

# MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



July 2024

9<sup>th</sup> Edition

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For Caregivers

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For Caregivers

## Caregiver Resources

- Aging
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Independence Day, in the [United States](#), the annual celebration of nationhood.

It [commemorates](#) the passage of the [Declaration of Independence](#) by the [Continental Congress](#) on July 4, 1776.

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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.





# INDEPENDENCE DAY

When: July 4th

Where: United States of America

## ORIGIN STORY

Independence Day, also called Fourth of July, commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. The Declaration announced the political separation of 13 North American colonies from Great Britain.

## CRITICAL PEOPLE

THOMAS JEFFERSON

- lead author
- 33 years old

JOHN ADAMS

BENJAMIN FRANKLIN

ROGER SHERMAN

WILLIAM LIVINGSTON

fellow committee members consulted

Benjamin Franklin, John Adams, and Thomas Jefferson discussing a draft of the Declaration of Independence, 1776.



*John Hancock*

John Hancock was the only one to sign the actual Declaration of Independence on July 4, 1776. Others signed later.

56 men signed from 13 colonies



2 signers would later become president of the United States

JOHN ADAMS  
THOMAS JEFFERSON

## HOW IT'S CELEBRATED TODAY

Blasting 15,000+ fireworks every year has become part of the tradition of celebration.



The Macy's fireworks show has been celebrating July 4th over New York City's East River for more than 40 years.

Every Fourth of July, the Liberty Bell in Philadelphia is tapped (not actually rung) 13 times in honor of the original 13 colonies.



Lee Greenwood's patriotic 1984 song "God Bless the U.S.A." gets nearly 25 times more views on July 4th than any other day of the year.

## TIMELINE

July 8  
1776

First effective celebration took place in Philadelphia. First public reading of the Declaration of Independence, after people were summoned by the ringing of the Liberty Bell.

July 3  
1781

Massachusetts became first state to recognize the Fourth of July as an official holiday.

July 4  
1801

The White House held its first Fourth of July party.



July 4  
1851

The first Horribles Parade was held in Lowell, Massachusetts. This parade is a comical send-up of a stuffy military organization called the Ancient and Honorable Artillery Company of Massachusetts or the "Ancient and Honorables."

June 28  
1870

Congress made Independence Day an official holiday for federal employees who worked in Washington, D.C.

1938

Congress formalized Independence Day as an official paid federal holiday.

July 4  
1960

The current 50-star flag debuted after Alaska and Hawaii became states in 1959.



## DID YOU KNOW?

The Declaration of Independence wasn't actually signed (except by John Hancock) on the Fourth of July—that's just the day the document was adopted by the Continental Congress.

One U.S. president, Calvin Coolidge, was born on the Fourth of July, in 1872.

Three U.S. presidents, John Adams, Thomas Jefferson, and James Monroe, all died on the Fourth. Adams and Jefferson died within hours of each other in 1826.



There have been 27 different official versions of the U.S. flag, including the first one in 1777. All of the changes have involved the addition of stars.



A popular myth holds that Benjamin Franklin proposed the turkey as the national symbol but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.



Great American composer John Philip Sousa wrote 136 marches in the late 19th and early 20th centuries. Some of his greatest hits were among the first to be recorded and mass-produced as phonograph records.



### SOURCES:

Flag's photo: AdalackRF  
Presidential seal: The White House  
Declaration of Independence: © National Archives  
Illustration of Franklin, Adams, and Jefferson: © Library of Congress



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# DATE SPECIFIC EVENTS FOR CAREGIVERS

## **Introduction to Brain Injury (Virtual)**

**Tuesday, July 16 from 10-11am**

The brain is the most important organ in our body - it is the control center of all that we do. When there is an injury to the brain, it can lead to significant physical, cognitive, and emotional changes. In this presentation you will learn about the silent epidemic of brain injury/concussion and how it impacts people every day. We will review the most common causes of brain injuries. We will learn how we can protect ourselves from injury. Caregivers will gain knowledge around how to support someone who has been affected by brain injury. Presented by Rachel Ishak with Brain Injury Alliance New Jersey. This workshop is for unpaid caregivers only. [Registration is required](#). For more information contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or 908-866-1333.

## **Danielle's Law Refresher for Families and Self-Directed Employees (virtual)**

**Thursday, July 18 from 3-4:00pm**

This interactive training on Danielle's Law ensures families and self-directed employees are prepared to recognize the difference between a health emergency and a life-threatening emergency in an "own home" setting. The goal of this refresher training is to ensure self-directed employees know how to respond promptly and appropriately to life-threatening emergencies involving individuals receiving DDD-funded services, while complying with Danielle's Law. Register [here](#). Presented by Division of Developmental Disabilities. Community Living Education Project 732-235-3277.

## **Managing Challenging Behaviors: Strategies for Preventing and Coping When Caring for a Loved One with Memory Loss (virtual)**

**Wednesday, July 24 from 1-2:30pm**

Click [here](#) to register. For more information contact Mary Catherine Lundquist at [lundqumc@ubhc.Rutgers.edu](mailto:lundqumc@ubhc.Rutgers.edu) or call 800.424.2494

## **Learning a New Language (Virtual)**

**Tuesday, August 20 from 10-11am**

Communication is an essential part of how we connect, act and interact with those around us. When communication is impaired, we can feel a disconnect with the person. Communication is affected relatively early in Alzheimer's disease making it difficult for the individual to effectively communicate his/her needs as well as making it difficult for caregivers to feel connected and effective at meeting the person's needs. This program will help participants understand how Alzheimer's disease affects and changes one's ability to communicate verbally. We will also discuss ways to interpret behavior as communication and techniques for communicating effectively with the person with dementia. Amy E. Matthews, Dementia Consultant. This workshop is for unpaid caregivers only. [Registration is required](#). For more information contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or 908-866-1333.

## **SAVE THE DATE - Caregivers Conference (in-person)**

### **Caregiving: The Things They Never Told You About**

**Saturday, September 14 from 9:30am - 1:30pm**

St. Luke's Warren Hospital, 185 Roseberry St., South Wing Entrance, Phillipsburg

- **The Basics of Medicaid Eligibility** presented by **Ryann M. Siclari, Esq., LL.M. (Elder Law), CELA with Porzio, Bloomberg & Newman**

- **The Empty Seat at the Table: Grief Around the Holidays** presented by Amy Matthews, Dementia Consultant and Robin Ennis, Caregiver Resource & Information Specialist

- **Caregiver Stress Management and Gut Health** presented by Kate Composto- Lazzarotti, Certified Health & Wellness Coach

Hosted by Robin Ennis, Caregiver Resource & Information Specialist and Amy Matthews, Dementia Consultant. **Registration coming soon!**

## **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](mailto:humanservices@co.warren.nj.us)

# DATE SPECIFIC EVENTS FOR CAREGIVERS

## **Memory Café – Hackettstown (in person)**

Every 2<sup>nd</sup> 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)**

Monthly on the 3<sup>rd</sup> Tuesday

To sign up to receive invitations to this event email

[RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

## **Technology Webinar Series (Virtual)**

2<sup>nd</sup> 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)**

2<sup>nd</sup> 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 Maggie Schaffer at 908-498-0103 or [mschaffer@paragonvillage.com](mailto:mschaffer@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](mailto:maryannjohnstonrn@msn.com) or Barbara Freda

at [barbara.freda@promedica.org](mailto: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](mailto:marjorie@centerforprevention.org) to get more information or register.

# SUPPORT GROUPS FOR CAREGIVERS

## Caregiver Support Group (in-person) Warren

1<sup>st</sup> Tuesday of each month from 1:30-2:30pm (1<sup>st</sup> Group August 6)

### Warren County Locations

Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for an in-person support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections. For meeting locations, to RSVP or for questions contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or 908-866-1333.

## Bentley Assisted Living Caregiver Support Group (in-person) Sussex

1<sup>st</sup> Wednesday of the month from 10 – 11am

Bentley Assisted Living, 3 Phillips Road, Branchville  
Presented by Alzheimer's Association Greater New Jersey  
To register contact Christine Beckmann at 973.948.8884 or [beckmann@bentleyassistedliving.com](mailto:beckmann@bentleyassistedliving.com)

Visit [alz.org/nj](http://alz.org/nj) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org)

## ALZNJ Caregiver Support Group (in-person) Hunterdon

3<sup>rd</sup> Tuesday of the month from 6:30 -7:30pm

North County Branch Library, Clinton, NJ

The support group is free and open to those caring for a loved one with dementia. To register, please call the Alzheimer's New Jersey Helpline 888-280-6055 or visit [www.alznj.org](http://www.alznj.org)

## AlzNJ Support Groups (in person) Somerset

2<sup>nd</sup> 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](http://www.alznj.org). For more information contact Denise Goldstein R.N., Certified Holistic Health Coach [Denise.goldsteinrn@gmail.com](mailto:Denise.goldsteinrn@gmail.com) or 732-563-9056

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

1<sup>st</sup> 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) [www.alznj.org](http://www.alznj.org) or call our Helpline: 888-280-6055 to **register** for this group.

## Dementia/Alzheimer's Family Support Group (in-person) Morris

2<sup>nd</sup> Monday of every month at 1PM

West Morris YMCA Group, 14 Dover Chester Rd., Randolph

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. Visit [www.alznj.org](http://www.alznj.org) to register or call Siobhan Flynn-Higgins [sflynn-higgins@jfsmetrowest.org](mailto:sflynn-higgins@jfsmetrowest.org) or call 973.637.1763.

## Stroke Support Group Meetings (in person) Morris

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 Firzloff at 908-578-0812 [loisfirz@yahoo.com](mailto:loisfirz@yahoo.com) or Rich Coulther 201-230-8204 [rhcldr@gmail.com](mailto:rhcldr@gmail.com)

# SUPPORT GROUPS FOR CAREGIVERS

## **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](mailto: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](mailto:rwanatick@jfedgmw.org)

## **NAMI Family Support Groups (virtual)**

Every other Wednesday at 7pm

This is a 60-90 minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes. [Register](#).

## **COPSA Institute for Alzheimer's Disease and Related Disorders Support Groups (virtual)**

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

Wed, July 3 from 7:00–8:30pm-Adults Caring for Parents Group

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

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

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

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

Wed, July 31 from 7:00–8:30pm-Caregiver Support 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](mailto: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@familyconnectionsny.org](mailto:olderadults@familyconnectionsny.org)

### Connections at home

Connecting Homebound Seniors to their Communities. They assist homebound seniors experiencing social isolation. Their support team connects them to their communities through easy-to-use technology.

### FREE - Live classes for older adults, by older adults (Virtual)

Visit [Program Calendar](#)

### 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

### [Veteran Service Officers](#)

Overview - Through our network of regional Veterans Service Offices (VSO), the NJ Department of Military and Veterans Affairs (DMAVA) provides the state's Veterans and their dependents with information and guidance in filing claims. Trained Veterans Service Officers at these offices also assist Veterans with issues pertaining to employment, education, burial, counseling, housing, social and medical services, and other areas of concern to Veterans and their families. DMAVA also conducts outreach events in the community where VSOs are present to help and assist any Veteran. Please refer to the Veterans Outreach Schedule.

**Veterans Crisis Line:** Dial 988 and Press 1

[Program of General Caregiver Support Services \(PGCSS\)](#)

[Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#)

[Caregiver Application For Benefits | Veterans Affairs \(va.gov\)](#)

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

### VA Caregiver Support

Jennifer Del Pesce, LCSW  
Caregiver Support Program  
PGCSS Coordinator  
VANJHCS East Orange, NJ  
(973) 676-1000 X203085 or  
[Jennifer.Delpesce@va.gov](mailto:Jennifer.Delpesce@va.gov)

### [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/request. Services include 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](mailto:humanservices@co.warren.nj.us)

### [Stigma Free Newsletter](#)

**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

Disability Rights NJ Public Input [Survey](#)

DAWNcil Caregiver Support [Survey](#) For questions contact 973-625-1940

[A Guide to Accessible Beaches in New Jersey](#)

### 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](mailto: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](mailto:sladha@bianj.org)

### Education Project (Rutgers Health) Community Living

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

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

[Finally Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

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

[NJ WorkAbility](#)

[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](#)

## DISABILITES Cont'd

[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](#)

[An Enhanced Family Crisis Handbook](#) 4<sup>th</sup> Edition

The purpose of this expanded version of the Toolkit is to empower individuals with disabilities and their family and professional caregivers by providing information to more effectively advocate for persons with complex severe behavioral health conditions (which we formerly referred to as "dual diagnosis") for treatments, supports, services and the conditions that promote mental wellness.

### Do You Know What an ABLE Account Is?

The Stephen Beck, Jr., Achieving a Better Life Experience Act (ABLE) became law on December 19, 2014. The law aims to ease financial strains faced by individuals with disabilities by making tax-free saving accounts available to cover qualified disability expenses.

It allows people with disabilities to preserve their SSI and Medicaid while saving money for their future through ABLE savings accounts. To learn more, two websites that may be helpful are:

The ABLE National Resource Center: [www.ablenrc.org](http://www.ablenrc.org)

New Jersey

ABLE: <https://savewithable.com/nj/home.html>

# 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](mailto: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](mailto:DisasterRecoveryandMitigation@dca.nj.gov)

## GENERAL

### **Fox Rehab**

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

### **Travel Podiatrist**

Paul J. Lafergola, DPM  
973.366.7676 or  
[plafergola59@gmail.com](mailto:plafergola59@gmail.com)

### **Gentle Hands Mobile Phlebotomy Service**

For appointment call 862.279.3418 or [gentlehandsmps@gmail.com](mailto: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

[American Cancer Society Caregiver Resource Guide](#)

[American Cancer Society Help for Caregivers, Patients and Survivors](#)

[Cancer Caregiver Support | American Cancer Society](#)

[I Choose Home New Jersey](#)

### **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 Ruszczuk 973-637-1742.  
[truszczuk@jfsmetrowest.org](mailto:truszczuk@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

[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

[Get Help with SNAP Food Assistance](#)

SNAP Navigators are available in all 21 counties to help people seeking assistance from the State [Supplemental Nutrition Assistance Program \(SNAP\)](#). SNAP Navigators can answer questions about SNAP and can help people apply for SNAP benefits. There are 11 agencies with SNAP Navigators available to assist residents throughout New Jersey.

### **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

### [Center for Medicare Advocacy Webinars](#)

### [Advocates Join Center in Comments on Observation Status Appeals](#)

### [‘Carefluencers’ Are Helping Older Loved Ones, and Posting About It](#) **NY Times Article**

### [How the Change Healthcare Cyberattack is Impacting the Industry](#)

### [Adult Day Center of Somerset County Newsletter](#)

[Triage Cancer](#) is a national, nonprofit organization that offers free education on legal and practical issues that individuals diagnosed with cancer and their caregivers may face.

### [Lasagna Love](#)

Volunteer to make lasagna or ask for a pan for yourself.

### [Advocates for Children of NJ](#)

## 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](mailto: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)**

1<sup>st</sup> 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**

#### [Joseph H. Firth Youth Center](#)

#### **St. Luke’s Community Health Needs Assessment**

They are looking for the community’s input. [The CHNA survey](#) is now available and may be taken by anyone 18 years of age or older. For more information contact Jaclyn Dedos at [Jaclyn.Dedos@sluhn.org](mailto:Jaclyn.Dedos@sluhn.org)

#### **Farmer’s Market Vouchers**

This annual benefit will be available soon. Applications will be mailed to all who received benefits last year. Must be a Warren County resident 60 years of age or older and meet the financial guidelines. New financial guidelines are available after June 30. Contact the Warren county Office of Aging at 908-475-6591 for more information.

#### **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](#)