

Caregivers Resources 45th Edition – 9.5.23

For a list of Resources from Previous missives, contact Stephanie Howland at Stephanie.Howland@UnitedWayNNJ.org or 973-993-1160 x534

Date Specific Webinars/Groups

Lunch & Learn Technology Series (A*)

2nd Wednesday of each month from 12-1:00pm

August 9: Smart Home Technology

September 13: Telemedicine / Monitoring

October 11: Universal Design + Accessible Communities

November 18: AT for Medication Management-

December 13: ADL – Low-tech AT examples

Register here: <https://us02web.zoom.us/j/8125283838>

July 12: Agency Roundtable – Learn About Community Resources

Click here to see slides: [Slides](#) and recording, click here: <https://www.youtube.com/watch?v=ZGQU-cLZrJQ> or YouTube <https://youtu.be/ZGQU-cLZrJQ>

For more information contact Cathy Rowe, DrPH at crowe@njaaw.org

Community Health Day 2023

Saturday, September 9 from 10:00am – 2:00pm

Alexander Hamilton Elementary School, 24 Mills Street, Morristown

At this event, we offer free in-person health screenings, the opportunity to learn about resources available in the Morristown community and attend presentations from health professionals and community partners. For questions contact CommunityHealthDay2023@gmail.com.

FREE Access to ATIA Learning Center for all NJ residents, professionals & anyone who works w/ NJ Residents (J)

Monday, September 11

Get FREE professional development and learn about all facets of Assistive Technology and join in on the discussions. The Richard West Assistive Technology Advocacy Center (ATAC) has teamed up with [Assistive Technology Industry Association \(ATIA\)](#) to provide complimentary unlimited access to the ATIA Learning Center. The Learning Center provides access to an array of recorded learning sessions focusing on all aspects of assistive technology. ATAC has monthly discussions on specific topics of AT. You will be able to share your insights and knowledge with other like-minded individuals on how to make an impact and build your knowledge and network. Here is a bundled [list of courses](#) For more information contact Naomi Leibowitz, she/her, *Assistive Technology Specialist*, nleibowitz@disabilityrightsnj.org, direct/vm: 777-0185. [9/11/23: Register for the 9/11/23 AT Town Hall Virtual Community of Practice.](#)

Tech Spotlight Series: Exploring possible AT options for individuals with disabilities

Tuesday, September 5 at 12pm C-Pen Reader

September 12 at 12pm App2Speak

To register for one or all Tech Spotlight go to <https://at4nj.org/webinars> For more information contact Naomi Leibowitz at nleibowitz@disabilityrightsnj.org visit AT4NJ.org

Assistive Technology "Open Mic" – Virtual Event

Thursday, October 5 from 12:00 - 1:00pm

Thursday, December 7 from 12:00 - 1:00pm

Do you have an Assistive Technology question or suggestion? Join in....the microphone is all yours! This Open Mic Series is hosted by the Community Living Education Project (CLEP) at Rutgers School of Public Health in collaboration with The Richard West Assistive Technology Advocacy Center (ATAC). Specialists from ATAC will be available to address assistive technology questions for self-advocates, families, and professionals who support

people with an intellectual/developmental disability. To register visit https://rutgers.zoom.us/webinar/register/WN_4Aohhli9QyKY0nsD9_NNNw?fbclid=IwAR34DLh8ulPbjlSCmkINi_eoix52SkHoZxjvo3V-BzbTCSWXYK6Lh7jYzWE#/registration For more information contact Rutgers Community Living Project at 732-235-3277 or visit CLEP.Rutgers.edu

The Bill and Nancy Conger Art of Caregiving Series: A Course about Caring for Aging Loved Ones

Thursdays 7:00-8:30PM

- Thursday October 5th – Session # 1 Navigating the Eldercare Maze
- Thursday October 12th – Session # 2 Legal and Financial Concerns
- Thursday October 19th – Session # 3 Self Care and Caregiver Support
- Thursday October 26th – Session # 4 Normal Aging / Basics of Hands on Care
- Thursday November 2nd – Session # 5 Navigating the End-of-Life Journey

Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a FREE live virtual 5-part series that addresses key areas you need to know about and get some guidance on how to best care for your aging loved one. For questions about the live webinar series, please contact Rebecca Abenante, LSW at 973-971-5839 or HealthyAging@atlantichhealth.org [Click here](#) to register

Alliance Resource Fair & Family Fun Day- Fall 2023

Sunday, October 15

For more information visit [Alliance Resource Fair & Family Fun Day- Fall 2023 Tickets, Sun, Oct 15, 2023 at 11:00 AM | Eventbrite](#)

Virtual Technology Webinar Series

2nd Wednesday of each month at 12pm

Click [here](#) for a list of program topics and dates. Participation is free but registration is required. Register here: <https://www.njaaw.org/events/>

American Society on Aging (M*)

Webinar Series. Visit for details <https://asaging.org/web-seminars>

Healthy Lifestyles Project LIVE (S)

[New Jersey Self-Advocacy Project](#) team is excited to introduce Healthy Lifestyles Project LIVE Through the Arc of NJ. Visit [Healthy Lifestyles Project LIVE \(arcnj.org\)](https://arcnj.org/HealthyLifestylesProjectLIVE) for a list of programs

Center for Prevention & Counseling's Recovery Center Events (A*)

There are a variety of free or low-cost activities to be enjoyed. Call or email Marjorie at 973-940-2966 or marjorie@centerforprevention.org to get more information or register.

Wellness Wednesdays (A*)

2nd Wednesday of every month at 2:30pm

Bentley Commons at Paragon Village
425 Route 46 East, Hackettstown

For more information and monthly program topics contact Kristen Ziolkowski at 908-498-0103 or 908-319-8047 or kziolkowski@paragonvillage.com

Support Groups

AlzNJ support groups (A*)

2nd Tuesday of each month from 1-2:00pm

Franklin Library, 485 DeMott Lane, Somerset

These support groups are free and open to the community. They provide families and caregivers with the emotional and educational support they need to better understand and cope with Alzheimer's disease and other dementias. To register for this group call 973-586-4300 and ask for Demi x 1108 or online @ www.alznj.org. Upcoming dates are August 8, September 12, October 10, November 14, and December 12. For more information contact Denise Goldstein R.N., Certified Holistic Health Coach Denise.goldsteinrn@gmail.com or 732-563-9056

In-Person Stroke Support Group Meetings (J*)

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

Morris County Library, 30 East Hanover Avenue, Whippany, NJ

For Stroke Survivors, Caregivers and family members. Offering support, resources and occasional speakers on topics related to Strokes and their Caregivers. For more information contact Lois Firzlaff 908-578-0812 loisfirz@yahoo.com or Rich Coulther 201-230-8204 rhcldr@gmail.com

In-person Dementia/Alzheimer's Support Group (J)

1st Wednesday of every month at 10 AM

Bentley Assisted Living at Branchville, 3 Phillips Road, Branchville, NJ

The group will be offering caregiver support, resources and having occasional educational guest speakers. This is open to the public. For more information contact Christine Beckmann, CSW at 973-948-8884 or cbeckmann@bentleyassistedliving.com

Senior Center of the Chatham's Caregiver Support Group (M*)

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

This caregiver support group is for those who are caring for a loved one with dementia. It is offered in partnership with Alzheimer's New Jersey. For more information contact Carol Eisenhardt, Administrative and Program Coordinator at (973) 635-4565 or visit <https://chathamseiorcenter.org/>

Jewish Family Services Support Groups (A*)

JFS MetroWest (in person)

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

[Sibling Support Group](#)

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

JFS of Central NJ (virtual)

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

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

Contact Laura Weitzman, Weitzmanlaura@gmail.com for log in information

For questions contact Rebecca Wanatick, Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ phone (973) 929-3129 or email rwanatick@jfedgmw.org

NAMI Connection Recovery Support Groups (A*)

The Recovery Programs team conducts 12 - 14 NAMI Connection support groups monthly:

Weekly on Tuesday at 6pm and Weekly on Wednesday at 7pm and Monthly on the 4th Wednesday at 12pm

Monthly LGBTQ+ support group on the last Sunday. Weekly on Friday at 4pm. - Refugee/Asylee support group

Additionally, 10 of our affiliates offer Connection Recovery Support groups monthly. Find Local Groups Here

Other Important Information

United Way Tax Prep Program – Volunteer Opportunities (S)

To learn more contact Monica.Conover@UnitedWayNNJ.org or call 973-993-1160 x529

2022-2023 NJ Survey for Families of Children with Intellectual and/or Developmental Disabilities (S)

For more information or take the survey visit [Eagleton Center for Public Interest Polling \(rutgers.edu\)](https://www.eagletoncenterforpublicinterestpolling.com) If you have any questions about this research project, you may contact Ashley Koning at Eagleton Center for Public Interest Polling by email akoning@rutgers.edu or by phone at 848-932-8940.

Opportunities For States to Promote Caregiver Integration for Hospitalized Patients (S)

To view the article visit [Opportunities For States To Promote Caregiver Integration For Hospitalized Patients | Health Affairs](#)

NJ Advocates for Aging Well (S)

Visit <https://www.njaaw.org/>

NJ Disability Resource Guide – Spanish Version (S)

Visit [Recursos de New Jersey \(nj.gov\)](https://www.nj.gov/health/healthaffairs/disabilityresourceguide/)

Visiting Physician Services (A*)

For more information visit or call 732-571.1000 or email info@visiting-physician.com or [visit](#)

Understanding Medicaid MLTSS in New Jersey: Challenges in the Application Process (A*)

For more information click [here](#)

Finally Home: NJ Barriers to and Challenges with Housing Survey (A*)

Click here to take the [survey](#)

Plan to Replace Stolen Food & Cash Assistance Benefits (A*)

Click [here](#).

Phishing Scams (A*)

For more information visit <https://www.ibm.com/topics/phishing>

Brain Injury Alliance New Jersey (BIANJ) (A*)

BIANJ is conducting a [statewide needs assessment study](#) to identify the gaps in services for individuals with TBI in New Jersey being conducted by the Brain Injury Alliance of New Jersey. Your participation in this study will help us understand the challenges being faced by TBI survivors, caregivers, and service providers so that we can address them. If you have any questions or would like to receive a paper copy of this survey, please email sladha@bianj.org or call 609-480-2271.

The Supportive Housing Association of New Jersey (SHA) (A*)

SHA is a statewide, nonprofit organization, founded in 1998, whose mission is to promote and maintain a strong supportive housing industry in New Jersey serving people with special needs. Here is their [Housing Guide](#).

Tessie's Touch (J*)

Offered by Jewish Family Service of MetroWest NJ, brings joy & connection to isolated older adults by matching them with a caring volunteer. Together, they can do activities and excursions in the community. Each senior is paired one-on-one with a volunteer to facilitate a deeper connection through shared experiences and activities such as a trip to a botanical garden, attending a show or movie they had been looking forward to seeing, or sharing a meal at a local restaurant. Tessie's Touch covers the cost of the activities and transportation. If you or a loved one is interested in being paired with a volunteer to enjoy outings together contact Taylor Ruszczyk at trusczyk@jfsmetrowest.org or 973-637-1742.

Donated Dental Services (DDS) Program (J*)

If you have a permanent disability, or over 65 years old, or medically compromised, and don't have enough money to pay for dental care, you **may** qualify for free treatment through the DDS program. For more information visit <https://dentallifeline.org/> or call 732.821.3056

Family Connections – Older Adult Services (J*)

Family Connection's Older Adult Services support older adults, individuals caring for older adults, and older adults who have become legal guardians to their grandchildren. The various services include assessments, case management, resource sharing, counseling, and disease self-management. Contact olderadults@familyconnectionsny.org

Alzheimer's Association (J*)

At any given moment, in fact, dementia [research](#) is happening—in the United States and around the globe. During the week of July 16-20, the world's leading researchers, clinicians and the care research community will share breaking research discoveries for dementia at the [Alzheimer's Association International Conference \(AAIC\)](#). We invite you to visit the [research page](#) of our website to stay abreast of important updates now, and during the conference.

Disability Rights New Jersey Survey (J*)

Click [here](#) to take the survey

Family Partners of Morris and Sussex Counties Is MOVING (J*)

New address: 111 Howard Boulevard, Suite 201, Mt. Arlington, NJ 07856

United Way of Northern New Jersey ALICE Reports (J)

<https://www.unitedforalice.org/>
<https://www.unitedforalice.org/focus-disabilities>
<https://www.unitedforalice.org/focus-veterans>

Division of Disability Services launches their updated website (J)

[Division of Disability Services](#)

Tri County Care Management Organization [Newsletter](#) (A*)

[American Society on Aging](#) (J)

Mental Health Crisis Resources (J)

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

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

Grow Your Mental Health Page (J)

For more details [visit](#). For more information contact Jennifer Carpinteri, LSW, Manager, Atlantic Behavioral Health Community Services at 973- 579-8573 or Jennifer.carpinteri@atlantichealth.org

5 Ways Technology Can Make Life Easier for Caregivers of Dementia Patients (J)

For more details [visit](#)

DEA, SAMHSA Extend COVID-19 Telemedicine Flexibilities for Prescribing Controlled Medications for Six Months While Considering Comments from the Public (J)

For more information [visit](#)

The NJ Council on Developmental Disabilities Regional Family Support Planning Councils (J)

<https://njcdd.org/the-regional-family-support-planning-councils/>

Assistive Technology for Caregivers

Learn how simple technology can help. **United Way of Northern New Jersey Caregivers Coalition** is offering a free assessment by an Assistive Technology Program Specialist to help create a tailored plan to meet your and your family's needs. A specialist will help to create a plan, provide the assistive technology (e.g. virtual assistants, drop-in cameras, video monitors, smart plugs, video doorbells and more!) and educate the family on how to use the devices. Select devices will be provided to the caregiver/care recipient as needed. The program specialist will also provide ongoing support to be sure the technology continues to meet your needs. To see how assistive technology has helped our caregiving families, watch these incredible testimonials, <https://youtu.be/-xpvt9jve4g> and <https://youtu.be/XygeQPHO-UY> For more information, contact Tech4Caregivers@unitedwaynj.org or 973-993-1160 x305. *This grant-funded program is currently supporting Morris County families only.*

Alzheimer's New Jersey Respite Care and Wellness Program (M)

<https://www.alznj.org/services/respice-care-wellness-program/>

Water and Sewer Bill Assistance Available (M*)

New Jerseyans having trouble paying their water or sewer bills are encouraged to apply for the **Low Income Household Water Assistance Program (LIHWAP)**. Households must have total gross monthly incomes at or below 60% of the State median monthly income of \$6,662 (based on a family of four) to qualify for assistance. Applicants' names must match the names on their water or sewer bills. For more information [visit](#)

Affordable Housing Options & Rental Assistance— Bergen County (M*)

For more information visit <https://bergenunitedway.org/affordable-homes/> or <https://www.affordablehomesnewjersey.com/>

Equal Opportunity Support Services (M*)

They provide services to people with developmental/intellectual disabilities and the staff who support them. For more information call 732-641-0660. You can sign up through the website at <https://www.equalopportunitiesupportservices.org/>

Expanding Head Start & Early Head Start Services to SNAP Recipients (M*)

For more information visit <https://eclkc.ohs.acf.hhs.gov/blog/expanding-head-start-services-snap-recipients>

Guide for Visually Impaired College Students

Visit <https://www.allaboutvision.com/resources/guide-for-visually-impaired-college-students/>

Live Online Classes (M*)

The NJ Department of Human Services' Division of Aging Services has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community. Visit <https://www.getsetup.io/en-US/partner/NJ>

NJ Commission for the Blind and Visually Impaired (M*)

The New Jersey Commission for the Blind and Visually Impaired works to promote and provide services in the areas of education, employment, independence, and eye health through informed choice and partnership with persons who are blind or vision-impaired, their families, and the community. They offer a variety of services and

programs including ASPIRE Peer to Peer Support Group. For more information https://www.nj.gov/humanservices/cbvi/publications/genbrochure/ASPIRE_v2_FINAL.pdf For general information on NJCBVI call toll free: 877-685- 8878 or email: AskCBVI@dhs.nj.gov or visit www.cbvi.nj.gov

Administration for Community Living (M*)

2022 National Strategy to Support Family Caregivers. For more information visit <https://acl.gov/CaregiverStrategy>

The Beacon – A Newsletter for Long-Term Care Residents

Provided by the New Jersey Office of the Long-Term Care Ombudsman. Laurie Facciarossa Brewer, LTC Ombudsman www.NJ.GOV/LTCO. View newsletter [here](#)

New Jersey's Parent Caucus (M*)

<https://newjerseyparentscaucus.org/>

Children's System of Care Summer Camp Services (M*)

Parents and Guardians can now apply online for CSOC Summer Camp Services through the [PerformCare Family Portal](#) or visit [The Arc Family Institute](#)

NJ Family Care Renewal Processing Update (J*)

Click [here](#) for more information

NJ WorkAbility (M*)

NJ WorkAbility offers people with disabilities who are working, and whose income would otherwise make them ineligible for Medicaid, the opportunity to receive full Medicaid coverage. If you need more information about NJ WorkAbility, you can speak with a highly trained Information and Referral Specialist at the Division of Disability Services (DDS) by calling 1-888-285-3036 (TTY: 711). They can review your potential for eligibility, answer any questions you may have, and provide guidance on whether or not NJ WorkAbility can work for you. For more information [visit](#)

EZ Ride (M*)

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

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

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

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

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

National Alliance for Caregiving - Phone Line for Family Caregivers to Talk About Their Mental Well-Being (M)

For more information [visit](#)

The National Alliance for Caregiving (NAC) FREE Caregiver Programs (M)

NAC offers programs for caregivers. To subscribe to their newsletter for a list of programs [visit](#)

Caregiver Teleconnection FREE Caregiver Programs

Visit [TC Cal Sept 2023.pdf](#) If you have questions or need further assistance, please call 1-866-390-6401 or email caregiverteleconnection@wellmed.net

Community Health Events (J)

Offered by Atlantic Health Systems. Click [here](#) for a list of programs.

The Arc of New Jersey Family Institute (M)

For a list of events [visit](#) and programs [visit](#)

The Arc of New Jersey Self Advocacy Project (A)

This project promotes advocacy and independence in people with intellectual and development disabilities. For more information [visit](#) To view their newsletter visit [A Newsletter Produced by the New Jersey Self-Advocacy Project Team](#)

The Arc of New Jersey Program (J)

[Visit](#)

URGENT REMINDER Medicaid Unwinding

Note: Since March of 2020, NJ FamilyCare/Medicaid has followed special rules related to the federal COVID-19 Public Health Emergency (PHE). These rules have allowed NJ FamilyCare/Medicaid members to keep their health coverage, even if they no longer qualified – for example, if their resources were above the allowable limit, which for most people with IDD, is \$2,000. However, Congress recently passed legislation that requires state Medicaid programs to go back to the rules that were used prior to the start of the COVID pandemic. This process, which is known as "**Medicaid Unwinding**," will last for **12 months**. Therefore, each month, **starting on April 1, 2023**, 1/12th of the NJ FamilyCare/Medicaid beneficiaries will receive a **Medicaid redetermination application**. The exception to the requirement of completing a Medicaid redetermination application is individuals with IDD who receive Supplemental Security Income (SSI).

As part of this review, many members will receive mail from the State of New Jersey or their County Board of Social Services. Members will have to provide or confirm additional information so NJ FamilyCare/Medicaid can decide whether they still qualify for healthcare coverage. **Members who do not respond to NJ FamilyCare/ Medicaid mail may lose their coverage.** See a [national summary of the data at a glance](#), or read more about the data at [Medicaid.gov/unwinding-data](https://www.Medicaid.gov/unwinding-data)

Important Updates on Medicaid and CHIP Renewals: Training Slides for Partners to Use (A*)

The [training slides](#) are now available for download on the [Outreach and Educational Resources webpage](#) on [Medicaid.gov/unwinding](https://www.Medicaid.gov/unwinding). These slides cover what people enrolled in these programs need to do to renew their coverage with their state Medicaid or CHIP office, or how they can find other health coverage if they are no longer eligible for coverage with Medicaid or CHIP. Use these slides to help educate people in your community about Medicaid and CHIP renewals. Talking points are included in the notes section of the PowerPoint. If you were not able to attend the the June webinar, the recording and transcript can be found on the [CMS National Stakeholder Calls webpage](#).

The Arc of New Jersey – Medicaid Unwinding Resources, Information, and Updates (A)

[Visit](#)

Stay Covered NJ – Medicaid Unwinding Toolkit (A)

[Visit](#)

Stay Covered NJ – Medicaid Unwinding (A)

[Visit](#)

Medicaid.gov [Guide](#)

The Arc of the United States Announcement (A)

People with disabilities rely on Medicaid home and community-based services (HCBS) to live independently in their communities. HCBS help people with disabilities with everyday support, like getting around the community, employment supports, dressing, bathing, taking medication, and much more! To read more [visit](#)

Report Social Security-related scams to the SSA Office of the Inspector General (OIG) (A)

Report scams here www.ssa.gov/scam

National Alliance for Caregivers Guide Book (A)

Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups [visit](#)

Family Partners of Morris & Sussex Calendar of Events (A)

[Visit](#)

Substance Abuse & Addiction in the Elderly (A)

Article can be found [here](#)

National Center on Law & Elder Rights (NCLER) (M)

[Visit](#)

Karen Ann Quinlan Home for Hospice Community Events (A)

[Visit](#)

Brain Injury Alliance Educational Programs (A)

For more information [visit](#)

ARCH National Respite Network (A)

ARCH is Access to Respite Care and Help. For more information visit <https://archrespite.org/> To view their newsletter [visit](#)

Department of Human Services Press Releases (A)

[Visit](#)

Completing a Medicaid Application (A)

This may be helpful information. Medicaid services received through New Jersey's MLTSS program provide for long-term care for those who are clinically and financially eligible. Although the application itself is only a few pages long, the process is daunting and mired with pitfalls for those who have never attempted to navigate this process. Here are a few pitfalls:

Those with income exceeding \$2,742 per month must fund a Qualified Income Trust. How do most applicants discover this? By receiving a denial letter. When? Months (and thousands of dollars in nursing home fees) after applying. Gifts given within five years of applying for Medicaid create an ineligibility period. What if there was a method to resolve this unintended consequence? The Medicaid applicant's primary residence is exempt, meaning it is not counted towards Medicaid eligibility. What happens, though, if the Medicaid recipient dies while still owning the residence? What if that same Medicaid recipient has a disabled child or a child who cared for her for two years prior to filing the application? BEWARE PREDATORY PRACTICES. These are just a few of the issues that only elder law attorneys can address. However, in the past decade predatory Medicaid applications companies

have proliferated with the goal of benefitting financially from those in dire need of guidance as they face the mounting costs of long-term care. Admittedly, there are legitimate companies helping seniors qualify for Medicaid if there are no real legal issues and the application is straightforward, that's a good avenue to take. However, as soon as there is a potential hurdle: real estate, gifts, theft, a spouse, an estranged spouse, a business, or anything that may hinder eligibility; then, an attorney needs to be involved. Thankfully, the state of New Jersey is finally addressing the widespread problem of both private, non-legal companies and nursing homes themselves aiding in the Medicaid application process. Most importantly, New Jersey specifically addresses the widespread problem of nepotism in the industry. Yes, the company that you entrust to care for your loved one is also "helping" you apply for Medicaid. Think about who benefits from an arrangement where the seller of services is also advising you on how best to spend your money. Do you ask the IRS how to maximize your tax deductions? NEW JERSEY TO THE RESCUE. A bill introduced in mid-February, S-3606, would prohibit non-attorneys from charging to provide Medicaid application assistance to families. A second bill, A-5194, would require anyone providing Medicaid application assistance to disclose their relationship to the long-term care provider. These two bills aim to address an unregulated and unlicensed industry that has long been accused of financial elder abuse, consumer fraud, bad advice, and withholding money-saving advice which has cost families significant financial loss. Moreover, most of these companies have been flagrantly committing the unauthorized practice of law. This information is provided by NJ Elder Law Center at Goldberg Law Group and can be contacted at 973.281.4506 or contactus@njelc.com

Hurricane Ida Recovery Programs are Now Accepting Applications (A)

If you or someone you know was affected by Hurricane Ida and is still recovering from the storm and in need of assistance, [visit](#) to learn more about the programs, including eligibility.

Here are the three programs that are now open:

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

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

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

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

- **Housing Counseling and Legal Services Program**, which provides a wide range of supportive services to both renters and homeowners who were impacted by Hurricane Ida to help them recover from the storm. The services include assessing housing needs, reviewing household finances, identifying available resources, and helping people complete applications for disaster recovery programs.

Learn more about the program [online](#) or call 609.619.4463 or email DRM.HCS@dca.nj.gov for more information about accessing the services.

Employment Opportunities

United Way of Northern NJ visit <https://www.unitedwaynnj.org/careers>

Center for Prevention and Counseling [visit](#)

Military/Veterans

COMPACT Act Expands Free Emergency Suicide Care for Veterans (A*)

For more information click [here](#)

Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness (A*)

[Prepared Caregivers](#) is made up of plans, advice, insight and conversation prompts for caregivers of Veterans, with customizable checklists designed to create a plan suited to caregivers' unique needs.

Community Hope for Veterans (A)

For information [visit](#)

Essex County

ComforCare Home Care

Has aides available in West Caldwell, Montclair, Cedar Gove, Caldwell, Nutley, Roseland, and Clifton. For more information contact ComForCare Home Care, 277 Fairfield Rd Suite 311 | Fairfield, NJ 07004 at 973-244-9400 or [visit](#)

Morris County

Free Bill Pay Services (J)

For all Morris County residents over the age of 60 years old who are interested in the FREE bill payer program please call 800-825-1924 email: info@silverbills.com or [visit](#)

Cornerstone Family Programs & Morristown Neighborhood House (M*)

For more information [visit](#) or call 973.288.9241 or email info@cfp-mnh.org

The Senior Center of the Chatham's - Free Wellness Program (M*)

Must be a Morris County Resident age 60 and Over. Eat Smart, Move More, Weigh Less is a 15-week, online evidence-based weight management program delivered live by Registered Dietitian Nutritionists (RDNs). Call the Senior Center of the Chatham's at 973-635-4565 to register or [visit September 2023 \(4\).pdf](#)

Norwescap RSVP Senior Program (J*)

Are you 60 and older or Age 18 and older with a disability and need assistance with grocery shopping, running errands to fill prescriptions or in need of Light House cleaning? Please reach out to Walter Zemlanicky for assistance at 973-784-4900 ext 2905 or by email at zemlanickyw@norwescap.org

Somerset County

Somerset County Needs Assessment Survey (A*)

To complete the survey, [click here](#). To request a printed copy of the survey, call 908-704-6346 or toll-free at 888-747-1122 or email OfficeAging@co.somerset.nj.us. For more information or assistance with services, call 908-704-6346.

Seeking Public Input for Use of Opioid Settlement Funds to Help Communities Enhance Recovery, Prevention, and Treatment of Addiction (J)

The Somerset County Human Services Department is seeking public input into the use of national opioid settlement funds that are intended to help communities recover from the opioid addiction crisis across the country. This month, the Somerset County Human Services Department launched an online survey seeking input

from people who live or work in Somerset County as to how these funds can be most helpful for treating substance use disorders and promoting recovery. Interested individuals can take the survey by [clicking here](#). The survey is open to the residents, and those who work in Somerset County.

Volunteer as a SHIP Counselor

The State Health Insurance Assistance Program (SHIP) provides free, unbiased, help to New Jersey Medicare beneficiaries who need assistance with their Medicare health insurance. Volunteer counselors provide information and assistance for dealing with claims and in evaluating health insurance options to enable people to make informed decisions. In many cases, this can save seniors hundreds of dollars in a year and also impact them positively for years into the future. One individual had this to say about the service they received, "My SHIP counselor diligently persisted in her pursuit to give me an entire picture. She is gracious, smart, and it is apparent that she wishes to help those who must deal with the chaos of choosing the right plan." Volunteers must attend training provided in May by the New Jersey Dept. of Health and Aging Services. Open enrollment is from October – December of each year and is the busiest time for SHIP during the year. If you are interested in engaging your intellect, impacting seniors in a profound way, and you live in Somerset County, please contact Joshua O'Neal at 908-541-5740 or by email oneal@co.somerset.nj.us.

Sussex County

Sussex County and Avenues in Motion Surpass 2,500 Rides Provided to Residents with Limited Access (M)

Avenues in Motion staff dispatch Lyft rides through the Lyft Concierge platform to approved riders from Skylands Ride. Most of the rides are for employment, followed by medical appointments, education, and other personal reasons. Rides are free for those who qualify for the program. Ride costs are subsidized through funding from NJ Transit. If you live in Sussex County and would like to learn more, please contact info@avenuesinmotion.org

Warren County

NAMI Warren County – Family to Family Program

For more information education@namiwarren.org or call (908) 301-1030 ext. 1

Warren County Health Department Needs Assessment (A*)

[English Survey Link](#) and [Spanish Survey Link](#) If you have any questions, please contact [Maria Ross](#) or [Tracy Mazzucco](#). You can also call the Warren County Health Department at (908) 475-7960

Open Cupboard Food Pantry (M*)

Gretchen Surhoff, Washington Basket Pantry Manager, For more information call (908) 730-7320 ext 3 or [visit](#)

Parent to Parent Addiction Services Inc. (A)

325 B. W. Washington Ave., Washington, NJ

Phone: (908)223-1951 Email: parent2parentwc@gmail.com For information and events [visit](#)

The Wellness and Recovery Center of Warren County (J)

The Wellness and Recovery Center of Warren County, 140 Boulevard, Washington

The Wellness and Recovery Center, through Saint Clare's Health, offers rapid crisis support to individuals experiencing an urgent mental health concern. By managing troubling symptoms earlier, individuals may find the development of more serious problems is reduced. Care is provided in a warm and inviting environment that is separate from the medical facility. The Wellness and Recovery Center's multidisciplinary team of experts includes:

- Licensed Clinicians • Psychiatrists • Advanced Practice Nurses • A Peer Counselor. Recovery and support services include: • Crisis Support • Individual Counseling • Case Management • Medication Evaluation • Peer Support • Psychoeducation. Individuals 18 years of age or older who reside in Warren County are eligible. The Wellness and Recovery Center will not deny service for anyone in need based on their ability to pay. Insurance

payments will be initiated when applicable. For more information call 908-477-2100 Support Line (after business hours): 201-400-8573.

NOTE: Items in (green) are for internal purposes only.