

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



APRIL 2024

6th Edition

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Worry is like a rocking chair, it gives you something to do, but it never gets you anywhere.

Robin Ennis

Caregiver Resource & Information Specialist

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DEFINITION OF A CAREGIVER:

- Unpaid family member, friend, neighbor, co-worker, etc.
- Full time, part time, long distance
- Become over time; become overnight
- From a check in call once a week to total personal care

ARE YOU A CAREGIVER:

- Do you provide care for an aging parent, spouse, sibling, friend, or neighbor, or child with special needs?
- Do you care for anyone with a mental illness, physical or developmental disability?
- Do you pick up medication at the pharmacy, make meals, provide help with daily care or with doctor's appointments, pay bills or grocery shop for anyone?

HOW CAN I ASSIST YOU?

- Meet caregivers where they are in the stages of caregiving.
- Recognize that each caregiver experience is unique yet many share common experiences.
- Meet the diverse needs of each caregiver based on their unique caregiver experience.
- Help caregivers identify their needs and connect to resources, support, services, information and education.
- Support self-care for caregivers.

April is a Reminder That Life is a Beautiful, Ever-Renewing Cycle!

APRIL REMINDERS

The best things are not things
If you can't be fearless, fear less

Always believe in magic

You have every right to
cut off energy vampires

If you are tired, slow down
but never backward

Show up each day as who you want to be

OurMindfulLife.com

Hello April

- A**lways keep moving forward,
- P**ushing your limits, and
- R**emember, each obstacle
- I**s a chance to grow, to
- L**earn from the past and thrive

OurMindfulLife.com



Hello April...
new month, new beginning,
new mindset, new focus, new start,
new intentions, new results.

“With the arrival of a new month, remember to prioritize self-care and make time to recharge your mind, body, and spirit.”

DATE SPECIFIC EVENTS FOR CAREGIVERS

Lunch & Learn (in person)

Wednesday, April 3 from 12:15-1pm—Embracing the Power of Prevention
Rutgers Cooperative Extension of Warren County 165 County Road 519S,
Suite 102 (lower level, meeting room), Belvidere
These lectures are free of charge and lunch will be provided. Registration
required <https://forms.gle/tALzXrNUAjah8imo9>
Question contact fchs@co.warren.nj.us or call 908-475-6504

Warren County's Annual Autism Acceptance & Special Needs Resource Fair (in person)

Wednesday, April 10 from 6-8pm

Phillipsburg E.C.L.C. 459 Center Street, Phillipsburg
Special guest speaker Captain Gerald Turning, Jr. of Blue Bridge Autism
Training. Free special needs ID For all who attend. Learn more about how
you can support your child with special needs from childhood to
adulthood. Connect with local special needs agencies about summer
camps, transition, resources, IEP prep, DDID eligibility and lots more.
Childcare provided, free raffles, face painting. Questions contact Pat Testa
Ptesta@co.warren.nj.us

Healthy Ways to Manage Caregiver Stress (virtual)

Tuesday, April 11 from 1-2pm

Caregivers experience long-term and ever-changing sources of stress in their
lives that are difficult or impossible to avoid. This presentation describes
simple healthy strategies to control stress reactions even when unable to
control the causes of stress. Participants will begin their personalized, relevant
and do-able personal stress management plan. Join us for this interactive
session through your computer or phone. **Registration** is required. For more
information contact Mary Catherine Lundquist at
lundqumc@ubhc.rutgers.edu or call Care2Caregivers at 800.424.2494.

"Rise from Isolation" (in person)

Thursday, April 18 from 6:30 - 8:30pm

Warren Hills High Auditorium, 41 Jackson Valley Rd., Washington
Presented by Tim Rohrer. Free to attend and open to the public, this is an
in-person presentation. **Registration** is required. Brought to you by The
Arc of Warren County and Abilities of Northwest Jersey Inc. For
questions call Annamaria Lalevee, The Arc of Warren County
908.223.0884 or Charissa Buskirk, Abilities of Northwest Jersey Inc.
908.689.1118

Making Informed Health Care Decisions & Hospice Care Options (in person)

Thursday, April 18 at 1pm

Bentley Assisted Living, 3 Phillips Rd., Branchville
Presented by Karen Ann Quinlan Hospice. RSVP to Christine by 4.10
at cbeckmann@bentleyassistedliving.com or 973.948.8884

The Power of the Mind: Dementia & Alzheimer's Education and Awareness (in-person)

Friday, April 19 from 10am-2pm

JCC MetroWest, Northfield Ave., West Orange
Speakers: Dr. Theresa Redling, DO., FACP, Rachael Wonderlin, MS, and Eric
Goldbert, Attorney. Organized by Arden Courts ProMedica Memory Care
West Orange. Free lunch, raffle & more. Call 888.427.7183 to register.

DATE SPECIFIC EVENTS FOR CAREGIVERS

Caring for the Caregiver (in person)

Tuesday, April 23 from 10-11am

Warren County Library, Southwest Branch, 404 Route 519, Phillipsburg

Are you a caregiver for a parent, spouse, child with special needs, sibling, friend or neighbor? If you are please join Robin Ennis, Caregiver Resource & Information Specialist to learn how to access support, resources, information, education and services to sustain you in your caregiving role. To register call 908-689-7922 or register on the online calendar at www.warrenlib.org

Preplanning Funeral Lunch & Learn (in person)

Wednesday, April 24 at 1pm

Bentley Assistive Living, 3 Phillips Rd., Branchville

Free informational seminar to learn how to protect your loved ones by planning your life celebration in advance. Presented by Smith

McCracken/Wood Funeral Homes

RSVP by April 17 to Christine at 973.948.8884 or

cbeckmann@bentleyassistedliving.com

Shared Care, Shared Impact: Building Connections Between Healthcare Professionals, Individuals/Families, & Residential Providers – Webinar Series

Wednesday, April 24 from 12-1pm

At times, people with Intellectual and developmental disabilities may require support during medical appointments. Taking an inclusive approach and building collaborative relationships between the person, their family, support professionals, and healthcare providers may lead to better outcomes. This presentation will provide guidance on best ways to remain involved in your loved one's medical care, even though they may no longer live within the family home. Presented by Jennifer LeComte, DO, FACP, FAAP | Rowan-Virtua Regional Integrated Special Needs Center
Andrea Iannuzzelli, DO, FACOI, CMD | Rowan-Virtua Regional Integrated Special Needs Center. Register [here](#) Prioritizing Your Health and Well-Being: A Webinar Series for People with Intellectual/ Developmental Disabilities, Caregivers, and Support Professionals. Offered by [The Rutgers Community Living Education Project \(CLEP\)](#)

Frolic in the Park (in person)

Thursday, May 2 from 5-7pm

Walter's Park, 1 Meyner Rd., Phillipsburg

For more information contact Norwescap at 908.454.7000 or

contactus@norwescap.org

Optimizing Health Outcomes for Individuals with Intellectual and/or Developmental Disabilities – Webinar Series

Wednesday, May 15 from 12-1pm

According to the Surgeon General's call to action to improve the health and wellness of people with disabilities, "Good health means the same thing for everyone and that the best possible health status and quality of years of life should be a goal for everyone, whether experiencing a disability or not." This interactive webinar will address ways to break down barriers to healthcare, optimize preventive screenings, and boost overall health and wellness. Presented by Laura O'Reilly-Stanzilis, RN | Health and Disabilities Advocate. Register [here](#) Prioritizing Your Health and Well-Being: A Webinar Series for People with Intellectual/ Developmental Disabilities, Caregivers, and Support Professionals. Offered by [The Rutgers Community Living Education Project \(CLEP\)](#)

DATE SPECIFIC EVENTS FOR CAREGIVERS

2024 First Fridays Series - Hackettstown Library (in person)

First Friday of the month from 3:30-4:30pm (no program in July)

110 Church Street, Hackettstown

Free Drop-In Events for you to get an overview of the Department of Human Services and what we offer to the local communities. SNAP, Medicaid, Aging Services, Mental Health, Addiction Services, Homeless Services, Children's Services, Veterans Services, and Volunteer Opportunities. No registration necessary. For more information email humanservices@co.warren.nj.us

Memory Café – Hackettstown (in person)

Every 2nd Saturday from 11am-12:30pm

Hackettstown Free Public Library, 110 Church St., Hackettstown

A social group for people experiencing memory loss and their caregivers.

Registration required <https://hackettstownlibrary.org/series/memory-cafe/>
for Questions call 908-852-4936

Caregiver TimeOut Group (Virtual)

Once per month on Tuesdays

To sign up to receive invitations to this event email RobinEnnisLLC@gmail.com

Technology Webinar Series (Virtual)

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](#)

Stay Healthy at Home Webinar Series

Every Tuesday at 2:00pm

Created by the New Jersey Self-Advocacy Project as part of our Healthy Lifestyles Project. The New Jersey Self-Advocacy Project will be presenting trainings on a variety of topics relating to self-advocacy and healthy living. Live viewers will be able to share comments and ask questions during the webinar. All webinars will be recorded and archived on our website to view after airing.

[Click here to view them.](#)

Wellness Wednesdays (in person)

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

Memory Café at Arden Courts

Monday's 10-11am

For more information call 973.581.1800 or contact Maryann Johnston at maryannjohnstonrn@msn.com or Barbara Freda at barbara.freda@promedica.org

American Society on Aging

[Webinar Series](#)

Center for Prevention & Counseling's Recovery Center Events

There are a variety of free or low-cost activities. Call or email Marjorie at 973.940.2966 or marjorie@centerforprevention.org to get more information or register.

SUPPORT GROUPS FOR CAREGIVERS

AlzNJ Support Groups (in person)

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

Franklin Library, 485 DeMott Lane, Somerset

Free and open to the community providing families and caregivers with the emotional and educational support they need to better understand and cope with Alzheimer's disease and other dementias. To register call Demi at 973-586-4300x 1108 or www.alznj.org. For more information contact Denise Goldstein R.N., Certified Holistic Health Coach Denise.goldsteinrn@gmail.com or 732-563-9056

Stroke Support Group Meetings (in person)

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

Morris County Library, 30 East Hanover Avenue, Whippany

Offering support, resources and occasional speakers on topics related to stroke survivors, caregivers and their family members. Contact Lois Firzlaff at 908-578-0812 loisfirz@yahoo.com or Rich Coulther 201-230-8204 rhcldr@gmail.com

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

1st Wednesday of every month at 10 AM

Bentley Assisted Living at Branchville, 3 Phillips Road, Branchville

Offering caregiver support, resources and occasional educational guest speakers and is open to the public. Contact Christine Beckmann, CSW at 973-948-8884 or cbeckmann@bentleyassistedliving.com

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

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

Chatham Senior Center, 58 Meyersville Rd., Chatham Township

This caregiver support group is for those who are caring for a loved one with dementia. It is offered in partnership with Alzheimer's New Jersey. Contact Carol Eisenhardt, Administrative and Program Coordinator at (973) 635-4565 or [visit](http://www.alznj.org) Visit www.alznj.org or call our Helpline: 888-280-6055 to **register** for this group.

Jewish Family Services Support Groups 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

SUPPORT GROUPS FOR CAREGIVERS

NAMI Connection Recovery Support Groups

Recovery Programs 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](#)

COPSA Institute for Alzheimer's Disease and Related Disorders Virtual Support Groups

Mon, April 1 from 9:30–11:30am-Spouse Support Group

Tues, April 2 from 7:00–8:30pm-Adults Caring for Parents Group

Tues, April 9 from 1:00–2:00pm-Caregiver Support Group

Mon, April 15 from 9:30–11:30am-Spouse Support Group

Wed, April 17 from 7:00–8:30pm-Adults Caring for Parents Group

Wed, April 24 from 7:00–8:30pm-Caregiver Support Group

Thurs, April 25 from 10:00–11:00am Transitions Bereavement Group

Concerned about someone with memory loss? For 45 years, the COPSA Institute for Alzheimer's Disease & Related Disorders has been helping individuals, families and professionals who care for those with memory issues by providing compassionate care, treatment, support, and education. To register or find out more about services call us at 800-424-2494 or email Mary Catherine

lundqumc@ubhc.rutgers.edu

CAREGIVER RESOURCES

AGING

[American Society on Aging](#)

[5 days Technology Can Make Life Easier for Caregivers of Dementia Patients](#)

[Alzheimer's New Jersey Respite Care and Wellness Program](#)

[Substance Abuse & Addiction in the Elderly](#)

[National Center on Law & Elder Rights \(NCLER\)](#)

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

[NJ Advocates for Aging Well](#)

Live Online Classes

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](#)

Family Connections – Older Adult Services

Support for 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. olderadults@familyconnections.nj.org

Warren Specific

Older Adult Meal at St. Lukes Warren Campus

For Warren County adults 65+ weekdays from 4-6pm. \$3.99 dinner includes entrée, salad, side, vegetable, dessert and 12oz drink. Credit & debit cards only. NO CASH. For more information call 1-866-785-8537 and indicate you are ordering the older adult meal.

MILITARY/VETERANS

Your county may have a **Veteran Services Officer (VSO)** call your local Office on Aging to inquire. Warren County VSO, Michelle McCloskey, 908-475-6591 or mccloskey@co.warren.nj.us

Veterans Crisis Line: Dial 988 and Press 1

Program of General Caregiver Support

Services (PGCSS): <https://www.va.gov/files/2022-11/PGCSS%20Fact%20Sheet.pdf>

Program of Comprehensive Assistance for Family

Caregivers (PCAFC): https://www.caregiver.va.gov/pdfs/FactSheets/CSP_Eligibility_Criteria_Factsheet.pdf; [Caregiver Application For Benefits | Veterans Affairs \(va.gov\)](#)

[Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness](#)

[Community Hope for Veterans](#)

National Call Center for **Homeless Veterans** – 877-424-3838

Resources for Homeless Veterans and other Veteran Resources are available. Contact your local VSO.

National Coalition of Homeless Vets 800-838-4357

Veterans are encouraged to register with **211**.

CAREGIVER RESOURCES

MENTAL HEALTH

Mental Health Crisis Resources

988 Suicide and Crisis Lifeline

Children's Mobile Response and Stabilization Services 24 hours, 7 days a week 1-877-652-7624

New Hope IBHC Withdrawal Management, Short-Term Residential 732-946-3030

Parent to Parent Recovery Support Services 908-223-1951

Youth Helpline for NJ
<https://www.2ndfloor.org/> 888.222.2228

Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

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](#)

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

Saint Clare's Wellness & Recovery Center, located at 140 Boulevard, Washington offers rapid crisis support to individuals experiencing an urgent mental health concern. Care is provided in a warm and inviting environment that is separate from the medical facility. Can be reached via phone at 908-477-2100 M-F 8:30-5 or after hours at 201-400-8573. Walk-ins are welcome or call to make an appointment during business hours. Transportation may be available if needed/requested. Services include crisis support, individual counseling, medication evaluation, peer support and psychoeducation.

MENTAL HEALTH Cont'd

Collaborative Support Programs of New Jersey (CSPNJ) is a peer-led not-for-profit organization.

Collaborative Support Programs of New Jersey, Inc. (CSPNJ), a peer-led not-for-profit organization, provides flexible, community-based services that promote responsibility, recovery, and wellness through the provision of community wellness centers, supportive and respite housing, human rights advocacy, educational and innovative programs for people with the lived experience of behavioral health conditions.

WARREN SPECIFIC:

For more information on the **Warren County Stigma Free Initiative**, please email humanservices@co.warren.nj.us

Center for Family Services Designated Crisis Screening & Intervention Services **24 hour hotline:** 908-454-5141. This is for anyone that is having a mental health crisis and needs a mobile assessment to determine if hospitalization is needed. Per State regulations, police will respond to ensure safety for all and may transport to the hospital if needed. They can also offer mental health peer support via this number.

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

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

CAREGIVER RESOURCES

DISABILITES

DAWNcil Caregiver Support Survey For questions contact 973-625-1940

NJ Council on Development Disabilities and the Ombudsman's Office in NJ Survey

In recognition of Developmental Disabilities Awareness Month, the New Jersey Council on Developmental Disabilities and the Ombudsman's Office for Individuals with Intellectual or Developmental Disabilities and their Families are excited to launch a [survey](#) to assess individuals with disabilities and their families' awareness and satisfaction with several organizations. For questions about the survey or if you need assistance completing the survey contact Kerry McGrath at Kerry.mcgrath@njcdd.org or 609.984.4516. A live interpreter is available upon request. Survey is available until **April 15**.

Gold Medal Home Health

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

Brain Injury Alliance of NJ Needs Assessment

With this needs assessment, the aim is to better understand the current picture of Traumatic Brain Injury (TBI) in the state and direct efforts to areas that are the most in need of attention. The first part of the study will consist of individual surveys conducted online, over the phone, and on paper. After this, there will be focus groups in South, Central, and North Jersey. The hope is to get a well-represented screenshot of the gaps in TBI services in New Jersey. [The direct link to the survey is HERE.](#) For questions contact Dr. Sakina Ladha, MD, MPH at 609.480.2771 or sladha@bianj.org

Community Living Education Project (Rutgers Health)

Webinars for people with ID/DD and their caregivers. Visit for a list of [webinars](#) or visit clep.rutgers.edu to learn more.

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

[Finaly Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

[NJ Commission for the Blind and Visually Impaired](#)

[NJ WorkAbility](#)

DISABILITES Cont'd

[The Arc of the United States Announcement](#)

[The Arc of New Jersey Self Advocacy Project Newsletter](#)

[The Arc of New Jersey Program](#)

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

[Brain Injury Alliance Educational Programs For more information](#)

[ARCH is Access to Respite Care and Help](#)

[Equal Opportunity Support Services](#)

[Division of Disability Services launches their updated website](#)

West Morris YMCA in Randolph - [Parkinson's Disease Programs](#)

[Tri County Care Management Organization](#) By working effectively with schools, the Juvenile Justice System, and mental health and behavioral health providers, as well as advocating for family voice, choice and community support, CMOs help youth succeed at home, in school, and in the community.

[The NJ Council on Developmental Disabilities Regional Family Support Planning Councils](#)

[Donated Dental Services \(DDS\) Program](#)

[NJ Disabilities 101](#)

CAREGIVER RESOURCES

HOUSING & UTILITIES

- Temporary Assistance and Social Services (TASS) at 908-475-6218 (Social Services Unit) or 211 after hours for emergency assistance are places to start.
- Family Promise is another resource at 908-453-2194 for assistance with homelessness prevention and other housing programs.

Tri-County Continuum of Care is a group of agencies and partners working to end homelessness in Warren, Sussex & Hunterdon County utilizing Housing & Urban Development (HUD) funding. Family Promise of Sussex County is the lead agency for this collective and more information can be found on their website <https://familypromisesussex.org/index.php/tri-county-coc/>.

The Supportive Housing Association of New Jersey (SHA) [Housing Guide](#)

[Water and Sewer Bill Assistance Available](#)

[Low Income Household Water Assistance Program \(LIHWAP\)](#)

[Division of Housing and Community Resources](#)

[Housing Counseling and Legal Services Program](#)

Housing Programs 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

GENERAL

Fox Rehab

In home PT/OT/ST under Medicare Part B. For more information visit foxrehab.org or call Matthew Evans at 201-364-0871.

Travel Podiatrist

Paul J. Lafergola, DPM
973.366.7676 or
plafergola59@gmail.com

Gentle Hands Mobile Phlebotomy Service

For appointment call 862.279.3418 or gentlehandsmps@gmail.com

[New! 2024 Medicare Cost-Sharing Rates](#)

[New Substance Use Disorder Coverage in Medicare in 2024](#)

[CMS Issues Final Rule on Nursing Home Transparency](#)

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

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

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

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

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

[National Alliance for Caregivers Guide Book](#)

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

[Visiting Physician Services](#)

[NJ 2.1.1](#)

[New Jerseys' Parent Caucus](#)

[Beware of Scammers Impersonating Charities](#)

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

[More Medicare Prescription Drug Help for Beneficiaries in 2024 – Including Out-of-Pocket Cap](#)

CAREGIVER RESOURCES

GENERAL

Tessie's Touch

Offered by Jewish Family Service of MetroWest NJ, brings joy & connection to isolated older adults by matching them with a caring volunteer. Tessie's Touch covers the cost of activities and transportation. If you or a loved one is interested in being paired with a volunteer to enjoy outings together contact Taylor Ruszczak 973-637-1742.

truszczak@jfsmetrowest.org

Center for Medicare Updates

"Quick Guide" to Identifying Coverable Hospice Care

No Need for a Script for PT

In New Jersey, you get direct access to Physical Therapy and don't need doctor's prescription/referral to start treatment. However, some insurance plans may require a referral from a Medical Doctor to reimburse for Physical Therapy services.

Legal Services of Northwest Jersey

provides a full range of free legal services to people with limited income in Hunterdon, Morris, Somerset, Sussex, and Warren Counties

Free Tax Prep

Call United Way of Northern NJ at 973.993.1160xx5 and leave a message or email

UnitedWayTaxPrep@UnitedWayNNJ.org

Parent to Parent Coalition

For Families and Children Struggling with Alcohol and Drug Addiction

988 Suicide & Crisis Hotline

If you are having thoughts of suicide If you need mental health-related crisis support. If you are worried about someone else Please call or text **988** or visit the [National Suicide Prevention Lifeline](#) chat to connect with a trained crisis counselor

EZ Ride

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. [Visit](#)

CAREGIVER RESOURCES

GENERAL

[Atlantic Health Community Health Events](#)

[Neurological Rehabilitation](#)

What conditions can benefit from neurological rehab? Injuries, infections, degenerative diseases, structural defects, tumors, and disorders in the circulatory system can impair the nervous system. Some of the conditions that may benefit from neurological rehab may include:

- Vascular disorders, such as ischemic strokes (caused by blood clots), hemorrhagic strokes (caused by bleeding in the brain), subdural hematoma, and transient ischemic attacks (TIAs)
- Infections, such as meningitis, encephalitis, polio, and brain abscesses
- Trauma, such as brain and spinal cord injury
- Structural or neuromuscular disorders, such as Bell palsy, cervical spondylosis, carpal tunnel syndrome, brain or spinal cord tumors, peripheral neuropathy, muscular dystrophy, myasthenia gravis, and Guillain--Barré syndrome
- Functional disorders, such as headache, seizure disorder, dizziness, and neuralgia
- Degenerative disorders, such as Parkinson disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Alzheimer disease, and Huntington chorea.

[Kessler Institute for Rehabilitation](#) – Chester

COUNTY SPECIFIC

SUSSEX

Utility Assistance

Are you one of the 20 million Americans that are behind on their utility bills? Assistance is available in two easy steps!

- Gather Documents: Social Security Verification, Social Security Card or Government Issued Document with Social Security Number
 - Address Verification: Current Lease Agreement, Mortgage Statement, or Tax Bill
 - Income Verification: Awards Letter, Benefit Statement, or Paystubs
 - Utility Bills: Heating: Natural Gas, Propane, Oil, Electric, Wood
- Email utilities@familypromisesussex.org or Call 973-579-1180 ext. 1022 to schedule an in-person appointment at our Newton office or for a home visit

Caregiver Support Group (Virtual)

1st Friday of each month from 2-3pm
For more information and to register, please call Sussex County Office on Aging at 973-579-0555 ext. 1288

WARREN

The Outreach Connection, Inc. Food Pantry

432 NJ-31 S Washington Township, [908-574-2292](tel:908-574-2292)

Food Pantry Hours:

Tuesday: 5:30pm-7:30pm

Thursday: 10am-2pm

2nd Saturday of every month: 10am-2pm

31 Threads Hours:

Tuesday: 10am-7:00pm

Thursday & Saturday: 10am-3pm

For more information [visit](#)

Hackettstown Free Public Library [Events](#)

Warren County Department
of Human Services
Division of Aging & Disability
Services
Wayne Dumont Jr.
Administration Building
165 County Rte. 519 South
Belvidere, New Jersey
07823-1949

“The Division of Aging & Disability Services is the County's lead agency and administrator of Federal, State, and Local funds earmarked to assist Warren County's older adults and their caregivers. The Division operates under the Warren County Department of Human Services. Our Division is also the County's lead agency for the New Jersey Aging and Disability Resource Connection (ADRC) initiatives. Our services are provided directly or through contracts with other partner agencies. Services are coordinated through our professional staff and referrals to contracted partner agencies occur through our Division. ADRC provides information and assistance to older persons, adults with physical disabilities and caregivers. Through a comprehensive intake and screen for community services, our Division staff can assist in identifying needs and determining the best options for assistance and provide services. The Division of Aging & Disability Services' philosophy upholds the rights of the county's older adults (60 years and above) to age with dignity, maximum health, independence, wellbeing, and the ability to make their own life choices.”

SERVICES INCLUDE

- Adult Protective Services (APS)
- Benefits and Entitlement Screening
- Caregiver Respite Program
- Care Management for Jersey Assistance for Community Caregiving (JACC Program)
- Certified In-Home Health Aides (JACC Program) · Chore Services (Unskilled Volunteers)
- Community Senior Centers (Nutrition Education, Meals, Physical Exercise, Health Screens, Wellness Education, Socialization and Recreation)
- Division's Newsletter
- Emergency Utility Assistance
- Home Delivered Meals
- Home Safety and Environmental Adaptations
- In-home Clinical and Functional Assessments
- In-home Mental Health Counseling
- Legal Services for Seniors
- Medicare Counseling
- Options Counseling on Long Term Care Support Services
- Personal Assistance Services Program (PASP)
- Respite Services and Caregivers Support
- Transportation
- Veterans Directed Home and Community Based Services
- Volunteer Programs

**For more information call
908.475.6591.**

Individuals are screened and referred through the Division for the above programs.