Need a little help?
Find the resources you need quickly and easily

Find Programs
Connect to Services
Apply for Benefits
View Hours and Locations

www.middlesexcountynj.gov

Because everyone needs a little help sometimes.

¿Necesita un poco de ayuda?
Encuentra y conéctate con los recursos que necesitas de manera rápida y sencilla

Búsqueda de Programas
Conectarse con Servicios
Aplicación para Beneficios
Ver Horas de Servicio y Ubicaciones

www.middlesexcountynj.gov

Porque a veces todos necesitamos un poco de ayuda!
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

Always at Home
8A Jocama Boulevard
Old Bridge, NJ 08857
732-591-9155

Bilingual Staff

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
32 Ford Avenue, 2nd Floor
Milltown, NJ 08850
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
732-791-4888

Grace Senior Care
217-225 Durham 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 Monroe Adult Day Center  
200 Overlook Drive  
Pondview Plaza  
Monroe Township, NJ 08831  
609-655-6853  
www.parkerlife.org

Parker at the Pavilion Adult Day Center  
443 River Road  
Piscataway, NJ 08854  
732-565-2400  
www.parkerlife.org

Princeton Adult Day Care  
2245 Rt. 130 S, Suite 106  
Dayton, NJ 08810  
732-783-7997  
www.princetonsadultdaycare.com

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

Sewa Adult Day Care  
1020 Rt. 18 N, Suite M  
East Brunswick, NJ 08816  
732-210-2727

South Amboy Adult Day Health Care Center  
540 Bordentown Avenue  
South Amboy, NJ 08879  
732-389-6448  
www.southamboyadhcc.com

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

Sunny Days Adult Day Care Center  
1 Ethel Road, Suite 106 C  
Edison, NJ 08817  
732-791-4888  
www.sunnydaysadultdaycare.com

Vatsalya Adult Day Care  
1412 Stelton Road, Unit 6-10  
Piscataway, NJ 08854  
732-331-8966

Vcare Adult Center  
121 Ethel Road West  
Piscataway, NJ 08854

**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. Also service for non-English speakers.

Crisis Hotline - Raritan Bay  
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
252 County Road
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 Office of Human Services Division of Addictions & Mental Health Planning
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-4091
www.middlesexcountynj.gov
Coordinates alcohol and drug programs throughout Middlesex County.

New Hope Foundation
80 Conover Road
Marlboro, NJ
732-946-3030 or
800-705-HOPE (4673)
www.newhopeibhc.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

Provides prevention, education, information and referral services.
ALZHEIMER’S PROGRAMS

“A Day Away” Jewish Family Services of Middlesex County
52 Concordia Shopping Center
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
425 Eagle Rock Avenue, Suite 203
Roseland, NJ 07068
973-568-4300 or 1-800-280-6055
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
www.alzfdn.org

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
Highland Park Conservative Temple
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 Woods Lane
Monmouth Junction, NJ 08852
732-329-8954 ext. 1
www.buckinghamplace.net

COPSA Alzheimer’s Resource Center RUBHC
100 Metroplex Drive
Suite 200
Edison, NJ 08817
800-424-2494
www.ubhc.rutgers.edu

Care 2 Caregivers COPSA
151 Centennial Avenue
Piscataway, NJ 08854
800-424-2494
www.care2caregivers.com
EAST BRUNSWICK
The Chelsea at East Brunswick
606 Cranbury Road
East Brunswick, NJ 08816
732-475-0502
www.chelseaseniorliving.com

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

EDISON
Brighton Gardens of Edison
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

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

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

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

The Chelsea at Forsgate
319 Forsgate Drive
Monroe Township, NJ 08831
732-656-1000
www.chelseaseniorliving.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
**SOUTH BRUNSWICK**

Brandywine Living at Princeton
155 Raymond Road
Princeton, NJ 08540
732-733-4239
www.brandycare.com

**WOODBRIDGE**

St. Joseph’s Assisted Living
1-3 St. Joseph’s Terrace
Woodbridge, NJ 07095
732-634-0004
www.stjosephseniorhome.org

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**CAREGIVING RESOURCES**

AARP Family Caregiving
www.aarp.org/caregiving/basics

Caregiving information & resources for family caregivers.

Care 2 Caregivers
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.

Caregiver Action Network
Caregiver Help Desk
1-855-CARE-640
www.caregiveraction.org

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The 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

National Caregivers Library
www.caregiverslibrary.org

One of the largest sources of tools for caregivers.

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.
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.mciauth.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, Suite 101
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
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 5724
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

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

Middlesex County Department of Public Safety & Health
Division of Consumer Affairs and Weights & Measures
77 Apple Orchard Lane
North Brunswick, NJ 08902
732-398-2302
www.middlesexcountynj.gov

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
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
252 County Road 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

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.
COPSA - University Behavioral Healthcare
100 Metroplex Drive
Edison, NJ 08817
1-800-969-5300 (for appointments)
732-235-8400 (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, 2nd Floor
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
Building 100
North Brunswick, NJ 08902
732-729-3600 or 3636/1-888-437-1610
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 Services, LLC  
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

If you have a permanent disability, are over 65 years old, or are medically compromised, and don’t have enough money to pay for dental care, you may qualify for free treatment through the DDS program.

Middlesex County College  
Dental Hygiene Clinic  
L’Hommedieu 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.

JFK Medical Center Dental Clinic  
65 James Street  
Edison, NJ 08820  
732-321-7608  
www.jfkmc.org

By appointment only, fees are on a sliding scale.

The Relaxing Smile - Mobile Dentistry  
505 Stillwells Corner Road  
Suite C2  
Freehold, NJ 07728  
732-915-2740  
www.therelaxingsmile.com

For patients that are homebound, handicapped, or unable to get to the office.

New Jersey Dental Association  
Homebound Program  
800-831-NJDA (6532)  
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
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.

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/

Everas Community Services, Inc.
24K Worlds Fair Drive
Somerset, NJ 08873
732-805-1912 (V/TTY)
www.everas.org

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 Commission for the Blind and Visually Impaired
153 Halsey Street, 6th Floor
P.O. Box 47017
Newark, NJ 07101-47017
973-648-3333 or 877-685-8878
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.nj.gov/humanservices/ddd

NJ Division of Developmental Disabilities
222 South Warren Street
Trenton, NJ 08608
800-832-9173
www.nj.gov/humanservices/dds

NJ Division of Disability Services
11A Quaker Bridge Plaza
Mercerville, NJ 08619
888-285-3036 / 609-292-7800
609-262-1210 (TDD)
www.nj.gov/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](http://www.middlesexcountynj.gov)

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

**Statewide Domestic Violence Information Hotline**  
1-800-572-SAFE (7233)  
[www.nj.gov/dcf](http://www.nj.gov/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/](http://www.womenaware.net/)

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

**The Legal Services of NJ Domestic Violence Representation Project (DVRP)**  
732-572-9100  
888-576-5529

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

**Office of Victim/Witness Advocacy**  
**Middlesex County Prosecutor’s Office**  
25 Kirkpatrick Street, 3rd Floor  
New Brunswick, NJ 08901  
732-745-3394  
[www.middlesexcountynj.gov](http://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](http://www.lsnjlaw.org)

Provides direct representation, referral, and advice to low-income women, including those victimized by domestic violence.
Perth Amboy Vocational High School
618 New Brunswick Avenue
Perth Amboy, NJ 08861
732-442-9595

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

Woodbridge Academy
1 Convery Blvd.
Woodbridge, NJ 07095
732-634-5858

Adult education programs available.

Middlesex County College
2600 Woodbridge Avenue
Edison, NJ 08818
732-548-6000

Middlesex County residents who are 65 years or older, may take courses on a space-available basis and have the tuition waived.

NJ Virtual University
www.njvu.org

Middlesex County Vocational & Technical High Schools
www.mcvts.net

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

Edison Academy
100 Technology Dr.
Edison, NJ 08837
732-452-2600

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

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.

American Red Cross of Central New Jersey
707 Alexander Road, Suite 101
Princeton, NJ 08540
609-951-8550
www.redcross.org

Services residents of Middlesex, Hunterdon, Mercer, and Somerset Counties.

Middlesex County Office of Emergency Management & Preparedness
Emergency Services Center
1001 Fire Academy Drive
Sayreville, NJ 08872
732-316-7100
www.middlesexcountynj.gov

Employment/Vocational Rehabilitation/Volunteer

Middlesex County Workforce Development
550 Jersey Avenue
New Brunswick, NJ 08901
732-745-3970

161 New Brunswick Avenue
Perth Amboy, NJ 08861
732-826-3200
www.middlesexcountynj.gov

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.
Senior Community Service Employment Program
Title V – Workforce 55+
550 Jersey Avenue
New Brunswick, NJ 08901
732-937-6206
www.careerconnections.nj.gov

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
732-937-6206
www.middlesexcountynj.gov

161 New Brunswick Avenue
Perth Amboy, NJ 08861
732-826-3200

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, 2nd Floor
Milltown, NJ 08850
732-777-1940
www.jfsmiddlesex.org

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

Raritan Valley Easter Seals
25 Kennedy Blvd., Suite 600
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 Johnson 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.

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.

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

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.
Low Income Home Energy Assistance Program (LIHEAP)

**PRAB/LIHEAP**
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. Must meet eligibility guidelines.

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

Lifeline is a utility assistance program that offers $225 annual benefit in the form of credit on utility bill for eligible beneficiaries.

Call for eligibility.

**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.

**(NJ SHARES)**
Statewide Heating Assistance and Referral for Energy Services
1901 North Olden Avenue
Extension, Suite 1A
Ewing, NJ 08618
866-657-4273
www.njshares.org

Assists income eligibility households in NJ to pay energy, telephone, and water bills.

For information and eligibility guidelines, visit the website at call.

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 households who are experiencing economic hardship and struggling to pay their electric and natural gas bills. For eligibility requirements call or visit the website.

Jewish Renaissance Foundation
149 Kearny Avenue
Perth Amboy, NJ 08861
732-324-2114

Universal Service Fund (USF)
Puerto Rican Action Board
90 Jersey Avenue
New Brunswick, NJ 08901
1-800-510-3102
www.energyassistance.nj.gov

USF helps make energy bills more affordable for low income customers. If you are eligible, USF can lower the amount you have to pay for natural gas and electricity.

Weatherization Assistance Program (WAP)
Puerto Rican Action Board
90 Jersey Avenue
New Brunswick, NJ 08903
732-828-4672
www.energyassistance.nj.gov

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

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

Administers Federal and State public assistance programs, including: Medicaid, SNAP, Child Support & Paternity Programs, TANF, General Assistance, Emergency Assistance, Board and Care Services, Refugee Resettlement Program, Investigative Department.

United States Department of Agriculture USDA – Rural Development
8000 Midlantic Drive, Suite 505
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/services/geriatric-medicine

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

Health Foundations & 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
New Jersey - Bridgewater
575 Route 28, Bldg. 2, #2107
1160 Rt. 22E - Suite 103
Raritan, NJ 08869
732-469-7979
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.
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 220  
Iselin, NJ 08830  
1-844-571-HELP (4357)  
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  
609-893-0100  
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

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.

**Muscular Dystrophy Association**

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

**National Osteoporosis Foundation**

703-647-3000  
800-231-4222  
www.nof.org

**Clear Captions**

1-866-868-8695  
www.clearcaptions.com

Clear Captions offers telephones with real-time captioning for someone with hearing loss at no cost.

**Hearing Aid Assistance to the Aged and Disabled (HAAAD)**

NJ Department of Human Services, Division of Aging Services  
P.O. Box 715  
Trenton, NJ 08625-0715  
800-792-9745  
www.state.nj.us
Princeton Home Care (PHCS)
88 Princeton-Hightstown Road
Suite 202
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 through the following programs: JACC, MCMAP, MLTSS, The Statewide Respite Program and PASP.
The following services may be obtained through these programs:
- Home Health Aide Services
- Social/Medical Adult Day Care
- Chore Services
- Medical Transportation
- Medical Equipment & Supplies
- Personal Emergency Response System

Provides a $100 reimbursement to eligible persons who purchase a hearing aid. Must be enrolled in PAAD or Lifeline program. Call or visit website for eligibility criteria.

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
Provides a free kit of consumer information.

Hear NOW
800-328-8602
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.
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**  
8000 Midlantic Drive, Suite 505  
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.
Homelessness

211-NJ Homeless Hotline
www.nj211.org

If you are homeless or at risk of becoming homeless the homeless hotline should be used 24/7 for assistance in locating shelter or relief from extreme weather conditions.

Coming Home
732-296-7975
www.cominghomemiddlesex.org
Case management services for persons experiencing, or at risk of homelessness. Limited funding available for emergency, temporary, and permanent housing.

MUST ENTER THE SYSTEM BY CALLING: 211 HOMELESS HOTLINE

Catholic Charities
Edison Family Service Center
26 Safran Avenue
Edison, NJ 08837
732-738-1323
www.ccdom.org

Homeless Prevention: Homeless Prevention and Rapid Re-Housing Programs are short term assistance programs for individuals and families who are having difficulty maintaining their current utility bill, rental housing and have a court ordered eviction notice or have lost housing and are currently homeless.

PATH Services: Assists mentally ill individuals who are homeless.

Middlesex County
Board of Social Services
181 How Lane
New Brunswick, NJ 08901
www.middlesexsocialservices.com

Emergency Assistance for individuals on SSI and TANF only.

Homeless Shelters

211-NJ Homeless Hotline
Individuals in need of shelter, must call 2-1-1- to register for placement.

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
Catholic Charities
89 Truman Drive
Edison, NJ 08817
732-985-0327 or 732-247-3270
For single women and families with children.

Ozanam Inn Men’s Shelter
Catholic Charities
20-22 Abeel Street
New Brunswick, NJ 08901
732-729-0850
For homeless men.
Hospice care provides physical and emotional care for the terminally ill and their families.

**Caring Hospice Services of Central Jersey**
1090 King Georges Post Road
Suite 703
Edison, NJ 08837
732-661-9373 or 1-866-661-9373
www.caringhospice.com

**Grace Healthcare Services**
105 Fieldcrest Ave, Suite 402
Edison, NJ 08837
732-225-4100
www.gracehcs.com

**Haven Hospice Program**
JFK Medical Center
65 James Street
Edison, NJ 08818
732-321-7769
www.havenhospicenj.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
www.kindredhealthcare.com

**VNA Health Group**
972 Shoppes Boulevard
North Brunswick, NJ 08902
1-800-400-0981
732-224-6991
TTY: 800-852-7899
www.vnahg.org

**Health Centers/ Hospitals**

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

**JFK Medical Center**
Hackensack Meridian Health
65 James Street
Edison, NJ 08818
732-321-7000
www.jfkmc.org

**Princeton Medical Center**
Penn Medician Princeton Health
1 Plainsboro Road
Plainsboro, NJ 08536
609-853-7000
www.princetonhcs.org

**Robert Wood Johnson University Hospital Rahway**
RWJ Barnabas Health
865 Stone Street
Rahway, NJ 07065
732-381-4200
www.rwjbh.org

**Raritan Bay Medical Center**
Hackensack Meridian Health
1 Hospital Plaza
Old Bridge, NJ 08857
732-360-1000
www.rbmc.org
Central Jersey Housing Resource Center
600 First Avenue - Suite 3
Raritan, NJ 08869
908-704-8901
www.cjhrc.gov

Provides housing counseling, information and referral services to meet the needs of low to moderate income people seeking information.

Middlesex County Office of Human Services
Division of Housing, Community Development & Social Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3025
www.middlesexcountynj.gov

Administers federal funding under multiple programs from the US Department of Housing & Urban Development (HUD) that addresses the needs of low and moderate income individuals and families. This includes a Housing Choice Voucher (Section 8) rental assistance program, the American Dream Down payment Assistance Program for 1st time homebuyers, and a Housing Rehabilitation loan program.

There is also funding allocated to municipalities to address local low and moderate income needs and funding for housing developers to
create affordable housing.

**New Jersey Department of Community Affairs**
**Division of Housing & Community Resources**
101 South Broad Street
P.O. Box 800
Trenton, NJ 08625-0800
609-633-6286
www.nj.gov

Programs include: Homelessness Prevention, Energy Assistance Programs, Neighborhood Programs, Section 8 Housing Choice Voucher, Lead-Safe Home Remediation Pilot Program, Supportive Housing Connection (SHC).

**NJ Housing Resource Center**
877-428-8844 - Toll Free
www.NJHRC.gov

Free searchable interactive online housing registry of available units and properties in New Jersey, for user both seeking and listing various types of housing, including: rental, for-sale, affordable, and market-rate.

Foreclosure Mediation Assistance Program and First-Time Homebuyer Down Payment Assistance Program also available. For further details, call: **1-800-NJ-HOUSE**

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

Provides housing services to ensure maintenance of safe, affordable residences including: Homebuyer Education & Counseling, Fair Housing Counseling, Mortgage Assistance & counseling, Foreclosure Mediation, and Homelessness Prevention. This is a HUD certified housing counseling program.

**PRAHD Housing Program**
Puerto Rican Association for Human Development
100 First Street
Perth Amboy, NJ 08861
7732-442-1081
www.prahd.org

Addresses unmet housing needs for low to moderate income individuals residing in Middlesex County, including: resolving/preventing mortgage default, first time home buyers counseling & education, non-delinquent/post purchase, American Dream down payment program.

**US Dept. of Housing & Urban Development (HUD)**
1 Newark Center - 13th Floor
1085 Raymond Boulevard
Newark, NJ 07102
973-622-7900
800-669-9777 - Housing Discrimination Hotline
www.hud.gov

HUD provides information on housing, fairness, rental assistance, sustainability, and research.
Housing Options

CONTINUING CARE RETIREMENT COMMUNITIES (CCRC)

A CCRC, sometimes called a life care community, is a retirement community where a continuum of aging care, from independent living, assisted living and skilled nursing care can all be met in one community.

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

DEMENTIA CARE HOMES

Dementia Care Homes are licensed facilities that provide 24 hour skilled nursing care to individuals with Alzheimer’s Disease or related disorders.

Fox Trail Memory Care Living
South River
69 Burton Avenue
South River, NJ 08882
732-390-4663
www.foxtrailseniorliving.com

Goldenview Living
1313 Aaron Road
North Brunswick, NJ 08902
732-820-9700
www.goldenviewliving.com

Millennium Memory Care at Monroe
310 Buckelew Avenue
Monroe Township, NJ 08831
www.milleniummemorycare.com

Specializes in very challenging behavioral cases of individuals with dementia.

HOMESHARING & SHARED LIVING RESIDENCES

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

For physically disabled individuals.

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

Assist home “providers” who have a separate bedroom for rent, with finding a home “seeker” who is looking for somewhere to live.

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
5000 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

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

Rossmoor Community
128 Sussex Way
Monroe Township, NJ 08831
609-655-1000
www.rcainj.com

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

WOODBRIDGE

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

ROOMING & BOARDING HOMES

For a comprehensive list of Rooming & Boarding Homes contact:

NJ Dept. of Community Affairs
Bureau of Rooming & Boarding House Standards
609-633-6251
www.state.nj.us
SUBSIDIZED & AFFORDABLE APARTMENTS

Apartment style housing designed for seniors and/or the disabled. There are income guidelines for eligibility. Age restrictions apply.

CARTERET

Carteret Housing Authority
96 Roosevelt Avenue
Carteret, NJ 07008
732-541-6800
TDD/TTY: 800-545-1833 ext. 845
www.ci.carteret.nj.us

Jeanette Smith Village
A1 Edwin Street
Carteret, NJ 07008
732-541-6800

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

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

CRANBURY

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

EAST BRUNSWICK

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

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

EDISON

Edison Housing Authority
Willard Dunham Drive
Edison, NJ 08837
732-549-3301
www.edisonha.org

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

Julius Engel Gardens
Willard Dunham Drive
Edison, NJ 08837
732-572-4420

Residence at Roosevelt
1 Roosevelt Drive
Edison, NJ 08837
732-844-8491

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

Village Court Seniors
32 North Reading Road
Edison, NJ 08817
732-744-1464
HIGHLAND PARK

AHEPA - Highland Apartments
239 South 6th Avenue
Highland Park, NJ 08904
732-572-0700

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

JAMESBURG

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

METUCHEN

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

MIDDLESEX

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

NEW BRUNSWICK

New Brunswick Housing Authority
7 Van Dyke Avenue
New Brunswick, NJ 08901
732-745-5157
www.newbrunswickhousing.org

55 Harvey at Providence Square
55 Harvey Street
New Brunswick, NJ 08901
732-387-6548
TDD: 800-545-1833 ext. 648

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

Livingston Manor
116 Livingston Avenue
New Brunswick, NJ 08901
732-387-6528

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
732-549-3301

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**  
2000 Route 18 North  
Suite 100  
Old Bridge, NJ 08857  
732-607-6383  
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

### PISCATAWAY

**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

**Sayreville Housing Authority**  
Gillette Manor  
650 Washington Road  
Sayreville, NJ 08872  
732-316-0177  
www.sayrevilleha.org

**Lakeview at Sayreville**  
1 Kulas Lane  
Parlin, NJ 08859  
201-592-9020

### 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
SOUTH AMBOY

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

Hillcrest Manor at
South Amboy, LLC
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
250 South Broadway
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
10 Bunns Lane
Woodbridge, NJ 07095
732-634-2750
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  
55 Brook Street  
Woodbridge, NJ 07095  
732-634-2750

USCIS National Customer Service Center  
800-375-5283  
TTY 800-767-1833

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

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.
Middlesex County Bar Association Lawyer Referral Service
87 Bayard Street
New Brunswick, NJ 08901
Mcba.community.lawyer

A public service to help find a qualified lawyer who has experience with your particular legal issues. Reduce fee program is available for those who do not qualify for free legal assistance from Middlesex County Legal Services corp.

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 housing problems, public benefits, health, education family matters, employment, and social security.

For senior citizens, POA, wills, guardianship, nursing home and other healthcare issues.

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
PO Box 1357
Edison, NJ 08818
732-572-9100
Hotline: 1-888-576-5529
www.lsnj.org

An independent non-profit organization that coordinates a statewide legal assistance service.

Free legal help is provided to low income individuals in civil matters.
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
300 Benigno Blvd.
Bellmawr, NJ 08031
609-812-2210
www.goodwillhomemedical.org

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

Middlesex County Office of Aging & Disabled Services
75 Bayard Street, 5th Floor
New Brunswick, NJ 08901
732-745-3295

Medical equipment & supplies may be available through various home care programs, if qualified. Call for screening.

Medicaid

Medicaid District Office
100 Daniels Way
1st Floor
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
www.middlesexsocialservices.com

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
888-937-2835 or 888-692-2140

NJ Medicaid Hotline
1-800-356-1561
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
1-877-767-4359
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 & Rehabilitation Centers**

**Alameda Center for Rehab & Healthcare**
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

**Aristacare at Cedar Oaks**
1311 Durham Avenue
South Plainfield, NJ 07080
732-287-9555
www.aristacare.com

**Atrium of Matawan**
38 Freneau Avenue
Matawan, NJ 07747
732-765-5600
www.atriumhealthusa.com

**Atrium Post Acute Care of Princeton**
5000 Windrow Drive
Princeton, NJ 08540
609-987-1221
www.atriumhsl.com

**Brighton Gardens of Edison**
1801 Oaktree Road
Edison, NJ 08820
732-767-1031
www.sunriseseniorliving.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

**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

**Franklin Care Center**
3371 Route 27
Franklin Park, NJ 08823
732-821-8000
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gardens at Monroe</td>
<td>189 Applegarth Road</td>
<td>609-448-7036</td>
<td><a href="http://www.thegardensatmonroe.com">www.thegardensatmonroe.com</a></td>
</tr>
<tr>
<td>JFK Hartwyck at Oak Tree</td>
<td>2048 Oak Tree Road</td>
<td>732-906-2100</td>
<td><a href="http://www.jfkhartwyck.org">www.jfkhartwyck.org</a></td>
</tr>
<tr>
<td>JFK Hartwyck at Edison Estates</td>
<td>10 Brunswick Avenue</td>
<td>732-985-1500</td>
<td><a href="http://www.jfkhartwyck.org">www.jfkhartwyck.org</a></td>
</tr>
<tr>
<td>Madison Center Genesis ElderCare</td>
<td>625 Route 34</td>
<td>732-566-6400</td>
<td><a href="http://www.genesishcc.com/MadisonNJ">www.genesishcc.com/MadisonNJ</a></td>
</tr>
<tr>
<td>Merwick Care &amp; Rehab Center</td>
<td>100 Plainsboro Rd.</td>
<td>609-759-6000</td>
<td><a href="http://www.windsorhealthcare.org">www.windsorhealthcare.org</a></td>
</tr>
<tr>
<td>New Jersey Veterans Memorial Home</td>
<td>132 Evergreen Road</td>
<td>732-452-4100</td>
<td><a href="http://www.nj.gov">www.nj.gov</a></td>
</tr>
<tr>
<td>New Jersey Fireman’s Home</td>
<td>565 Lathrop Avenue</td>
<td>973-334-0024</td>
<td><a href="http://www.njfh.org">www.njfh.org</a></td>
</tr>
<tr>
<td>Park Place Center</td>
<td>2 Deer Park Drive</td>
<td>732-274-1122</td>
<td><a href="http://www.genesishcc.com/ParkPlace">www.genesishcc.com/ParkPlace</a></td>
</tr>
<tr>
<td>Power Back Rehabilitation</td>
<td>10 Sterling Drive</td>
<td>732-917-2900</td>
<td><a href="http://www.powerbackrehabilitation.com">www.powerbackrehabilitation.com</a></td>
</tr>
<tr>
<td>Preferred Care at Old Bridge</td>
<td>6989 Rt. 18 South</td>
<td>732-360-2277</td>
<td><a href="http://www.preferredcareatoldbridge.com">www.preferredcareatoldbridge.com</a></td>
</tr>
</tbody>
</table>
Regency Jewish Heritage  
380 Demott Lane  
Somerset, NJ 08873  
732-873-2000  
www.regencyheritagenursing.com

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

Roosevelt Care Center  
118 Parsonage Road  
Edison, NJ 08837  
732-321-6800  
www.rooseveltcarecenter.com

Roosevelt Care Center at Old Bridge  
1133 Marlboro Road  
Old Bridge, NJ 08857  
732-360-9830  
www.rooseveltcarecenter.com

Rose Mountain Care Center  
27 U.S. Highway 1  
New Brunswick, NJ 08901  
732-828-2400  
www.rosemountaincarecenter.com

St. Joseph’s Senior Home Nursing Center  
1-3 St. Joseph’s Terrace  
Woodbridge, NJ 07095  
732-750-0077 or 732-634-0004  
www.stjosephseniorhome.com

Summer Hill Nursing Home  
111 Route 516  
Old Bridge, NJ 08857  
732-254-8200  
www.shnhnj.com

Venetian Care and Rehabilitation Center  
275 John T. O’Leary Boulevard  
South Amboy, NJ 08879  
732-721-8200  
http://windsorhealthcare.org/venetian

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

Willow Creek Rehabilitation and Care Center  
1165 Easton Avenue  
Somerset, NJ 08873  
732-246-4100  
www.genesishcc.com  
willocreekNJ

NJ Department of Health  
800-792-9770  
www.state.nj.us/health/healthfacilities  
Regulates a wide range of health care settings for quality of care to ensure compliance with regulations, survey facilities, investigate complaints and penalize facilities for non-compliance.

Office of the Long Term Care Ombudsman  
877-582-6995 24-Hour Hotline  
www.state.nj.us/ooie

Mailing Address:  
P.O. Box 852  
Trenton, NJ 08625-0852
Advocates for residents by investigating allegations of abuse, neglect, exploitation, crime and serious bodily injury of individuals 60 and over living in a long term care facility.

**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.middlesexsocialservices.com

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.org.

**Meals on Wheels Program**

Home delivered meals are available for isolated, homebound older adults (60+) who have no formal or informal caregiver and are unable to prepare meals. For additional information, call or visit the organizations web site.

**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.

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

**Middlesex County 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:
SENIOR MEAL 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

Perth Amboy
Alexander F. 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

Prescriptions

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 NJ residents, who are at least 65 years of age, or 18 years of age or older and disabled, to pay for prescriptions. If eligible, there is a $5 fee for generic drugs and $7 fee for brand name drugs. Applicants must meet financial eligibility guidelines.

For eligibility guidelines and/ or to apply, visit www.state.nj.us or you can obtain a paper application by calling the MC Office of Aging and Disabled services at 732-745-3295.
Patient Advocate Foundation
Co-pay Relief
421 Butler Farm Road
Hampton, Virginia 23666
866-512-3861
www.copays.org

Provides copay assistance to financially and medically qualified individuals.

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 NJ residents, who are at least 65 years of age, or 18 years of age or older 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. Applicants must meet financial eligibility guidelines.

For eligibility guidelines and/or to apply, visit www.state.nj.us or you can obtain a paper application by calling the MC Office of Aging and Disabled services at 732-745-3295.

Middlesex County Office of Arts & History
75 Bayard Street, 4th Floor
New Brunswick, NJ 08901
732-745-4489
www.middlesexcountynj.gov

Provides cultural programming, educational workshops, and folklife projects.

Middlesex County Office of Parks & Recreation
Division of Recreation & Programming
1030 River Road
Piscataway, NJ 08854
www.middlesexcountynj.gov
732-745-3900

Programs and projects include: Plays-in-the-Park, Kids-in-the-Park, Concerts-in-the-Park, ice & roller skating rink, special events, picnic grove reservations, organized sports activities, sport field reservations, farm wagon and snow mobile rentals.

NJ Department of Environmental Protection
Parks, Forests, and Historic Sites
Division of Parks and Forestry
P.O. Box 404
Trenton, NJ 08625-0404
908-637-4165
www.njfishandwildlife.com

Senior citizens pass allows free entry and parking for day use at any forest, park, or historic site administered by the State Park Service.

John E. Toolan Kiddie Keepwell Camp
35 Roosevelt Drive
Edison, NJ 08837
732-548-6542

Recreation
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

Interfaith Network of Care, Inc.
62 South Main Street
Milltown, NJ 08850
732-247-1655

Interfaith volunteers are able to provide respite care once a week for up to 5 hours.

Respite Care and Wellness Program Alzheimer’s NJ
888-280-6055 or 973-586-4300
www.alznj.org

Offers family caregivers information about available community respite care resources such as home health care, adult day care and residential respite, as well as a one-time financial scholarship to help offset the cost of respite care.

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

This program offers services to the person needs care so that the caregiver has a “break” (respite). Applicant must meet clinical and financial criteria. Call the Middlesex County Office of Aging & Disabled Services for screening.

Senior Adult Daycare/Elderday
“A Day Away” Jewish Family Services of Middlesex County
52 Concordia Shopping Center
Monroe Township, NJ 08831
609-395-7979 or 732-777-1940
www.jfsmiddlesex.org

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

Rental Assistance

NJ Department of Community Affairs
732-777-6999
www.statenj.us/dca

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

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

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.
Senior Centers and 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
200 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

Mailing:
100 Municipal Boulevard
Edison, NJ 08817

Evergreen Senior Center
400 Inman Avenue
Colonia, NJ 07067
732-726-6261
www.twp.woodbridge.nj.us

Five Branches Senior Center
1 Brown Avenue
Iselin, NJ 08830
732-726-6277
www.twp.woodbridge.nj.us

Hickory Senior Center
17 Corielle Street
Fords, NJ 08863
732-726-6288
www.twp.woodbridge.nj.us

Highland Park Senior Recreational Center / Office on Aging
220 South 6th Avenue
Highland Park, NJ 08904
732-819-0052
www.hpboro.com

Jamesburg Senior Citizen Center
139 Stevens Avenue
Jamesburg, NJ 08831
732-521-2920
www.jamesburgborough.org

Metuchen Senior Center
15 Center Street
Metuchen, NJ 08840
732-632-8524
www.metuchennj.org

Middlesex Recreation & Senior Center
1400 Mountain Avenue
Middlesex, NJ 08846
732-356-0414
www.middlesexboro-nj.gov

Mailing:
1200 Mountain Avenue
Middlesex, NJ 08846

Milltown Senior Center/Office on Aging
60 Violet Terrace
Milltown, NJ 08850
732-296-0681
www.milltownnj.org
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<td>Monroe Office of Senior Services</td>
<td>Monroe Township, NJ 08831 609-448-7140 <a href="http://www.monroetwp.com">www.monroetwp.com</a></td>
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<td>New Brunswick Senior Resource Center</td>
<td>81 Huntington Street New Brunswick, NJ 08901 732-745-5100</td>
</tr>
<tr>
<td>North Brunswick Senior Center</td>
<td>15 Linwood Place North Brunswick, NJ 08902 732-247-0922 ext. 820 <a href="http://www.northbrunswicknj.gov">www.northbrunswicknj.gov</a></td>
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<td>Silver Linings at Old Bridge Office on Aging</td>
<td>George J. Bush Center for Human Services 1 Old Bridge Plaza Old Bridge, NJ 08857 732-721-5600 ext. 6600 <a href="http://www.oldbridge.com">www.oldbridge.com</a></td>
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<tr>
<td>Piscataway Senior Center Office on Aging</td>
<td>700 Buena Vista Avenue Piscataway, NJ 08854 732-562-1133 <a href="http://www.piscatawaynj.org">www.piscatawaynj.org</a></td>
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<tr>
<td>Plainsboro Department of Recreation &amp; Community Services</td>
<td>641 Plainsboro Road Plainsboro, NJ 08536 609-799-0909 ext. 1705 or 1719 <a href="http://www.plainsboronj.com">www.plainsboronj.com</a></td>
</tr>
<tr>
<td>Sayreville Office on Aging/ Senior Center</td>
<td>423 Main Street Sayreville, NJ 08872 732-390-7058 <a href="http://www.sayreville.com">www.sayreville.com</a></td>
</tr>
<tr>
<td>South Amboy Senior Center</td>
<td>108 South Stevens Avenue South Amboy, NJ 08879 732-525-5960 <a href="http://www.southamboynj.gov">www.southamboynj.gov</a></td>
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<tr>
<td>South Brunswick Office on Aging/ Senior Center</td>
<td>540 Ridge Road Monmouth Junction, NJ 08852 732-329-4000 ext. 7670 or 732-438-0918 <a href="http://www.sbtnj.net">www.sbtnj.net</a></td>
</tr>
<tr>
<td>South Plainfield Office on Aging / Senior Center</td>
<td>90 Maple Avenue South Plainfield, NJ 07080 908-754-1047 <a href="http://www.southplainfieldnj.com">www.southplainfieldnj.com</a></td>
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<tr>
<td>South River Office on Aging / Senior Center</td>
<td>55 Reid Street South River, NJ 08882 732-257-2340 <a href="http://www.southrivernj.org">www.southrivernj.org</a></td>
</tr>
<tr>
<td>Spotswood Office on Aging</td>
<td>1 Arlington Avenue - Suite 401 Spotswood, NJ 08884 732-251-3432 <a href="http://www.spotswoodboro.com">www.spotswoodboro.com</a></td>
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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: 1-888-AARP-NOW (227-7668)

**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.

**Wellness Initiative for Senior Education (WISE)**
NJ Prevention Network
150 Airport Road, Suite 1400
Lakewood, NJ 08701
732-367-0611
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.

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**Sycamore Senior Center**
290 Old Road
Port Reading, NJ 07064
732-726-7087
www.twp.woodbridge.nj.us

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

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

**State Office - AARP NJ**
Forrestal Village
101 Rockingham Row
Princeton, NJ 08540
866-542-8165

Organization for those over 50 (retired or not). Membership includes legislative representation, publication, travel, health insurance programs, pre-retirement counseling, continuing education, and hospitality facilities.

**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...
## 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 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, Hopewawn, Iselin, Lawrence Harbor, Morgan, Parlin, Perth Amboy, Port Reading, Sayreville, Sewaren, South Amboy, and Woodbridge.

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

Serves residents of Dunellen.

## 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  

Provides information and assistance, referral and advocacy for seniors, persons with disabilities, their caregivers, and the general public needing access to services. Older adults and people with disabilities may be able to obtain in-home support services through various home care programs. Call for a screening to determine eligibility.

**Catholic Charities Diocese of Metuchen**  
www.ccdom.org  
288 Rues Lane  
East Brunswick, NJ 08816  
319 Maple Street  
Perth Amboy, NJ 08861  
732-324-8200

**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 and telephone reassurance.

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

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

**Middlesex County Board of Social Services**
181 How Lane
New Brunswick, NJ 08901
732-745-3500
www.middlesexsocialservices.com

**Perth Amboy Human Services**
1 Olive Street
Perth Amboy, NJ 08861
732-826-1690

**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
732-324-2114
www.jrfnj.org

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.

**NJ Self - Help Clearinghouse**
673 Morris Avenue, Suite 100
Springfield, NJ 07081
1-800-367-6274 (in NJ)
973-571-4100 (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**  
635 Quakerbridge Road, Suite 7  
Hamilton, NJ 08619  
609-588-5515 or 1-800-GAMBLER  
www.800gambler.org

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 or 1-800-GAMBLER  
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.

**Parker Caregiver Support Group**  
443 River Road  
Highland Park, NJ 08904  
732-565-2400

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

**Interfaith Network of Care**
62 South Main Street
Milltown, NJ 08850
732-247-1655

Interfaith volunteers are able to provide transportation to non-emergency medical appointments in the local area.

**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.

**Middlesex County Area Transit (MCAT)**
Office Address:
97 Apple Orchard Lane
North Brunswick, NJ 08902
800-221-3520 Reservations
www.middlesexcountynj.gov

Mailing Address:
PO Box 871
North Brunswick, NJ 0803

**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 - Friday 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
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 ext. 4

**East Brunswick**
732-390-6896

**Edison**
732-248-7345

**Highland Park**
732-819-0052

**Metuchen**
732-632-8525

**Middlesex**
732-356-0414

**Milltown**
732-296-0681

**Monroe**
609-443-0511

**New Brunswick Dial-A-Ride**
732-745-5161

**North Brunswick**
732-247-0922 Ext. 820

**Old Bridge**
732-721-5600 Ext.6600

**Perth Amboy**
732-826-1690 Ext.4326 or 4307

**Sayreville**
732-390-7058

**So. Brunswick**
732-329-4000 Ext.7361

**South Plainfield**
908-754-1047

**South River**
732-257-2340

**Spotswood**
732-251-3432

**Woodbridge**
732-726-2394

**New Brunswick Dial-A-Ride**
732-745-5161
Veteran Services

Brigadier General William C. Doyle
Veterans Memorial Cemetery
350 Provinceline Road
Wrightstown, NJ 08562
609-738-2400
www.nj.gov/military/cemetery

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

Soldier On
1-866-406-8449
wesoldieron.org

Assists veterans and their families experiencing homelessness or are at risk of becoming homeless. Other services include: peer support, financial support, education and employment services, and transportation assistance.

Hope for Veterans Supportive Services for Veteran Families Program (SSVF)
1-855-483-8466
hopeforveterans.com

Providing case management to assist veterans and their families in securing housing and developing housing stability.

Middlesex County Veteran Services
75 Bayard Street - 2nd Floor
New Brunswick, NJ 08901
732-745-4051
www.middlesexcountynj.gov

Providing Veterans Housing Assistance Program, Rapid re-housing, Homelessness Prevention, and Veterans service cards.

NJ Department of Military and Veteran Affairs
101 Eggert Crossing Road
Lawrence Township, NJ 08648
732-937-6347
www.nj.gov/military

The soldiers’ home 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.

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

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.

Hope for Veterans Supportive Services for Veteran Families Program (SSVF)
1-855-483-8466
hopeforveterans.com

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.
Eye 2 Eye Peer Support Program
Rutgers/UHBC
833-932-3931
uhbc.rutgers.edu

A phone-based program that offers information, support, resources & referrals for individuals with vision impairment and blindness.

New Eyes for the Needy
549 Millburn Avenue
Short Hills, NJ 07078
973-376-4903
www.new-eyes.org

Provides prescription eyeglasses 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 or 877-685-8878
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 or 609-406-7179
www.njstatelibrary.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.
Out of State Assistance

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.
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