapacitated by the Superior Court of NJ.

Inheritance Tax Office - NJ
50 Barrack Street
P.O. Box 249
Trenton, NJ 08695
609-292-5033
www.state.nj.us/treasury

The Legal Services of NJ Domestic Violence Representation Project (DVRP)
732-572-9100

Provides direct representation, referral, and advice to low-income women, including those victimized by family members and caregivers.
MEDICAL EQUIPMENT/ASSISTIVE DEVICES

Advancing Opportunities
1005 Whitehead Road Extension
Suite 1
Ewing, NJ 08638
609-882-4182
www.assistivetechnologycenter.org

Disability Rights NJ
The Assistive Technology Advocacy Center (ATAC)
210 South Broad Street - 3rd Floor
Trenton, NJ 08608
609-292-9742

ATAC provides assistance to persons with disabilities to obtain assistance technology devices and/or services.

Goodwill Home Medical Equipment
18 Arctic Parkway
Ewing, NJ 08638
609-396-1513
www.goodwillhomemedical.org

Gently used home medical equipment and unopened medical supplies at affordable prices.

Health Equipment Loan Program H.E.L.P.
Anshe Emeth Community Development Corp.
222 Livingston Avenue
New Brunswick, NJ 08901
732-296-9922

Through this program people who meet the financial guidelines can borrow a variety of medical equipment at no cost. The only fee is a deposit that is refunded when the equipment is returned.

VNA Watch 1-800-400-0981

This system offers a help console and a waterproof personal transmitter worn on the wrist or as a pendant. A 12-hour battery back-up and two-way voice contact are part of this 24-hour, 7-days-a-week system. There is an installation fee plus monthly charges.
MEDICAID

Medicaid District Office
Jupiter Business Plaza
Suite 1H-A, 3499 Hwy 9N
Freehold, NJ 07728
732-863-4400

Provides information about Medicaid benefits and provides listings of Medicaid Providers.

Middlesex County Board of Social Services
181 How Lane
New Brunswick, NJ 08901
732-745-3500
732-745-6706 Fax
http://middlesexcwa.newark.rutgers.edu/

Applications for all Medicaid programs are available through the Board of Social Services. All programs have income and asset guidelines.

Medicaid Fraud and Abuse Hotline
888-9-FRAUD 5 or 888-937-2835

NJ Medicaid Hotline
1-800-356-1561

MEDICARE

Centers for Medicare and Medicaid Services
7500 Security Blvd.
Baltimore, MD 21244

1-800-MEDICARE
1-800-633-4227
www.medicare.gov

For general inquiries or questions about eligibility, coverage, and claims, call the number above or visit www.medicare.gov or www.mymedicare.gov

Livanta, LLC.
1-866-815-5440
1-877-588-1123
www.livanta.com

Livanta is contracted by the federal government to ensure that Medicare beneficiaries receive quality medical care. Call to appeal discharges from a hospital, nursing home, rehab facility, hospice or home health agency or to file an appeal if Medicare services are ending. If you have quality of care concerns, call to file a complaint.

Medicare Fraud and Abuse Hotline
1-800-447-8477
www.stopmedicarefraud.gov
Medicare Rights Center
1-800-333-4114
www.medicarerights.org

Helps people with Medicare understand their rights and benefits, navigate the Medicare system and secure quality care.

Medicare Interactive
www.medicareinteractive.org

A free tool provided by the Medicare Rights Center, that features Medicare information written in user-friendly language.

Senior Medicare Patrol of NJ JFVS
32 Ford Avenue - 2nd Floor
Milltown, NJ 08850
732-777-1940 ext. 1117
1-877-678-4697
www.jfsmiddlesex.org

Educates Medicare and Medicaid beneficiaries about preventing, detecting and reporting fraud.

State Health Insurance Assistance Program - SHIP
Jewish Family Services
32 Ford Avenue
Milltown, NJ 08850
732-777-1940
www.jfsmiddlesex.gov

Counselors provide free help to Medicare beneficiaries who have problems with or questions about Medicare, health insurance, Part D and or dealing with claims.

Specified Low Income Medicare Beneficiary (SLMB)
1-800-792-9745
www.state.nj.us/humanservices/doas

If eligible, SLMB offers assistance with paying the Medicare Part B monthly premium. Call to determine eligibility and for application.

NJ Dept of Banking and Insurance Division of Enforcement and Consumer Protection
P.O. Box 329
Trenton, NJ 08625-0325
800-446-7467
www.state.nj.us/dobi

To make complaints about the business practices of insurance companies.

NURSING HOMES

Aristacare at Alameda
303 Elm Street
Perth Amboy, NJ 08861
732-442-9540
www.alamedacenter.com

Amboy Care Center
1 Lindberg Avenue
Perth Amboy, NJ 08861
732-826-0500
www.amboynursingcenter.com
Atrium of Matawan
38 Freneau Avenue
Matawan, NJ 07747
732-765-5600
www.atriumhealthusa.com

Care One at East Brunswick
599 Cranbury Road
East Brunswick, NJ 08816
732-967-0100
www.care-one.com

Care One at the Highlands
1350 Inman Avenue
Edison, NJ 08820
908-754-7100
www.care-one.com

Cedar Oaks Care Center
1311 Durham Avenue
South Plainfield, NJ 07080
732-287-9555
http://cedaroakscenter.com

Cranbury Center
292 Applegarth Road
Monroe Township, NJ 08831
609-860-2500
www.genesishcc.com/cranbury

Elms of Cranbury
61 Maplewood Avenue
Cranbury, NJ 08512
609-395-0641
www.elmsofcranbury.com

Forrestal Skilled Nursing and Rehabilitation Center at the Windrows
5000 Windrow Drive
Princeton, NJ 08540
609-987-1221

Frances E. Parker Memorial Home
1421 River Road
Piscataway, NJ 08854
732-545-8330
www.franciseparker.com

Franklin Care Center
3371 Route 27
Franklin Park, NJ 08823
732-821-8000

Gardens at Monroe
189 Applegarth Road
Monroe Township, NJ 08831
609-448-7036
www.thegardensatmonroe.com

Golden Living Center - Old Bridge
6989 Rt.18 South
Old Bridge, NJ 08857
732-360-2277
www.goldenlivingcenters.com

JFK Hartwyck at Oak Tree
2048 Oak Tree Road
Edison, NJ 08820
732-906-2100
www.jfkhartwyck.org

JFK Hartwyck at Edison Estates
10 Brunswick Avenue
Edison, NJ 08817
732-985-1500
www.jfkhartwyck.org

Madison Center Genesis Eldercare
625 Route 34
Matawan, NJ 07747
732-566-6400
www.genesishcc.com/MadisonNJ
Willow Creek Rehabilitation and Care Center
1165 Easton Avenue
Somerset, NJ 08873
732-246-4100
www.genesishcc.com/willocreekNJ

NJ Department of Health Facilities, Evaluations and Licensing
800-792-9770
www.state.nj.us/health

Office of the Ombudsman for the Institutionalized Elderly
240 West State Street
Trenton, NJ 08625-0807
609-943-4026
877-582-6995 24-Hour Hotline
www.state.nj.us/ooie

Mailing Address:
P.O. Box 852
Trenton, NJ 08625-0852

Receives and investigates complaints of suspected abuse or exploitation of elderly people in institutions which include nursing homes, assisted living residences and also class C boarding homes.

NUTRITION PROGRAMS

NJ SNAP (formerly Food Stamps)
NJ’s Supplemental Nutrition Assistance Program
1-800-687-9512 Toll Free
732-745-3500 Middlesex County
www.middlesexcwa.newark.rutgers.edu

Nutrition assistance program to help low-income individuals and families buy the groceries needed to eat healthy. Seniors and people living with disabilities and/or living on low or fixed income may be eligible. To pre-screen or apply on-line, go to www.NJHelps.com.

MEALS ON WHEELS PROGRAM
Delivers meals to the homebound, elderly, ill, handicapped or blind that are unable to prepare meals. Some special diets are available. Call for additional information.

Greater New Brunswick Meals on Wheels
211 Livingston Avenue
New Brunswick, NJ 08901
732-249-3488
www.mowgnb.org

Serves residents of Highland Park and New Brunswick.
Kosher Meals on Wheels
Jewish Family Services of Middlesex County
52 Concordia Shopping Center
Monroe Township, NJ 08831
732-777-1940
www.jfsmiddlesex.org

Serves residents of East Brunswick, Monroe, and Old Bridge.

32 Ford Avenue
Milltown, NJ 08850
732-777-1940

Serves Avenel, Carteret, Colonia, Edison, Fords, Keasby, Highland Park, Metuchen, Parlin, Perth Amboy, Port Reading, and Woodbridge.

Metuchen, Edison, and
Woodbridge Meals on Wheels
2 George Frederick Plaza
Woodbridge, NJ 07095
732-634-4141

Middlesex County Office of Aging and Disabled Services Senior Meal Program
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-2062
www.middlesexcountynj.gov

Offers nutritious, hot, mid-day meals in a social atmosphere. Includes transportation, nutrition counseling, and recreation, to those 60 years of age or older. Suggested donations are $2.25 for on-site meals and $2.75 for home delivered meals. For information on congregate and home delivered meals, contact the following nutrition sites:

CARTERET
Thomas J. Deverin Community Center
100 Cooke Avenue
Carteret, NJ 07008
732-541-6221

EDISON
Edison Senior Center
2963 Woodbridge Avenue
Edison, NJ 08817
732-452-0377

OLD BRIDGE
Old Bridge Senior Center
George J. Bush Center for Human Services
1 Old Bridge Plaza
Old Bridge, NJ 08857
732-607-1582

PERTH AMBOY
Alexander J. Jankowski Community Center
1 Olive Street
Perth Amboy, NJ 08861
732-442-0930

PISCATAWAY
Piscataway Senior Center
700 Buena Vista Avenue
Piscataway, NJ 08854
732-743-9844

SAYREVILLE
Sayreville Senior Center
423 Main Street
Sayreville, NJ 08872
732-254-4299
SOUTH BRUNSWICK
South Brunswick Senior Center
540 Ridge Road
Monmouth Junction, NJ 08852
732-329-6171

SOUTH PLAINFIELD
South Plainfield Senior Center
90 Maple Avenue
South Plainfield, NJ 07080
908-753-1040

KOSHER CONGREGATE DINING
Jewish Family Services of Middlesex County Highland Park
Conservative Temple
201 South - 3rd Avenue
Highland Park, NJ 08905
732-777-1940
www.jfsmiddlesex.org

Discount cards can be obtained by contacting ProAct or at the Middlesex County on Aging and Disabled Services at 732-745-3295

Pharmaceutical Assistance to the Aged And Disabled (PAAD), Lifeline and Special Benefits
NJ Department of Human Services
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745 / 609-588-7049
609-588-7030 TTY
www.njpaad.gov

PAAD is a state-funded program to help pay for prescriptions. If eligible, there is a $5 for generic drugs and $7 for brand name drugs per prescription.

Eligibility Requirements:
- New Jersey Resident
- At least 65 years of age, or 18 years of age and receiving Social Security Disability benefits
- Income less than $26,665 if single and $32,680 for couples
- Required to be enrolled in a Medicare Part D Prescription Drug Plan

Applications are available at www.njpaad.gov or contact the MC Office of Aging and Disabled services at 732-745-3295.

Pro Act
Middlesex County Prescription Discount Card
1-877-776-2285
www.NJRxDiscountCard.com

This free prescription discount card helps lower prescription drug costs. This card is designed to be used if you do not have insurance or if something is not covered by your current insurance program. This card cannot be used in conjunction with another insurance program in order to discount co-pays or deductibles.

Senior Gold
NJ Department of Health and Senior Services
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745
www.njsrgold.gov
A prescription discount program for the elderly and disabled who do not qualify for the PAAD program. If eligible, the card holder pays a co-payment of $15 plus 50% of the remaining cost for each covered prescription or actual drug cost, whichever is less.

**Eligibility Requirements:**

- New Jersey resident
- At least 65 years of age or 18 years of age receiving Social Security Disability benefits
- Income is between $26,665 and $36,680 if you are single, or between $32,655 and $42,680 of combined income if married.
- Required to be enrolled in a Medicare Part D Prescription Drug Plan

Applications available at www.njsrgold.gov or contact the Middlesex County Office of Aging and Disabled Services 732-745-3295.

### RECREATION

**Fishing License / Hunting License**

**NJDEP**  
Division of Fish & Wildlife  
P.O. Box 402  
Trenton, NJ 08625-0400  
**908-637-4165**  
www.njfishandwildlife.com

Fishing licenses are available for a reduced rate of $12.50 for residents ages 65-69, a trout stamp is an additional charge. For those 70 and older, there is no fee. For hunting, a senior fire arm license is $15.50 and a bow and arrow license is $16.50, for those age 65 and over.

**Parks, Forests, and Historic Sites**

**NJDEP**  
Division of Parks and Forestry  
P.O. Box 404  
Trenton, NJ 08625-0404  
**800-843-6420 / 609-984-0370**  
www.nj.gov/dep/parksandforests/

Senior citizens pass allows free entry and parking for day use at any forest, park, or historic site administered by the State Park Service.
Summer and winter camp programs including arts & crafts, exercise classes, trips and overnight accommodations are available to seniors of Middlesex County 65 years of age or older.

New Jersey Division of Tourism
609-292-2470
www.visitnj.org

RENTAL ASSISTANCE
NJ Department of Community Affairs
45 Kilmer Road
Edison, NJ 08817
732-777-6999
www.statenj.us/dca

Provides information and assistance with Section 8 rent assistance for Middlesex County residents.

Rental Assistance Programs
Edison.........................732-549-3301
Highland Park.............732-572-4420

Middlesex County Division of Housing, Community Development and Social Services
75 Bayard Street - 2nd Floor
New Brunswick, NJ 08901
732-745-3025
www.middlesexcountynj.gov

Provides federal funds for housing, rehabilitation and rental assistance to eligible applicants who reside in designated communities.

RESPITE

Respite is a service that provides family members and other non-paid caregivers a break from the daily responsibility of caring for an elderly or disabled person.

Respite services may include:
- Companion Services
- Homemaker/Home Health Aids
- Medical Adult Day Care
- Social Adult Day Care
- Temporary Out-of-Home Care in a Medical Facility
- Private Duty Nursing
Statewide Respite Care Program  
Middlesex County Office of Aging and Disabled Services  
75 Bayard Street - 5th Floor  
New Brunswick, NJ 08901  
732-745-3295  
www.middlesexcountynj.gov

A Day Away  
Jewish Family Services of Middlesex County  
52 Concordia Shopping Center  
Monroe Township, NJ 08831  
609-395-7979  
www.jfsmiddlesex.org

A Respite Program for Alzheimer’s patients and their families.

Caregiver’s Assistance Respite Endeavor (CARE)  
Alzheimer’s Association  
800-272-3900  
www.alz.org

Enables families to obtain temporary relief to reduce the heavy demands associated with caring for someone with Alzheimer’s 24-hours per day.

SENIOR CENTERS / MUNICIPAL OFFICES ON AGING

Carteret Office on Aging  
100 Cooke Avenue  
Carteret, NJ 07008  
732-802-3014  
www.ci.carteretnj.us

Cranbury Senior Community Center  
23A North Main Street  
Cranbury, NJ 08512  
609-395-0900 Ext. 244  
www.cranburytownship.org

Dunellen Senior Center  
Columbia Park  
Orange Street  
Dunellen, NJ 08812  
732-968-3033

East Brunswick Senior Center  
Department on Aging  
3 Jean Walling Civic Center Dr.  
East Brunswick, NJ 08816  
732-390-6896  
www.eastbrunswick.org

Edison Senior Center  
2963 Woodbridge Avenue  
Edison, NJ 08817  
732-248-7345  
www.edisonnj.org
Milltown Senior Center/
Office on Aging
60 Violet Terrace
Milltown, NJ 08850
732-296-0681
www.milltownnj.org

Monroe Office of Senior Services
Senior Center
12 Halsy Reed Road
Monroe Township, NJ 08831
609-448-7140
www.monroetwp.com

New Brunswick Senior Resource Center
81 Huntington Street
New Brunswick, NJ 08901
732-745-5100

North Brunswick Senior Center
15 Linwood Place
North Brunswick, NJ 08902
732-247-0922 Ext. 820
www.northbrunswicknj.gov

Old Bridge Senior Center/
Office on Aging
George J. Bush Center for Human Services
1 Old Bridge Plaza
Old Bridge, NJ 08857
732-721-5600 Ext. 6600
www.oldbridge.com

Perth Amboy Alexander J. Jankowski Community Center
1 Olive Street
Perth Amboy, NJ 08861
732-826-1690
www.ci.perthamboy.nj.us
Piscataway Senior Center
Office on Aging
700 Buena Vista Avenue
Piscataway, NJ 08854
732-562-1133
www.piscatawaynj.org

Plainsboro Department of Recreation & Community Services
641 Plainsboro Road
Plainsboro, NJ 08536
609-799-0909 ext. 6
www.plainsboronj.com

Sayreville Office on Aging/Senior Center
423 Main Street
Sayreville, NJ 08872
732-390-7058
www.sayreville.com

South Amboy Senior Center
108 South Stevens Avenue
South Amboy, NJ 08879
732-525-5960
www.southamboynj.gov

South Brunswick Office on Aging/Senior Center
540 Ridge Road
Monmouth Junction, NJ 08852
732-329-4000 Ext. 7670
www.sbtnj.net

South Plainfield Office on Aging / Senior Center
90 Maple Avenue
South Plainfield, NJ 07080
908-754-1047
www.southplainfieldnj.com

South River Office on Aging / Senior Center
55 Reid Street
South River, NJ 08882
732-257-2340
www.southrivernj.org

Spotswood Office on Aging
1 Arlington Avenue - Suite 401
Spotswood, NJ 08884
732-251-3432
www.spotswoodboro.com

Woodbridge Multi Service Program on Aging
400 Inman Avenue
Colonia, NJ 07067
732-726-6262
www.twp.woodbridge.nj.us

SENIOR CITIZEN ORGANIZATIONS

AARP
601 E. Street NW
Washington, DC 20049
800-687-2277
www.aarp.org

State Office
Forrestal Village
101 Rockingham Row
Princeton, NJ 08540
866-542-8165
Wellness Initiative for Senior Education (WISE)
NJ Prevention Network
150 Airport Road, Suite 1400
Lakewood, NJ 08701
732-367-9985
www.njpn.org/initiatives/wise

A prevention program enlisting the aid of older adult volunteers who work toward increasing the awareness of alcohol, tobacco and other drugs as they affect older adults in areas of medication management, stress, nutrition, isolation and loss.

• Driver Safety Available to all drivers 50 years and older to help sharpen your driving skills. Insurance companies offer reduced rates for drivers who successfully complete the program.
• Legal Services Network Access to attorneys who practice in over 20 different legal areas from real estate and family law to estate planning assistance.
• Tax-Aide Program Nationwide tax counseling and return preparation for the low-to-moderate income. Home visits are available to the homebound and the handicapped.
• For information about these programs: 888-227-7669AARP

Social Security

Social Security Administration
800-772-1213 or www.ssa.gov

• For new or replacement social security cards.
• Assists in filing for or receiving social security retirement, survivors, disability, Medicare & supplemental security income.
• Free literature describing benefits

Eligibility for social security retirement, survivors, disability, and Medicare benefits is based on insured status attained by covered work. Eligibility for SSI is based on financial need, determined by income.

Senior Corps
Foster Grandparents Program
NJ Commission on National and Community Service
P.O. Box 456
Trenton, NJ 08625
609-633-9627
www.nj.gov

Connects volunteers 55+ with children and young people with exceptional needs. Volunteers mentor, support and help the children.
and resources. SSI beneficiaries are automatically entitled to Medicaid.

**District Office**
190 Middlesex Turnpike - 3rd Floor
Iselin, NJ 08830
800-772-1213

Serves residents of Avenel, Carteret, Cliffwood Beach, Colonia, Fords, Hopelawn, Iselin, Lawrence Harbor, Morgan, Parlin, Perth Amboy, Port Reading, Sayreville, Sewaren, South Amboy, and Woodbridge.

**District Office**
29 Davenport Street
Somerville, NJ 08876
800-772-1213

Serves residents of Dunellen.

**District Office**
506 Jersey Avenue - Suite 200
New Brunswick, NJ 08901
877-803-6313

Serves residents of Middlesex, New Brunswick, and South Plainfield.

Provides information and assistance, referral and advocacy for seniors, persons with disabilities and caregivers.

Through various home care programs such as: RESpite, MLTSS, MCMAP, JACC, and PASP. Older adults and people with disabilities may be able to obtain in-home support services such as:

- Home Health Aide Services
- Companion Services
- Social/Medical Adult Day Care
- Chore Services
- Private Duty Nurse
- Medical Transportation
- Medical Equipment & Supplies
- Personal Emergency Response Systems
- Environmental Modification/Barrier Free Assistance

Call for a screening to determine eligibility.

**Catholic Charities**
Diocese of Metuchen
www.ccdom.org
288 Rues Lane
East Brunswick, NJ 08816
732-257-6100

26 Safran Avenue
Edison, NJ 08818
732-738-1323

319 Maple Street
Perth Amboy, NJ 08861
732-324-8200

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**SOCIAL SERVICE / SUPPORT AGENCIES**

**Middlesex County Office of Aging and Disabled Services**
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
www.middlesexcountynj.gov
Comprehensive Services on Aging COPSA-UBHC
100 Metroplex Drive
Edison, NJ 08817
800-424-2494 / 732-235-8400
www.uhbc.rutgers.edu

Interfaith Network of Care, Inc.
62 South Main Street
Milltown, NJ 08850
732-247-1655
http://interfaithnetworkofcare.org

A network of volunteers from faith congregations and the community which provides supportive home care services to the frail, elderly and disabled in the areas of East Brunswick, Helmetta, Edison, Highland Park, Kendall Park, Metuchen, Milltown, New Brunswick, North Brunswick, Old Bridge, Parlin, South River, and Spotswood.

Services include friendly visiting, respite care, telephone reassurance, minor chores & shopping assistance.

Jewish Family Services of Middlesex County
32 Ford Avenue, 2nd Floor
Milltown, NJ 08850
732-777-1940

1600 Perrineville Road, Suite 52
Monroe Township, NJ 08831
609-395-7979

Puerto Rican Action Board (PRAB)
90 Jersey Avenue
New Brunswick, NJ 08903-0240
732-828-4510
https://prab.org

Puerto Rican Association for Human Development (PRAHD)
100 First Street
Perth Amboy, NJ 08861
732-442-1081
www.prahd.org

Silver Linings Resource Center
Jewish Renaissance Foundation
149 Kearny Avenue
Perth Amboy, NJ 08861
732-324-2180

Helps connect seniors, 55+, with legal services, transportation, housing, healthy living & life skills. As well as helping them with local fitness options, volunteer opportunities, education and other social activities

Woodbridge Multi-Service Program on Aging
400 Inman Avenue
Colonia, NJ 07067
732-726-6262
www.twp.woodbridge.nj.us
**SUPPORT GROUPS**

Cancer Support Community of Central NJ  
3 Crossroads Drive  
Bedminster, NJ 07921  
908-658-5400  
www.cancersupportcnj.com

Professionally led programs of support, education and hope.

375 East McFarlan Street  
Dover, NJ 07801  
1-800-367-6274 (in NJ)  
973-989-1122 (outside NJ)  
www.njgroups.org

Self-help groups are support groups organized and run by and for people who share a life situation or similar problem. This clearinghouse has a database of contacts for self-help groups throughout New Jersey. It assists individuals in locating groups and provides information on how to start and develop a new group.

**COPSA Rutgers University Behavioral Health Care**  
732-235-8400  
www ubhc rutgers edu

Monthly support groups for spouses and other caregivers to the elderly. Call for information on the time and place of meetings.

**Council on Compulsive Gambling of New Jersey, Inc.**  
3635 Quakerbridge Road, Suite 7  
Hamilton, NJ 08619  
609-588-5515  
www.800gambler.org

Education, public awareness and outreach.

**Kinship Navigator Program**  
The Children’s Home Society of NJ  
635 South Clinton Avenue  
Trenton, NJ 08611  
800-396-4518

Information, referral and advocacy services for family caregivers of children.

**Jewish Family Services of Middlesex County**  
52 Concordia Shopping Center  
Monroe Township, NJ 08831  
609-395-7979  
www.jfsmiddlesex.org

Call for more information about support groups that are available. Registration is required.

**JFK Medical Center Support Groups**  
65 James Street  
Edison, NJ 08818  
732-321-7000  
www.jfkmc.org

Call for information about topics and dates and times of meetings.

**Robert Wood Johnson University Hospital Community Health Education**  
1 Robert Wood Johnson Place  
New Brunswick, NJ 08901  
1-888-637-9584  
www.rwjh.edu

The hospital offers various health related support groups. Call for specific information about the types
of groups offered, location, dates and times of meetings.

**Saint Peter’s University Hospital**

254 Easton Avenue  
New Brunswick, NJ 08901  
732-745-8600  
www.saintpetershcs.com

The hospital offers a variety of health related, caregiver and bereavement support groups. Call for information about location, dates and times of meetings. Registration is required.

**The Cancer Institute of New Jersey**  
NJ Department of Social Work and Outreach  
195 Little Albany Street  
New Brunswick, NJ 08901  
732-235-6792  
www.cinj.org

Support and education groups which provide a forum to discuss cancer related issues. Please call for topics, dates, times and location.

**TRANSPORTATION**

**Middlesex County Area Transit (MCAT)**  
711 Jersey Avenue  
New Brunswick, NJ08901  
800-221-3520 Reservations  
www.middlesexcountynj.gov

**Demand Response/Reservation:**  
MCAT provides transportation for $3.00 a trip (one way) fee, to seniors 60+ and disabled residents of Middlesex County. Intermittent transportation is available so that residents may obtain the necessities of life, with priority given to non-emergency medical services. Registration and reservations are required.

**Community Shuttle:**  
MCAT shuttle service is a fixed route service, reservations are not required. Shuttle service runs Monday - Saturday and is available to the general public. Call for the Community Shuttle schedule or visit www.middlesexcountynj.gov.

**American Cancer Society**  
**Road to Recovery**  
2600 U.S. Hwy. #1  
North Brunswick, NJ 08902  
800-227-2345 / 732-297-8000  
www.cancer.org

A volunteer program providing free rides to and from medical appointments. Rides are not guaranteed, contact your local office for availability.

**Amtrak**  
800-872-7245  
www.amtrak.com

Amtrak travelers 62 and over are eligible to receive a 15% discount on the lowest available rail fare on most Amtrak trains. Valid proof of age is required when purchasing your ticket and on board the train.

**NJ Transit Access Link - ADA Paratransit**  
1-800-955-2321  
www.njtransit.com
Access Link is for people with disabilities who are unable to use the local fixed route bus. This service is a shared ride, curb to curb service and is available when bus service is available. Access Link may be used for trips of any purpose. Contact Access Link to apply for eligibility.

NJ Transit
Reduced Fare Program
One Penn Plaza East, 5th Floor
Newark, NJ 07105
973-491-7112
www.njtransit.com

Reduced fares, at anytime, are available on NJ Transit buses, trains and light rail, to seniors age 62 and over and people with disabilities. Personal assistants ride for free. Seniors must present a valid ID or NJ Transit Reduced Fare ID card. People with disabilities may show NJ Reduced Fare ID card or Medicare card.

Applications for Reduced Fare ID cards are available online at www.njtransit.com or your local Office of Aging and Disabled Services.

Mini Bus Transportation Service
This service is free to seniors and disabled persons. Includes local transportation to doctors, hospitals, social service agencies and centers. Some agencies may have restrictions, please inquire when requesting service.

Carteret.................. 732-541-3890
Dunellen ................... 732-968-3033
East Brunswick........... 732-390-6896
Edison...................... 732-248-7345
Highland Park........... 732-819-0052
Metuchen ................ 732-632-8525
Middlesex................. 732-356-0414
Milltown................. 732-828-2100 Ext.81
Monroe..................... 609-443-0511
NB Dial-A-Ride .......... 732-745-5161
No.Brunswick..... 732-247-0922 Ext.553
Old Bridge . 732-721-5600 Ext.6600
Perth Amboy .. 732-826-1690 Ext.4300
Sayreville .............. 732-390-7058
So. Brunswick.... 732-329-4000 Ext.7361
South Plainfield .... 908-754-1047
South River ............. 732-57-2340
Spotswood ............. 732-251-3432
Woodbridge ........... 800-221-3520

VETERAN SERVICES

Brigadier General William C. Doyle
Veterans Memorial Cemetery
350 Provinceline Road
Wrightstown, NJ 08562
609-758-7250
www.nj.gov/military/cemetery

It is open to eligible New Jersey veterans; residents who are members of the armed forces or reserve units on active duty at time of death, certain dependents, and certain merchants marines and civilians who have been awarded veteran status.
Middlesex County
Veteran Services
75 Bayard Street - 2nd Floor
New Brunswick, NJ 08901
732-745-4051
www.middlesexcountynj.gov

NJ Department of Military
and Veteran Affairs
1060 Hamilton Street
Somerset, NJ 08873
732-937-6347
www.nj.gov/military

New Jersey
Veterans Memorial Home
132 Evergreen Road
P.O. Box 3013
Edison, NJ 08818-3013
732-452-4100
www.nj.gov/military

The soldiers’ home is open to veterans who served active duty and to certain family members.

Veterans Administration
New Jersey Health Care System

East Orange Campus
385 Treemont Avenue
East Orange, NJ 07018
973-676-1000

Lyons Campus
151 Knollcroft Road
Lyons, NJ 07939
908-647-0180
www.newjersey.va.gov

Provide in- and out-patient medical, psychiatric, and rehabilitation services. Nursing home care is available for eligible veterans with an honorable discharge. Priority for veterans with a service-connected disability or disease.

VA New Jersey Health Care
System Outpatient Clinic
14 Wills Way
Piscataway, NJ 08854
732-981-8193
www.newjersey.va.gov

NJ Vet 2 Vet Helpline
1-866-VETS-NJ4
(1-866-838-7654)
www.nj.veteranshelpline.org

24hr/7 day week helpline coordinated by Rutgers University Behavioral Healthcare. The helpline features peer counseling, clinical assessments, and assistance to family members.

Veterans Benefits Hotline
1-888-8NJ-VETS

VISION

Eye Care America
655 Beach Street
P.O. Box 429098
San Francisco, CA 94142-9098
877-887-6327
www.eyecareamerica.org

A public service program for eligible citizens age 65 and older with medical eye problems who do not have eye doctor or have not seen one in the past three years. A volunteer physician’s name will be mailed and an appointment scheduled.
New Eyes for the Needy  
549 Millburn Avenue  
Short Hills, NJ 07078  
973-376-4903  
www.new-eyes.org  
Provides prescription eye glasses for low income individuals through a voucher program.

NJ Commission for the Blind and Visually Impaired  
153 Halsey Street, 6th Floor  
Newark, NJ 07101-47017  
973-648-3333  
www.state.nj.us/humanservices/cbvi/  
Provides education, counseling, rehabilitation, job placements, home instruction, O&M instruction, nursing unit and eye screenings.

NJ State Library for the Blind and Handicapped  
2300 Stuyvesant Avenue  
P.O. Box 501  
Trenton, NJ 08618-0501  
800-792-8322  
609-530-4213  
www.njstatelib.org  
Books and magazines in special format are available to any resident who is unable to read normal print. Materials are loaned through a postage free mail service.

Seeing Eye, Inc.  
P.O. Box 375  
Morristown, NJ 07963-0375  
973-539-4425  
www.seeingeye.org  
Trains dogs and instructs blind and visually impaired persons.

Middlesex County Board of Elections  
11 Kennedy Boulevard  
East Brunswick, NJ 08816  
732-745-3471  
www.middlesexcountynj.gov  
Voters who are blind, disabled, or unable to read or write, are entitled to receive assistance at the polls.

Benefits Checkup  
www.BenefitsCheckUp.org  
Quickly find benefit programs that could help you pay for medication, healthcare, food and more.

Eldercare Locator  
1-800-677-1116  
www.eldercare.gov  
A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.
WEBSITES

Administration for Community Living ............................................. www.aoa.gov
ADRC - Aging and Disability Resource Connection .......................www.adrcnj.gov
American Association of Retired Persons - AARP ..........................www.aarp.org

Alzheimer’s Disease
Alzheimer’s Association ........................................................................www.alz.org
National Institute on Aging .................................................................www.alzheimers.org

Caregiver Resources
Caregiver Action Network .................................................................www.caregiveraction.org
Caregiving Resource Center ...............................................................www.aarp.org/caregivers
National Alliance for Caregiving ......................................................www.caregiving.org
National Caregivers Library ...............................................................www.caregiverslibrary.org

Disability Services
Americans with Disabilities Act .........................................................www.ada.gov
Disability Rights NJ ........................................................................www.drnj.org
National Organization on Disability ..................................................www.nod.org

Elder Care Locator .............................................................................www.eldercare.gov

Housing
NJ Housing Resource Center ..............................................................www.njhrc.gov
Rooming and Boarding Homes .........................................................www.boardandcarenj.org
US Department of Housing and Urban Development ......................www.portal.hud.org

Medicare ..........................................................................................www.medicare.gov
Centers for Medicare and Medicaid Services ................................www.cms.gov
Medicare Interactive ........................................................................www.medicareinteractive.org
Medicare Rights Center ....................................................................www.medicarerights.org
WEBSITES (CONTINUED)

Middlesex County Office of Aging and Disabled Services

/www.middlesexcountynj.gov

NJ State Dept. of Human Services

Division of Aging Services
/www.state.nj.us/humanservices/doas/home/

Division of Disability Services
/www.state.nj.us/humanservices/dds/home

Nursing Homes

Nursing Home Performance Reports
/http://web.doh.state.nj.us/apps2/healthfacilities/fsSearch.aspx

Social Security Administration
/www.ssa.gov

Support Groups

NJ Self Help Clearinghouse
/www.njgroups.org

Veterans Administration
/www.va.gov
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This directory is intended for information and assistance purposes only and is not meant as an endorsement of any specific agency.

The information contained herein is designed to help you to become more aware of the various types of services available for older adults and people living with disabilities.
Middlesex County Board of Chosen Freeholders
Ronald G. Rios, Director
Charles E. Tomaro, Deputy Director
Kenneth Armwood, Charles Kenny, Leslie Koppel, Shanti Narra, Blanquita B. Valenti

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