

2014 Resource Directory For Aging & Disabled Services



*Remaining independent
and living with dignity
are important issues.*

*Some solutions may
be simple, others
quite complex...*

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

Main Line: 732-745-3295

ADRC Toll Free: 1-877-222-3737

<http://co.middlesex.nj.us/aging>

**COUNTY OF MIDDLESEX
OFFICE OF AGING AND DISABLED SERVICES
75 BAYARD STREET, FIFTH FLOOR
NEW BRUNSWICK, NJ 08901**



Aging & Disability Resource Connection

Your Doorway to Information & Assistance

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

Always Care Adult Center, Inc.

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

Buckingham Place Medical & Social Adult Day Center

700 Woods Lane
Monmouth Jct., NJ 08852
732-329-8954 ext. 1

Circle of Life Adult Day Centers

3000 Hadley Road
South Plainfield, NJ 07080
732-839-3333

COPSA Day Program

667 Hoes Lane
Piscataway, NJ 08855
732-235-2858

Edison Adult Medical Day Care Center

1655-150 Oak Tree Road
Edison, NJ 08820
732-494-1001

Elderday

201 South 3rd Avenue
Highland Park, NJ 08904
732-777-1940

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

Hartwyck at Oak Tree

2048 Oak Tree Road
Edison, NJ 08820
732-906-2100

JFK Adult Medical Day Program

3 Progress Street, Suite 103
Edison, NJ 08820
908-912-1910

Just Home Medical Adult Day Care Center

7 Edgeboro Road
East Brunswick, NJ 08816
732-432-9990

Just Like Home

426 Raritan St., Raritan Center
Sayreville, NJ 08872
732-721-9200

Parker at the Pavilion Adult Day Health Services Center, Inc.

443 River Road
Highland Park, NJ 08904
732-565-2440

Saint Peters Adult Day Care

200 Overlook Drive
Pondview Plaza
Monroe Twp., NJ 08831
609-655-6853

2nd Home Adult Medical Day Care

420 Fayette Street
Perth Amboy, NJ 08861
732-826-8012

Bilingual Staff

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

Sterling Adult Day Services

225 North Center Drive
North Brunswick, NJ 08902
732-951-2020

Sunny Days Adult Day Care Center

217-225 Durham Avenue
South Plainfield, NJ 07080
732-791-4888



ALCOHOL PROGRAMS
COUNSELING

Alcoholics Anonymous (A.A.)
800-245-1377

Aging Substance Abuse Outreach Program (ASAP)
UMDNJ University Behavioral HealthCare
390 George Street, 3rd floor
New Brunswick, NJ 08901
732-235-3440

Provides assessment, counseling, consultation, and referral for older adults (55 years & older) with alcohol or other drug problems. No fee.

Ala-Call**800-322-5525 24 Hour Hotline**

Has complete list of AA, Al-Anon, Alateen and narcotics anonymous meetings for the state, detoxification centers, and rehabilitation facilities.

Alcohol 24 Hour Hotline**732-442-3794**

Raritan Bay Medical Center
Perth Amboy Location

Interpreters available for
140 languages

Carrier Foundation

PO Box 147
Route 601
Belle Mead, NJ 08502
800-933-3579 (24 hrs/7 days)

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.

Crawford House (Women)

PO Box 255
Skillman, NJ 08558
908-874-5153

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

Middlesex County Division of Mental Health and Addiction Services

Office of Human Services
75 Bayard Street - Fifth Floor
New Brunswick, NJ 08901
732-745-4091

Coordinates alcohol and drug programs throughout Middlesex County.

Intoxicated Driver Resource Center**732-745-4500****National Council on Alcoholism and Drug Dependence of Middlesex County, Inc. (NCADD)**

152 Tices Lane
East Brunswick, NJ 08816
732-254-3344 HelpLine

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

New Hope Foundation

51 Throckmorton Street
Freehold, NJ 07728
732-308-0113 Outpatient
732-946-3030 Inpatient

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

Open Door Alcoholism Service Program

2-4 New & Kirkpatrick Street
New Brunswick, NJ 08901
732-246-4800

Provides outpatient counseling, group therapy, education, and evaluation. AA & NA meetings.

Raritan Bay Medical Center

595 New Brunswick Avenue
Perth Amboy, NJ 08861
732-442-9006

Intensive outpatient alcohol intervention and referral services. Educational and counseling support for individuals and families.



ALZHEIMER'S PROGRAMS

“A Day Away” Jewish Family and Vocational Services of Middlesex County

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

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

Alzheimer's Association Greater New Jersey Chapter

400 Morris Avenue – Suite 251
Denville, NJ 07834
973-586-4300

**800-883-1180 Caregiver Helpline
24 hours - 7 days a week**

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

Alzheimer's Association

919 North Michigan Avenue
Chicago, IL 60611
800-272-3900

Provides educational information and links families to local programs.

Elderday

201 South 3rd Avenue
Highland Park, NJ 08904
732-777-1940

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

The Gallery at Buckingham Place Adult Medical Day Center

155 Raymond Road
Princeton, NJ 08540
732-329-8954

Institute For Alzheimer's Disease and Related Disorders UMDNJ

667 Hoes Lane
Piscataway, NJ 08855
800-424-2494 / 732-235-5730

- Hotline
- Day Care Program
- Diagnostic Clinic
- Dementia Management
- Clinical Drug Trials

**JFK Hartwyck Nursing
Convalescent and Rehabilitation
Center**

2048 Oak Tree Road
Edison, NJ 08820
732-906-2100 Respite Care
732-548-9770 Adult Day Care

**Saint Peter's Adult Medical Day
Care**

200 Overlook Drive
Cranbury, NJ 08512
609-655-6853



ASSISTED LIVING
RESIDENCES

Apartment style housing and congregate dining. These facilities furnish a coordinated array of supportive personal and health services which are available 24-hours a day.

CRANBURY

Elms at Cranbury

61 Maplewood Avenue
Cranbury, NJ 08512
609-395-0641

EAST BRUNSWICK

The Chelsea at East Brunswick

606 Cranbury Road
East Brunswick, NJ 08816
732-651-6100

Sunrise of East Brunswick

190 Summerhill Road
East Brunswick, NJ 08816
732-613-1355

EDISON

Sunrise Brighton Gardens

1801 Oak Tree Road
Edison, NJ 08820
732-767-1031

Heritage at Clara Barton

1015 Amboy Avenue
Edison, NJ 08837
732-225-5990

Whispering Knoll

62 James Street
Edison, NJ 08820
732-744-5541

ENGLISHTOWN

Liberty Manor Assisted Living

49 LaSatta Avenue
Englishtown, NJ 07726
732-786-1000

HIGHLAND PARK

Parker at Stonegate

443 River Road
Highland Park, NJ 08904
732-565-2500

MONROE TOWNSHIP

Wynwood at Forsgate

380 Forsgate Drive
Monroe Township, NJ 08831
609-409-7525

The Chelsea at Forsgate
319 Forsgate Drive
Monroe Township, NJ 08831
732-656-1000

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

PLAINSBORO
Pavilions at Forrestal
1000 Windrow Drive
Princeton, NJ 08540
609-514-9111

SOMERSET
Spring Hills at Somerset
473 Demott Lane
Somerset, NJ 08873
732-873-4800

Oscar and Ella Wilf Campus for Senior Living
350 DeMott Lane
Somerset, NJ 08873
888-311-5231

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

WOODBRIIDGE
St. Joseph's Assisted Living
1 St. Joseph's Terrace
Woodbridge, NJ 07095
732-634-0004



CAREGIVING RESOURCES

EARS for Caregivers
(Educate-Advocate-Reduce Stress for Caregivers)
University Behavioral Healthcare
COPSA Geriatric Services
100 Metroplex Drive
Edison, NJ 08817
1-866-300-EARS/ 866-300-3277

A program designed to assist unpaid caregivers with emotional support and guidance. Professional staff with an understanding of the stresses of caregiving are available to assist in matters of decision making, accessing services, listening and offering support and understanding to those in need.

Family Resource Network
1 AAA Drive, Suite 203
Trenton, NJ 08691
800-376-2345 or 609-392-4900

Provides support services to people living with epilepsy, autism, developmental disabilities and chronic illness.

Statewide Respite Care Program

Middlesex County Office of Aging
and Disabled Services

75 Bayard Street - Fifth Floor
New Brunswick, NJ 08901

732-745-3295

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

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
732-968-7925

Emergency food, clothing, furniture, blankets, special needs for the elderly.

Jewish Family and Vocational Services of Middlesex County

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

Food Distribution

American Red Cross of Central New Jersey

707 Alexander Road
Princeton, NJ 08540
609-951-8550

Food Vouchers available to those affected by disasters.

Elijah's Promise

18 Neilson Street
New Brunswick, NJ 08901
732-545-9002 Ext. 118

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

Food Pantry, Appointment Required

The Salvation Army
433 State Street
Perth Amboy, NJ 08861
732-826-7040

Food pantry, lunch program, and emergency winter shelter. Lunch is available Mon. -Fri., 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
1700 Whitehorse-Hamilton Sq.
Road – Suite D5

Trenton, NJ 08690
609-588-0808

Consumer Affairs Middlesex County Office
75 Bayard Street - Second Floor
New Brunswick, NJ 08901
732-745-3875

Complaints must be sent in writing

Consumer Affairs Branch Offices

Middlesex Borough
1200 Mountain Avenue
Middlesex, NJ 08846
732-356-8090 Ext. 250

Perth Amboy
Fayette & Reade Streets
Perth Amboy, NJ 08861
732-826-4300

**Federal Trade Commission
Consumer Response Center**
877-FTC-HELP (382-4357)

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

National Fraud Information Center
800-876-7060

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

Elder Fraud Investigations Unit educates consumers regarding their protection and rights.

**NJ Board of Public Utilities
Division of Customer Relations
800-624-0241**

Complaints concerning utilities.

**NJ Property Tax Reimbursement
Hotline
800-882-6597**

**State of NJ - Office of Insurance
Fraud Prosecutor
877-55 Fraud (553-7283)**



COUNSELING / MENTAL HEALTH

**Carrier Foundation Mercer County
P.O. Box 147
Route 601
Belle Mead, NJ 08502
800-933-3579 24-hours / 7 days**

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 Mental Health Clinic

288 Rues Lane
East Brunswick, NJ 08816
732-257-6100

- 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.

Catholic Charities

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

St. John the Baptist

24 Abeel Street
New Brunswick, NJ 08901
732-745-9800

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

271 Smith Street
Perth Amboy, NJ 07095
732-826-9160

**COPSA Geriatric Outreach and
Outpatient Services**

100 Metroplex Drive
Edison, NJ 08817
732-235-8400

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

**Family and Children Services of
Central New Jersey, Inc.**

223 Route 18 South – Suite 201
East Brunswick, NJ 08816
732-418-7077

Provides counseling, outreach and psychiatric services.

**Jewish Family and Vocational
Services of Middlesex County**

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

52 Concordia Shopping Center
Monroe Twp., 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

**Raritan Bay Mental Health
Center**

570 Lee Street
Perth Amboy, NJ 08861
732-442-1666

Provides outpatient evaluations, psychological testing, and psychiatric services.

Hours:

Mon & Fri: 8:30am - 4:15pm
Tues, Wed, Thurs 8:30am - 9pm

**Princeton House Behavioral
Health Services Senior Link
Program**

1460 Livingston Avenue
North Brunswick, NJ 08902
732-435-0202/1-888-437-1610

Outpatient center that provides intensive, structured mental health care to seniors 65 and older with a variety of psychiatric disorders.

**UMDNJ University Behavioral
Health Care Access Center
800-969-5300**

Provides outpatient therapy, after care services for previously hospitalized individuals, education and consultation services.

Calls to the Access Center will determine the needs of the client and at which location in Middlesex County services will be provided.



DENTAL PROGRAMS

Senior Dental c/o NJ Dental Association

1 Dental Plaza
North Brunswick, NJ 08902
732-821-9400

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

For patients who have trouble receiving dental care due to health or mobility issues. Insurance is accepted but not Medicaid. House call fee of \$75.

Donated Dental Services

P.O. Box 2117
Edison, NJ 08818-2117
732-549-8909

Dentists volunteer their services to provide dental care at no charge to people who because of a serious

disability, advanced age, or medical problems lack adequate income to pay. There are no rigid eligibility requirements and generally no cost to qualifying individuals: however, people in a position to pay for part of their care may be encouraged to do so, especially when laboratory work is involved. Applicants may be placed on a waiting list.

Middlesex County College Dental Hygiene Clinic

L'Hommedieu Hall-Room 164
2600 Woodbridge Avenue
Edison, NJ 08818
732-906-2536

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

Fee based on a sliding scales; accepts Medicaid and private insurance

JFK Medical Center Dental Clinic

65 James Street
Edison, NJ 08817
732-321-7608

By appointment only, fees are on a sliding scale.

Mobile Dentistry

Oakdale Plaza
186 Highway 34, Suite 1
Matawan, NJ 07747-9620
732-901-9036

For patients that are homebound, handicapped, or unable to get to the office. Insurance is accepted but not Medicaid. House call fee of \$100.

New Jersey Mobile Dental

P.O. Box 477
Colts Neck, NJ 07722
732-431-7577

Dental services for the homebound. Services are on a cash only basis, insurance and Medicaid are not accepted. There is a \$75 travel fee and a \$65 initial exam fee.

Robert Wood Johnson University Hospital Dental Service

1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732-937-8653

By appointment only.



DISABILITY SERVICES

Alliance Center for Independence

629 Amboy Avenue
Edison, NJ 08837
732-738-4388
732-738-9644 TTY

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

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

Arc of Middlesex County

219 Black Horse Lane – Suite 1
North Brunswick, NJ 08902
732-247-8155

Provides counseling, family support programs, in-home respite care, day program, recreation, advocacy, information, referral, employment support, and group home services.

Catholic Charities

288 Rues Lane
East Brunswick, NJ 08816
732-257-6100

Services include family and individual counseling, and case management to the physically disabled. Home visits are available.

Hours:

Mon.-Thurs. 9am-9pm
Fri. 9am-6:30pm
Sat. 9am-4pm

Disability Rights NJ (formerly NJ Protection and Advocacy)

210 South Broad Street, 3rd Fl.
Trenton, NJ 08608
609-292-9742 / 800-922-7233
TDD: 609-633-7106

Easter Seal Society of NJ

25 Kennedy Blvd. – Suite 600
East Brunswick, NJ 08816
800-468-0027 / 732-257-6662

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 - Fifth Floor
New Brunswick, NJ 08901
732-745-4013

Provides information and referral, advocacy, and public education.

NJ Association of the Deaf/ Blind Inc.

24K Worlds Fair Drive
Somerset, NJ 08873
732-805-1912
732-805-0235 TTY

Provides case management and the coordination of services and social programs for adults who have dual sensory loss of vision and hearing.

NJ Division of Disability Services

11A Quaker Bridge Plaza
Mercerville, NJ 08619
888-285-3036 / 609-292-7800
609-631-4366 (TDD)

PASP Personal Assistance Service Program

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

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**

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

Women Aware Inc.
250 Livingston Ave.
New Brunswick, NJ 08901
732-249-4900
732-249-0600 (TTY)
24 Hour Hotline-732-249-4504

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

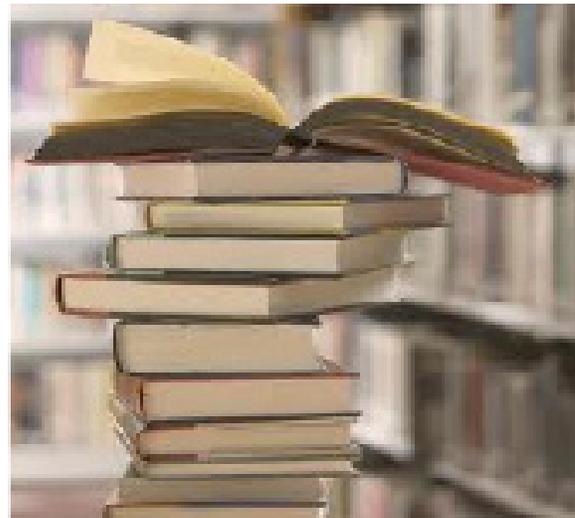
Counseling center specializing in
issues related to domestic violence.

**Office of Victim/Witness
Advocacy Middlesex County
Prosecutor's Office**
100 Bayard Street, 4th Floor
New Brunswick, NJ 08901
732-745-3394

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**

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



EDUCATION

Adult Education
Most area high schools offer adult
education courses. Contact your
local high school for information.

**Higher Education Student
Assistance Authority
800-792-8670**

Information on financial aid, grants
and loans for education.

**Middlesex County College
Division of Community
Education**

155 Mill Road
Edison, NJ 08818
732-906-2556

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.

Rutgers Cooperative Extension
Family & Community Health Science
42 Riva Avenue
Davidson's Mill Pond Park
North Brunswick, NJ 08902
732-398-5269

Offers a free newsletter, Visions, containing articles on healthy living.

**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 Blvd.
Woodbridge, NJ 07095
732-634-5858



ELDER ABUSE

**Adult Protective Services MC
Board of Social Services**
181 How Lane
New Brunswick, NJ 08903
732-745-3635 or 745-3595

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

**NJ Department of Health and
Senior Services**
Complaint Hotline 1-800-792-9770

For complaints concerning matters of licensing, exploitation, abuse, or neglect. Calls are screened and then referred to the appropriate agency.

**Ombudsman for the
Institutionalized Elderly**
24-HOUR HOTLINE
1-877-582-6995

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

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

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



EMPLOYMENT/ VOCATIONAL REHABILITATION

Foster Grandparent and Senior Companion Programs

Woodbridge Developmental

Center and Community Site
Rahway Avenue, Box 189
Woodbridge, NJ 07095
732-499-5529

Tax free stipend for low-income senior citizens 60 years or older to provide friendship and guidance to children and adults with special needs. Part time with benefits and travel reimbursement.

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

Program offers schooling and training.

NJ State Department of Labor Division of Vocational Rehabilitation Service

28 Yard Avenue
P.O. Box 959

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

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

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
800-356-1561

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
9 Terminal Road
New Brunswick, NJ 08901
732-828-8080

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

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

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

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

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 and Vocational Services of Middlesex County
32 Ford Avenue
Milltown, NJ 08850
732-777-1940

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



ENERGY ASSISTANCE

Home Energy Assistance Program

Puerto Rican Action Board
P.O. Box 240
New Brunswick, NJ 08903-0240
732-828-4541

This program assists eligible low-income individuals with a benefit towards heating and cooling costs. Monthly gross income cannot exceed \$1,862 for one person and \$2,522 for two people. Applications are accepted November 1st – April 30th.

Gift of Warmth Program

Check-Mate, Inc.
550 Cookman Avenue
Asbury Park, NJ 07712
732-774-3100 Ext. 101
732-502-8855 Hotline

A New Jersey Natural Gas-sponsored program assisting NJ Natural Gas heating customers who are having difficulty paying their residential gas bill. To qualify for this benefit, applicants must have a final notice for shut off on their gas bill and can make a good faith payment.

Lifeline Program

12D Quaker Bridge Plaza
P.O. Box 714
Trenton, NJ 08625-0714
800-792-9745 / 609-588-7161

Lifeline is a utility assistance program that offers \$225 per household to persons who meet them following eligibility requirements:

- Gross annual income must not exceed \$26,130 for a single person, or \$32,037 for a married couple.
- A New Jersey resident
- Persons are at least 65 years of age, or 18 years of age receiving Social Security Disability.

Applications available for Lifeline at: Middlesex County Office of Aging and Disabled Services

New Jersey Citizen Action Oil Group

1-800-464-8465

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

1-877-654-9186

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

P.O. Box 1415
Hightstown, NJ 08520-1415
866-657-4273

Temporary assistance for participating utility companies. Residential energy customers who do not receive TANF or general assistance checks may apply.

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. Services must be in threat of disconnection or the account needs to be reinstated.

Applications are accepted through these agencies:

- **Puerto Rican Action Board**
732-828-4555
- **Puerto Rican Association for Human Development**
732-442-1081
- **Catholic Charities**
New Brunswick Office
732-745-9800
Perth Amboy Office
732-826-9160
- **PSE&G Customer Inquiry Center**
800-436-7734 24-Hour Line

Public Utilities Division of Customer Assistance
973-648-2026

Mediates disputes between utility companies and customers.

Weatherization Assistance Program

Puerto Rican Action Board
90 Jersey Avenue
P.O. Box 240
New Brunswick, NJ 08903-0240
732-828-4541 / 800-510-3102

Provides energy conservation measures and weatherization services for eligible low income homeowners and renters (landlords must contribute 50% of the costs for services) to obtain savings, energy efficiency and lower fuel consumption.



FINANCIAL ASSISTANCE

Housing Coalition Puerto Rican Action Board

90 Jersey Avenue
New Brunswick, NJ 08903
732-249-9700

Provides information about reverse mortgages designed to give senior citizens a means of using equity from their homes. The homeowner will receive monthly fixed term payments.

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

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

Middlesex County Housing and Social Services

75 Bayard Street - Second Floor
New Brunswick, NJ 08901
732-745-3025

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

United States Dept. of Agriculture USDA – Rural Development

5th floor North – Suite 500
8000 Midlantic Drive
Mount Laurel, NJ 08054
856-787-7700

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

800-792-9745 or 609-588-7049
if you receive Lifeline or P.A.A.D.
or

Board of Social Services
732-745-3500

If you receive TANF/WFNJ, Food Stamps, HEAP, SSI/Medicaid

This program offers discounted residential telephone service for qualified low-income customers.



GERIATRIC
ASSESSMENT

COPSA Institute for Alzheimer’s Disease and Related Disorders
UBHC-UMDNJ

667 Hoes Lane
Piscataway, NJ 08854
800-424-2494 / 732-235-5840

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

Behavioral Health Services for Older Adults

Raritan Bay Medical Center
732-324-5033

Old Bridge Office

3 Hospital Plaza
Medical Arts Bldg.-Suite 409
Old Bridge, NJ 08857

Perth Amboy Office

500 Lawrie Street
Perth Amboy, NJ 08861

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 Assessment Center

125 Paterson Street
New Brunswick, NJ 08903
732-235-6968

Provides health assessment with emphasis on medical problems common to seniors.

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

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



HEALTH FOUNDATIONS AND ASSOCIATIONS

American Cancer Society

2600 U.S. Hwy. #1
North Brunswick, NJ 08902
800-ACS-2345 / 732-297-8000

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

National Cancer Institute Cancer Information Service

800-422-6237

American Diabetes Association

Center Point II
1160 Rt. 22E - Suite 103
Bridgewater, NJ 08807
800-342-2383

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

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

American Lung Association of New Jersey

29 Emmons Drive, Bldg. A - 20
Princeton, NJ 08540
800-LUNG-USA / 609-452-2112

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.

NJ/American Parkinson Disease Association

Information & Referral Center
Robert Wood Johnson
University Hospital
One Robert Wood Johnson Pl.
New Brunswick, NJ 08901
732-745-7520 / 800-223-2732

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

Arthritis Foundation

555 Route 1 South, Suite 320
Iselin, NJ 08830
888-467-3112 / 732-283-4300

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

Calcium Information Center
800-321-2681

Deborah Hospital Foundation

PO Box 820
Brownsmills, NJ 08015
609-893-3372

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

4351 Garden City Drive
Landover, MD 20785
800-332-1000

Middlesex County Association of the Blind, Inc.

P.O. Box 424
New Brunswick, NJ 08903
732-360-1212

Meeting Location

Milltown Boro Hall
Violet Terrace

Provides social rehabilitation. Call for details.

Muscular Dystrophy Association

1030 Saint Georges Avenue
Avenel, NJ 07001
732-750-2333

Registered clients can obtain free diagnosis and follow-up care at the JFK Medical Center in Edison, College Hospital & 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.

National Osteoporosis Foundation

1232 22th St. NW
Washington, DC 20037
202-223-2226 / 800-223-9994



HEARING

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 \$26,130 for a single person, or income less than \$32,037 if married.
- Applicant must be 65 and older, or 18 years of age and receiving Social Security Disability benefits.

Hearing Aid Dispenser Examiners Committee

124 Halsey Street, 6th floor
Newark, NJ 07102
973-504-6331

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.

Hear Rx

1455 Route 1 South
Edison, NJ 08837
732-549-7455

Provides diagnostic testing free of charge. Also dispenses hearing aids.

JFK Rehabilitation Institute Speech and Audiology Dept.

65 James Street
Edison, NJ 08818
732-321-7063

Complete hearing and hearing aid evaluations. Purchase of hearing aids, testing, fitting, and follow-up.

NJ Division of Deaf and Hard of Hearing

P.O. Box 074
Trenton, NJ 08625-0074
800-792-8339
609-984-7281
609-984-7281 (TTY)

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.



HEMOCARE SERVICES

Medical Center at Princeton
Dept. of Home Care and Hospice
208 Bunn Drive
Princeton, NJ 08540
609-497-4900

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

Middlesex County Office of Aging & Disabled Services
75 Bayard Street, 5th Floor
New Brunswick, NJ 08901
732-745-3295/1-877-222-3737

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

Programs such as:

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

Mt. Carmel Home Nursing Service
St. Joseph's Convent
184 Amboy Avenue
Woodbridge, NJ 07095
732-634-0807

Robert Wood Johnson University Hospital
Home Care Department
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732-828-8884

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

VNA Health Group
972 Shoppes Blvd.
North Brunswick, NJ 08902

312 Applegarth Road, Suite 205
Monroe, NJ 07095

800-VNA-3330 or 862-3330

Services include skilled nursing care, hospice program, complex care, rehabilitative services, and certified 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 their own home 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:

Retired and Senior Volunteer Program of Middlesex County Mr. Fixit Program/Chore Service

287 Handy Street
New Brunswick, NJ 08901
732-249-6330

Perth Amboy Senior Center **732-826-1690**

Sayreville Senior Center **732-390-7058**

Spotswood Office on Aging **732-251-3432**

Middlesex County Housing 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

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

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

Provides emergency winter shelter from November 1st- April 1st.



HOSPICE PROGRAMS

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

Barbara E. Cheung Memorial Hospice

1 Roosevelt Drive
Edison, NJ 08837
732-321-9334

Caring Hospice Services of Central Jersey

1090 King Georges Post Road
Suite 703
Edison, NJ 08837
732-661-9373

Compassionate Care

516 High Street, Suite 11
Mt. Holly, NJ 08060
609-267-1178

Haven Hospice Program

JFK Medical Center
65 James Street
Edison, NJ 08818
732-321-7769

Hospice of NJ

400 Broadacres Drive
Bloomfield, NJ 07003
973-893-0818

Martin and Edith Stein Hospice

49 Veronica Avenue - Suite 206
Somerset, NJ 08873
732-227-1212

**Medical Center at Princeton
Dept. of Home Care & Hospice**

208 Bunn Drive
Princeton, NJ 08540
609-497-4900

Odyssey Healthcare, Inc.

140 Campus Drive
Edison, NJ 08837
732-346-9276

Visiting Nurse Association

1100 Wayside Road
Asbury Park, NJ 07712
732-493-2220



**HOSPITALS / HEALTH
CENTER**

Cancer Institute of New Jersey

195 Little Albany Street
New Brunswick, NJ 08901
732-235-2465

Eric B. Chandler Health Center

277 George Street
New Brunswick, NJ 08901
732-235-6700

**Jewish Renaissance Medical
Center**

272A Hobart Street
Perth Amboy, NJ 08861
732-376-9333

JFK Medical Center

65 James Street
Edison, NJ 08818
732-321-7000

732-321-7050 Rehab Institute

**University Medical Center at
Princeton**

One Plainsboro Road
Plainsboro, NJ 08536
609-853-7000

Rahway Hospital
865 Stone Street
Rahway, NJ 07065
732-381-4200

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

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

**Robert Wood Johnson
University Hospital**
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732-828-3000

Saint Peter's University Hospital
254 Easton Avenue
New Brunswick, NJ 08901
732-745-8600

**Saint Peter's University Hospital
Senior Health Center**
300 Overlook Drive
Monroe Twp., NJ 08831
609-409-1363

Somerset Medical Center
110 Rehill Avenue
Somerville, NJ 08876
908-685-2200

**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



HOUSING

Catholic Charities
732-826-6278

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.njhpc.gov

NJ Homeless Hotline – 211

**Homelessness Prevention
Program**
732-442-1081

One time financial assistance for
individuals about to be evicted.

**Housing Coalition
Puerto Rican Action Board**
90 Jersey Avenue
New Brunswick, NJ 08903
732-249-3498

- Default & Foreclosure Counseling
- Reverse Mortgage for the Elderly
- Middlesex Match Home Sharing Program acts as a clearinghouse, interviewing citizens of all ages seeking to share a home/apartment.
- Landlord-Tenant Counseling informs tenants and landlords on laws, housing discrimination, utility rights and provides information and referral to state federal, local housing programs.

Middlesex County Housing and Social Services

75 Bayard Street - Second Fl.
New Brunswick, NJ 08901
732-745-3025

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

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.

UMDNJ - Housing Assistance 732-235-6184

One time housing financial assistance for individuals with a psychiatric diagnosis.

U.S. Department of Housing and Urban Development

1 Newark Center, 13th floor
Newark, NJ 07102
973-622-7900

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
732-521-1715

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

SOUTH RIVER

Terra Bella

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 Twp., NJ 08831

HOME SHARING

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

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
609-448-9893

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 Rd
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

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 Blvd.
East Brunswick, NJ 08816
732-236-7831

Waterford at East Brunswick

540 Cranbury Road
East Brunswick, NJ 08816
732-432-7844

HELMETTA

Regency Walk

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

METUCHEN

Whitfield at Metuchen

13 Ayers Court
Metuchen, NJ 08840
732-494-1979

MONROE TOWNSHIP

Clearbrook Community Association

Clearbrook Clubhouse
Monroe Township, NJ 08831
609-655-2706

Concordia

1 Clubhouse Drive
Monroe Township, NJ 08831
609-655-0382

Encore Monroe

397 Blossom Way
Monroe Township, NJ 08831
732-741-0054

Greenbriar at Whittingham Village 2 and Village 3

100 Whittingham Drive
Monroe Township, NJ 08831
609-395-0404

The Ponds

536 Waterside Blvd.
Monroe Township, NJ 08831
609-655-2900

Regency at Monroe

553 Buckelew Avenue
Monroe Township, NJ 08831
732-605-1717

Rossmoor Community

2 Rossmoor Drive
Monroe Township, NJ 08831
609-655-1000

Renaissance at Cranbury Crossing

48 Vineyard Court
Monroe Township, NJ 08831
609-860-9909

Renaissance at Monroe

Route 33
Monroe Township, NJ 08831
732-780-1800 ext.411

Waterside Villas

1 Overlook Drive
Monroe Township, NJ 08831
609-409-0018

Whittingham -Village 1

100 Whittingham Drive
Monroe Township, NJ 08831
609-655-5656

WOODBRIIDGE

Woodbridge Hills

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

SHARED LIVING RESIDENCES

Homes in which people who are unrelated, live together. Each person has a private bedroom but bathrooms may be either private or shared. All other spaces in the house are shared.

METUCHEN

Berringer House

320 Grove Avenue
Metuchen, NJ 08840
732-632-8524

PERTH AMBOY

Boyd House

222 Rector Street
Perth Amboy, NJ 08861
732-826-1594

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.

CARTERET

Carteret Housing Authority

96 Roosevelt Avenue
Carteret, NJ 07008
732-541-6800

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 & Union Street
Carteret, NJ 07008
732-541-6800

CRANBURY

Cranbury Housing Associates, Inc.

216 Rockingham Row
Princeton Forrestal Village
Princeton, NJ 08540
609-786-1102

EAST BRUNSWICK

Dept. of Planning & Community Development

1 Jean Walling Civic Center Dr.
East Brunswick, NJ 08816
732-390-6870 / 390-6859

Halls Corner

551 Cranbury Road
East Brunswick, NJ 08816
732-257-1906

Oak Creek Village

401 New Brunswick Avenue
East Brunswick, NJ 08816
732-254-4488

EDISON

Edison Housing Authority

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

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
732-744-1464

HIGHLAND PARK

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

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

JAMESBURG

Barclay Village
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
PO Box 110
New Brunswick, NJ 08901
732-745-5147

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

Hoffman Pavilion
75 Neilson Street
New Brunswick, NJ 08901
732-745-5147

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

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
PO Box 700
Old Bridge, NJ 08857
732-721-5600 ext. 6410 or 6415

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

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

Senior Citizen Housing

Skills & Buena Vista Avenue
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 Avenue
Sayreville, NJ 08872
732-721-8400

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

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

**Thomas J. O'Leary Senior
Citizen 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 Jct. NJ 08852
732-355-0620

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

SOUTH PLAINFIELD

So. 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

WOODBRIIDGE

Woodbridge Housing Authority

20 Bunns Lane
Woodbridge, NJ 07095
732-634-2750

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 Justice Immigration/ Naturalization Service

970 Broad Street, Room 136
Newark, NJ 07102
Hours: Mon.-Fri. 8am - 6pm

INS National Customer Service Center

800-375-5283
**800-870-3676 forms only the
following agencies provide
assistance in citizenship
services:**

Catholic Charities Diocese of Metuchen

271 Smith Street
Perth Amboy, NJ 08861
732-826-9160

**Jewish Family and Vocational
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:

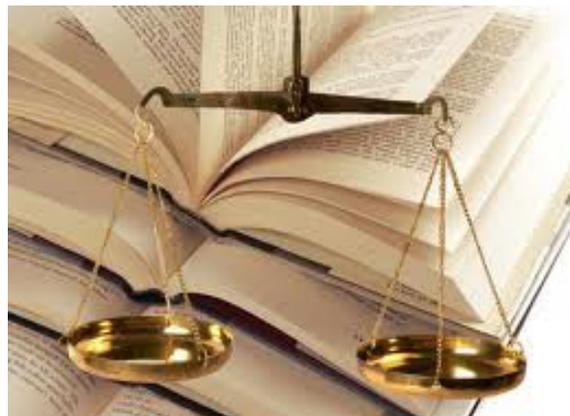
AARP

**Tax Aide - Site locator
1-888-227-7669**

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**

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: Mon. – Fri., 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

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 - First Floor
New Brunswick, NJ 08901
732-745-3055

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 for Elderly Adults
P.O. Box 812
Trenton, NJ 08625-0812
609-341-5555

Guardianship/conservatorship services to individuals 60 years of age and older meeting eligibility requirements. Services include visits, coordination of social services, trust and property management, and legal services.

Inheritance Tax Office - NJ
50 Barrack Street
P.O. Box 249
Trenton, NJ 08695
609-292-5033

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

American Red Cross Lifeline
800-959-6989

This system offers either a Care Partner communicator and/or a Lifeline telephone which connects you to help 24 hours a day. A personal help button is available when you are away from home or even in the bath or shower. There is a one-time activation fee and monthly costs.

Community Access to Rehabilitation Equipment (CARE)
Your Resource
8 Industry Court
Ewing, NJ 08638
609-530-1513

A program that offers durable medical equipment that is donated to be reused or recycled.

Goodwill Home Medical Equipment
18 Artic 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 of Central Jersey Health Watch
732-219-7444**

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.

**The Assistive Technology
Advocacy Center (ATAC)**

210 South Broad Street – 3rd fl.
Trenton, NJ 08608
800-922-7233/609-292-9742

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

**ATAC Back in Action
800-922-7233**

Assistive device recycling program for New Jersey residents, Individuals may also access the website directly at <http://backinaction.drnj.org>.



MEDICAID

Medicaid District Office

Jupiter Business Plaza
Suite 1H-A, 3499 Hwy 9N
Freehold, NJ 07728
732-761-3600

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

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

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

Health Quality Strategies Inc. (HQS)

557 Cranbury Road, Suite 21
East Brunswick, NJ 08816
1-800-624-4557

HQS is contracted by the federal government to ensure that Medicare beneficiaries receive quality medical care. Call to appeal if services are ending in a nursing home, hospital, home health agency, or hospice agency or if you have quality of care concerns and wish to file a complaint.

Medicare Fraud and Abuse Hotline

1-800-447-8477

Medicare Rights Center
1-800-333-4114

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 Ave, 2nd floor
Milltown, NJ 08850
732-777-1940 ext. 1117
1-877-678-4697

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

State Health Insurance Assistance Program - SHIP

Middlesex County Office of Aging and Disabled Services

75 Bayard Street, 5th Floor
New Brunswick, NJ 08901
732-745-3295

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

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**

PO Box 329
Trenton, NJ 08625-0325
1-800-446-7467

To make complaints about the business practices of insurance companies.



NURSING HOMES

**Alameda Center for
Rehabilitation and Care**

303 Elm Street
Perth Amboy, NJ 08861
732-442-9540

Amboy Care Center

1 Lindberg Avenue
Perth Amboy, NJ 08861
732-826-0500

**Briarwood Care & Rehabilitation
Center**

901 Ernston Road
South Amboy, NJ 08879
732-721-8200

Care One at East Brunswick

599 Cranbury Road
East Brunswick, NJ 08816
732-967-0100

Care One at the Highlands

1350 Inman Avenue
Edison, NJ 08820
908-754-7100

Cedar Oaks Care Center

1311 Durham Avenue
South Plainfield, NJ 07080
732-287-9555

Cranbury Center

292 Applegarth Road
Monroe Twp., NJ 08831
609-860-2500

**Edison Estates Rehabilitation
and Convalescent Center**

465 Plainfield Avenue
Edison, NJ 08817
732-985-1500

Elms of Cranbury

61 Maplewood Avenue
Cranbury, NJ 08512
609-395-0641

**Forrestal Skilled Nursing and
Rehabilitation Center at the
Windrows**

5000 Windrow Drive
Princeton, NJ 08540
609-987-1221

Frances E. Parker Memorial Home

Easton Avenue at Landing Lane
New Brunswick, NJ 08901
732-545-3110

Frances E. Parker Memorial Home

1421 River Road
Piscataway, NJ 08854
732-545-8330

Franklin Care Center

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

Gardens at Monroe

189 Applegarth Road
Monroe Twp., NJ 08831
609-448-7036

Golden Living Center - Old Bridge

6989 Rt. 18 South
Old Bridge, NJ 08857
732-360-2277

Hartwyck at Oak Tree

2048 Oak Tree Road
Edison, NJ 08820
732-906-2100

JFK Hartwyck at Edison Estates

10 Brunswick Avenue
Edison, NJ 08817
732-985-1500

**Madison Center Genesis
Eldercare**

625 Route 34
Matawan, NJ 07747
732-566-6400

McCarrick Care Center

15 Delwood Lane
Somerset, NJ 08873
732-545-4200

**Monroe Village Health Care
Center**

1 David Brainerd Drive
Monroe Township, NJ 08831
732-521-6408

**New Jersey Veterans Memorial
Home**

132 Evergreen Road
PO Box 3013
Edison, NJ 08818-3013
732-452-4100

Park Place Center

2 Deer Park Drive
Monmouth Junction, NJ 08852
732-274-1122

Reformed Church Home

1990 Rt. 18 North
Old Bridge, NJ 08857
732-607-9230

Roosevelt Care Center

1 Roosevelt Drive
Edison, NJ 08837
732-321-6800

**Roosevelt Care Center at Old
Bridge**

1133 Marlboro Road
Old Bridge, NJ 08857
732-360-9830

Regency Jewish Heritage

380 Demott Lane
Somerset, NJ 08873
732-873-2000

Rose Mountain Care Center

Routes 1 & 18
New Brunswick, NJ 08901
732-828-2400

**St. Joseph's Senior Home
Nursing Center**

3 St. Joseph's Terrace
Woodbridge, NJ 07095
732-750-0077

Summer Hill Nursing Home

111 Route 516
Old Bridge, NJ 08857
732-254-8200

Sunrise Brighton Gardens

1801 Oak Tree Road
Edison, NJ 08820
732-767-1031

Victoria House Health Care Center

38 Freneau Avenue
Matawan, NJ 07747
732-566-0800

Willow Creek Rehabilitation and Care Center

1165 Easton Avenue
Somerset, NJ 08873
732-246-4100

NJ Department of Health and Senior Services Complaint Hotline

800-792-9770

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

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

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

Serves residents of Highland Park and New Brunswick.

Kosher Meals on Wheels

Jewish Family and Vocational Services of Middlesex County
52 Concordia Shopping Center
Monroe Twp., NJ 08831
732-777-1940

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 - Fifth Floor
New Brunswick, NJ 08901
732-745-2062

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
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
908-753-1040

KOSHER CONGREGATE DINING

**Jewish Family & Vocational
Services of Middlesex County
Highland Park Conservative
Temple**
201 South 3rd Avenue
Highland Park, NJ 08905
732-777-1940



PRESCRIPTIONS

Middlesex Rx
Sponsored by Middlesex County
Board of Chosen Freeholders

A free prescription drug program that offers both generic and name brand medication at a discount off the wholesale price. Most Middlesex County pharmacies are participating. Membership is free and there is no limit on the number of prescriptions covered. A \$2 dispensing fee per prescription is added on to the discounted price.

Eligibility Requirements:
➤ Middlesex County resident (no income limitation)
➤ No other prescription coverage through an employee-based or government-sponsored benefit plan.
To obtain an application form, call

GS POPS
1-800-633-0037
or
**MC Office of Aging & Disabled
Services**
732-745-3295

**Pharmaceutical Assistance to
the Aged And Disabled (PAAD),
Lifeline and Special Benefits**
NJ Dept. of Health & Senior Services
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745 / 609-588-7049
609-588-7030 TTY

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 \$26,130 if single and \$32,037 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.

Senior Gold

NJ Dept. of Health & Senior
Services
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745

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 \$26,130 and \$36,130 if you are single, or between \$32,037 and \$42,037 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

Environmental Protection
Division of Fish, Game & Wildlife
P.O. Box 400
Trenton, NJ 08625-0400
609-292-2965

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

Dept. of Environmental Protection
Division of Parks and Forestry
P.O. Box 404
Trenton, NJ 08625-0404
800-843-6420 / 609-984-0370

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

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 Office of Travel and
Tourism**

609-292-2470

New Jersey Travel Guide

1-800-Jersey / 800-537-7397

Covers six regions of the State of New Jersey, including maps.



RENTAL ASSISTANCE

**NJ Department of Community
Affairs**

45 Kilmer Road
Edison, NJ 08817
732-777-6999

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 Housing and
Social Services**

75 Bayard Street - Second Fl.
New Brunswick, NJ 08901
732-745-3025

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



RESPIRE

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 - Fifth Floor
New Brunswick, NJ 08901
732-745-3295

A Day Away

Jewish Family and Vocational
Services of Middlesex County
52 Concordia Shopping Center
Monroe Twp., NJ 08831
609-395-7979

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

**Caregiver's Assistance Respite
Endeavor (CARE)
Alzheimer's Association
800-883-1180**

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

Department of Health and Senior Services Division of Senior Affairs

P.O. Box 807
Trenton, NJ 08625-0807
800-792-8820

Carteret Office on Aging

100 Cooke Avenue
Carteret, NJ 07008
732-802-3014

Cranbury Senior Community Center

23A North Main Street
Cranbury, NJ 08512
609-395-0900 Ext. 244

**East Brunswick Senior Center
Department on Aging**

3 Jean Walling Civic Center
Dr.
East Brunswick, NJ 08816
732-390-6896

Edison Senior Center

2963 Woodbridge Avenue
Edison, NJ 08817
732-248-7345

Mailing:

100 Municipal Blvd.
Edison, NJ 08817

**Highland Park Senior Recreational
Center / Office on Aging**

220 South 6th Avenue
Highland Park, NJ 08904
732-819-0052

Metuchen Senior Center

15 Center Street
Metuchen, NJ 08840
732-632-8524

**Middlesex Recreation Center
Legion Place**

Middlesex, NJ 08846
732-356-0414

Mailing:

1200 Mountain Avenue
Middlesex, NJ 08846

**Milltown Senior Center /
Office on Aging**

60 Violet Terrace
Milltown, NJ 08850
732-296-0681

**Monroe Office of Senior
Services/Senior Center**

12 Halsy Reed Road
Monroe Twp., NJ 08831
609-488-7140

**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

**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

**Perth Amboy Alexander
J. Jankowski Community
Center**

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

**Piscataway Senior Center Office
on Aging**

700 Buena Vista Avenue
Piscataway, NJ 08854
732-562-1133

Tri-County Senior Citizens

450 New Market Road
Piscataway, NJ 08854
732-752-1142

**Plainsboro Department of
Recreation & Community
Services**

641 Plainsboro Road
Plainsboro, NJ 08536
609-799-0909 ext. 6

**Sayreville Senior Center
Office on Aging**

423 Main Street
Sayreville, NJ 08872
732-390-7058

**South Amboy Senior Resource
Center / Office on Aging**

200 John T. O'Leary Blvd. 2nd Fl.
South Amboy, NJ 08879
732-316-8212

**South Brunswick Office on
Aging/Senior Center**

540 Ridge Road
Monmouth Junction, NJ 08852
732-329-4000 Ext. 7670

**South Plainfield Office on
Aging/Senior Center**

90 Maple Avenue
South Plainfield, NJ 07080
908-754-1047

**South River Senior Center
Office on Aging**

Boro Hall, 48 Washington
Street
South River, NJ 08882
732-257-1999 Ext. 107

Spotswood Office on Aging

1 Arlington Avenue, Suite 401
Spotswood, NJ 08884
732-251-3432

Woodbridge Division on Aging

2 George Frederick Plaza
Woodbridge, NJ 07095
732-855-0600 Ext. 5016

Evergreen Senior Center

400 Inman Avenue
Colonia, NJ 07067
732-726-6260



SENIOR CITIZEN ORGANIZATIONS

AARP

601 E. Street NW
Washington, DC 20049
800-687-2277

State Office

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 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**

Foster Grandparents and Senior Companion Programs

Woodbridge Development Center & Community Site
Rahway Avenue, Box 189
Woodbridge, NJ 07095
732-499-5529

Retired Senior Volunteer Program (RSVP)

287 Handy Street
New Brunswick, NJ 08903-5724
732-249-6330

Recruits volunteers age 55 and older and assigns/matches them to provide volunteer services in the community.

- Healthy Bones
- Mr. Fixit Program
- Opportunities to tutor/mentor the youth in the community
- Weekend Telephone Reassurance Program
- Friendly Visits

Wellness Initiative with Senior Educators

National Council on Alcoholism and Drug Dependency of MC, Inc.
152 Tices Lane
East Brunswick, NJ 08816
732-254-3344

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.



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 Fl.
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.



SOCIAL SERVICE / SUPPORT AGENCIES

The following agencies provide a wide range of social support services.

Middlesex County Office of Aging and Disabled Services

75 Bayard Street - Fifth Floor
New Brunswick, NJ 08901
732-745-3295

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

Through various home care programs such as: RESPITE, MCMAP, JACC, GO 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

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

Comprehensive Services on Aging COPSA

100 Metroplex Drive
Edison, NJ 08817
800-424-2494 / 732-235-8400

Family and Children Services of Central New Jersey Inc.

223 Route 18 South - Suite 201
East Brunswick, NJ 08816
732-418-7077

Interfaith Network of Care, Inc.

62 South Main Street
Milltown, NJ 08850
732-247-1655

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 and Vocational Services of Middlesex County

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

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

Middlesex County

Board of Social Services

181 How Lane
New Brunswick, NJ 08901
732-745-3500

252 Madison Avenue
Perth Amboy, NJ 08861
732-324-5500

Perth Amboy Human Services

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

Puerto Rican Action Board
90 Jersey Avenue
P.O. Box 240
New Brunswick, NJ 08903-0240
732-828-4510

Puerto Rican Association for Human Development
100 First Street
Perth Amboy, NJ 08861
732-442-1081

Woodbridge Multi-Service Program on Aging
400 Inman Avenue
Colonia, NJ 07067
732-726-6262



SUPPORT GROUPS

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

Professionally led programs of support, education and hope.

NJ Self - Help Clearinghouse (M.A.S.H. - Mutual Aid Self - Help)
375 East McFarlan Street
Dover, NJ 07801
1-800-367-6274(in NJ)
973-989-1122 (outside NJ)

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 University Behavioral Health Care/UMDNJ
800-424-2494 / 732-235-8400

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.
1315 West State Street
Trenton, NJ 08618
609-588-5515

Education, public awareness and outreach.

Kinship Navigator Program
P.O. Box 716
Trenton, NJ 08625-0716
800-332-9227

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

Middlesex County Grandparents Raising Grandchildren Coalition
P.O. Box 1523
Rahway, NJ 07065
732-369-6813

DNA Services of America

402 Main Street
Metuchen, NJ 08840
732-632-8820

Provides assistance in establishing paternity for legal guardianship, grandparent and visitation rights.

Jewish Family and Vocational Services of Middlesex County

52 Concordia Shopping Center
Monroe Twp., NJ08831
609-395-7979

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

JFK Medical Center Haven Support Groups

65 James Street
Edison, NJ 08818
732-321-7769

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, NJ08901
732-937-8820

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

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 Dept. of Social Work & Outreach
195 Little Albany Street
New Brunswick, NJ 08901
732-235-6792

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, NJ 08901
800-221-3520 Reservations

Transportation is provided to medical, nutritional, and social services facilities throughout the county for the elderly and disabled.

American Cancer Society

2600 U.S. Hwy. #1
North Brunswick, NJ 08902
800-227-2345 / 732-297-8000

Amtrak

800-872-7245

A 15% discount for senior citizens (age 62 and older) and handicapped travelers is given on regular coach fare. This discount does not apply on club car seats or sleeping space charges. The discount fare will be granted to passengers who present appropriate identification.

Medicaid Transportation Board of Social Services

732-745-3761

New Jersey Transit:

Access Link

800-955-2321

800-955-6765 (TT)

Transit Information

973-275-5555

800-772-2287 (TT)

NJ Transit Reduced Fare Program

180 Boyden Avenue
Maplewood, NJ 07040

973-378-6401 / 973-378-6327

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..... | 541-6177 |
| Dunellen | 968-3033 |
| East Brunswick..... | 390-6896 |
| Edison..... | 248-7345 |
| Highland Park..... | 819-0052 |
| Metuchen..... | 632-8525 |
| Middlesex | 356-0414 |
| Milltown..... | 828-2100 Ext. 181 |
| Monroe | 609-488-7140 |
| NB Dial-A-Ride | 745-5161 |
| No.Brunswick.... | 247-0922 Ext.553 |
| Old Bridge..... | 721-5600 Ext.6600 |
| Perth Amboy ... | 826-1690 Ext.4300 |
| Sayreville | 390-7058 |
| So.Brunswick.. | 329-4000 Ext.7361 |
| South Plainfield..... | 908-754-1047 |
| South River..... | 257-2340 |
| Spotswood..... | 251-3432 |
| Woodbridge | 800-221-3520 |



VETERAN SERVICES

Middlesex County Veteran Services

75 Bayard Street - Second Fl.
New Brunswick, NJ 08901
732-745-4051

NJ Department of Military and Veteran Affairs

1060 Hamilton Street
Somerset, NJ 08873
732-937-6347

Veterans' Hotline **800-624-0508**

Provides information about veterans' compensations and pensions.

Veterans Administration New Jersey Health Care System

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

151 Knollcroft Road
Lyons, NJ 07939
908-647-0180

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.

**Veterans Administration
Outpatient Clinic**

14 Wills Way
Piscataway, NJ 08854
732-981-8193

**New Jersey Veterans Memorial
Home**

132 Evergreen Road
P.O. Box 3013
Edison, NJ 08818-3013
732-452-4100

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

**Brigadier General William C. Doyle
Veterans Memorial Cemetery**

350 Provinceline Road
Wrightstown, NJ 08562
609-758-7250

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.



VISION

National Eye Care Project

655 Beach Street
P.O. Box 429098
San Francisco, CA 94142-9098
800-222-3937

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.

Prevent Blindness New Jersey

2525 Route 130 – Building D
Cranbury, NJ 08512
609-409-0770

Provides free public information on eye disease. Screenings available for those at risk for vision loss.

New Eyes for the Needy

549 Millburn Avenue
Short Hills, NJ 07078
973-376-4903

Provides prescription eye glasses to the medically indigent.
Hours: Mon - Thurs. 9am - 4pm
Fri. 9am - 12pm

NJ Commission for the Blind & Visually Impaired

Central Regional Office
1510 Hooper Avenue - Suite 240
Toms River, NJ 08753
732-255-0723

Provides education, counseling, rehabilitation, job placements, home instruction, O&M instruction, nursing unit & 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

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

Trains dogs and instructs blind and visually impaired persons.

Middlesex County Association for the Blind

PO Box 424
New Brunswick, NJ 08903
732-360-1212

Provides social meetings for the blind. Meeting location is at Milltown Boro Hall, Violet Terrace, Milltown. Call for meeting times.



VOTING

Middlesex County Board of Elections

777 Jersey Avenue
New Brunswick, NJ 08901
732-745-3471

Voters who are blind, disabled, or unable to read or write, are entitled to receive assistance at the polls.

OUT OF STATE ASSISTANCE

Benefits Checkup

www.BenefitsCheckUp.org

A web-based service designed to help seniors, their families and caregivers find the right benefits programs to meet their needs. A confidential questionnaire is filled out on-line which compares their information with eligibility requirements for federal or state administered programs. Users then receive a printable report that tells them which programs they may likely qualify for and where to go to enroll.

WEBSITES

Administration on Aging..... www.aoa.gov

ADRC - Aging and Disability Resource Connectionwww.adrcnj.gov

American Association of Retired Persons - AARP.....www.aarp.org

Alzheimer's Disease

Alzheimer's Association www.alz.org

National Institute on Agingwww.alzheimers.org

Caregiver Resources

Caregiver Action Networkwww.caregiveraction.org

Caregiving Resource Center..... www.aarp.org/caregivers

National Alliance for Caregivingwww.caregiving.org

National Caregivers Library www.familycareamerica.com

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

Housing Coalition.....www.hccj.org

NJ Housing Resource Centerwww.njhrc.gov

Rooming and Boarding Homes..... www.boardandcarenj.org

US Department of Housing and Urban Development..... www.hud.org

Medicarewww.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
<http://co.middlesex.nj.us/aging>

NJ State Dept. of Human Services

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

Division of Disability Services
<http://www.nj.gov/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.

BOARD OF CHOSEN FREEHOLDERS

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Carol Barrett Bellante
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Freeholder Liaison
Blanquita B. Valenti

Middlesex County Department of Community Services
Gerry Mackenzie, Department Head

Office of Aging and Disabled Services
Laila Caune, Director