

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



January 2025

15th Edition

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**Caregiver Resource &
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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 **OU?** 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.

DATE SPECIFIC EVENTS FOR CAREGIVERS

Activities to Keep Your Family Member Engaged (virtual)

Thursday, January 2 from 7-8pm

Join Dr. Angelica Catusco for a discussion focused on meaningful activities to keep your loved one engaged and connected. This session will explore a variety of practical, creative, and therapeutic approaches designed to support mental, emotional, and social well-being. Offered by Rutgers Health. Click [here](#) to register. For more information call 800-424-2494 or email Mary Catherine lundqumc@ubhc.rutgers.edu

Caregiver Support Group (in-person) Warren

Tuesday, January 7 from 1:30-2:30pm

Warren County Library, Northeast Branch, 40 Route 46, Hackettstown

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 or 908-866-1333.

Update on Social Security Overpayment Policies (webinar)

Thursday, January 9 from 2-3:15pm

This webinar will cover: An overview of overpayments at the Social Security Administration, Changes to overpayment policies SSA made in 2024 and Updates to the waiver application process. Click [here](#) to register. For more information click [here](#).

Bereavement Group (in-person) Warren

Saturday, 1/11, 2/8, 3/22, 4/19, 5/17, 6/14, 7/12, 8/23, 9/20, 10/18, 11/15 and 12/13, 2025

Knoll-DeVoe Funeral Home and Cremation Service, 142 West Washington Ave, Washington
Facilitated By: Nicole Marie, Certified Grief/Life Coach through [Tears Life Coaching](#). For additional information please contact Nicole at 908-509-4772 (Call/Text) or thruthetears@gmail.com

Forgiveness and Caregiving (virtual)

Wednesday, January 29 from 1-2pm

As we go through life, we all make mistakes and experience things that hurt us. These can cause anger, resentment, sadness, and many other emotions. Caring for someone with memory loss often involves situations that cause us emotional harm or make us feel resentful. We may react to others in ways that hurt them. Some caregivers are providing care to people who have wronged them in the past, creating a complex mix of feelings. Forgiving ourselves and others is often difficult, but can provide a path forward to emotional and spiritual peace. This presentation explores the value of forgiving and the challenges we face getting there. Tips and activities will help participants consider their own lives and take steps to begin to accept, forgive, and move on. . Offered by Rutgers Health. Click [here](#) to register. For more information call 800-424-2494 or email Mary Catherine lundqumc@ubhc.rutgers.edu

Caregiver TimeOut Group (Virtual)

Monthly on the 3rd Tuesday

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

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 Maggie Schaffer at 908-498-0103 or mschaffer@paragonvillage.com

SAVE THE DATES:

Warren County Veteran Resources Expo

Thursday, April 3 from 2-6pm

Belvidere Manor Banquet Hall, 689 Water St., Belvidere

Spring Caregivers Conference

Saturday, April 12 from 9:30am-1:30pm

Hackettstown Medical Center, West Wing Conference Room, 651 Willow Grove St., Hackettstown

More information about these events will be provided in future editions of the newsletter.

DATE SPECIFIC EVENTS FOR CAREGIVERS

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.](#)

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.

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

1st 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 cbeckmann@bentleyassistedliving.com

Visit 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

ALZNJ Caregiver Support Group (in-person) Hunterdon

3rd 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

Caregiver Support Group (in-person) Warren

1st Tuesday of each month from 1:30-2:30pm

Warren County Library branches (rotating monthly at Southwest, Northeast, Belvidere and Blairstown)

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 or 908-866-1333.

SUPPORT GROUPS FOR CAREGIVERS

AlzNJ Support Groups (in person) Somerset

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

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

1st Thursday of each month from 10:30am to 12:00pm

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.

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

2nd Monday of every month from 1-2:15pm

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 to register or call Siobhan Flynn-Higgins sflynn-higgins@jfsmetrowest.org or call 973.765.9050x1763

West Morris Area YMCA Caregiver Support Group (in-person) Morris

2nd Monday of every month beginning January 13 from 11:30a,-12:30pm

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

Offered by West Morris YMCA and Jewish Family Services of MetroWest NJ. This group is for adults caring for a loved one with Parkinson' Disease or a loved one over the age of 60. This group is free and open to spouses, adult children and siblings of older adults. **Pre-registration is required.** For more information or to register email caregivers@jfsmetrowest.org or call 973-637-1740.

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 Firzlaff at 908-578-0812 loisfirz@yahoo.com or Rich Coulther 201-230-8204 rhcclr@gmail.com

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

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](#).

Brain Injury Alliance of NJ Support Groups

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

Mon, January 6 from 9:30-11:30am-Spouse Support Group

Tues, January 7 from 7:00-8:30pm-Adults Caring for Parents Group

Wed, January 8 from 7:00-8:30pm-Caregiver Support Group

Tues, January 14 from 1:00-2:00pm-Caregiver Support Group

Wed, January 15 from 7:00-8:30pm-Long Term Care Support Group

Tues, January 21 from 9:30-11:30am-Spouse Support Group

Tues, January 21 from 7:00-8:30pm-Adults Caring for Parents Group

Thurs, January 30 from 10:00-11:00am-Transitions Bereavement Group

To register or find out more about services call 800-424-2494 or email Mary Catherine lundqumc@ubhc.rutgers.edu

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

Montclair Caregiver Support Group (in-person) Essex

Monthly on Thursday beginning January 9 from 2-3pm

Montclair Edgemont House, 274 Valley Road, Montclair

Offered by Montclair Township and Jewish Family Services of MetroWest NJ. This group is for adults caring for a loved one over the age of 60. This group is free and open to spouses, adult children and siblings of older adults. **Pre-registration is required.** For more information or to register call Michelle DeWitt at 973-744-3278. This group is facilitated by Renee Peters, MSW. She can be reached at 973-637-1763.

Caregiver Support Group (Virtual) Sussex

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

CAREGIVER RESOURCES

AGING

[Guiding an Improved Dementia Experience \(GUIDE\) Model](#)

The Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary nationwide model test that aims to support people with dementia and their unpaid caregivers. The model began on July 1, 2024, and will run for eight years.

[Silver Sneakers](#)

[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 \(NCLER\) and Resources & Webinar Links](#)

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

[NJ Advocates for Aging Well](#)

[Live Online Classes for Older Adults](#)

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

[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.

[NJ Department of Human Services: Division of Aging Services](#)

[Mather: Meaningful Connections from the Comfort of Home](#) Mindfulness & Brain Health, Aromatherapy, Discussion Groups, Creative Arts & Art Making, and Movement & Dance

[Warren Specific](#)

Older Adult Meal at St. Lukes Warren

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 the 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 \(PC AFC\)](#)

[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

[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**.

Community Home Sharing Program for Veterans. General information can be found [here](#). Contact 908-526-4663 or info@homesharing.org for more information.

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

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 crisis support, individual counseling, medication evaluation, peer support and psychoeducation.

SAMHSA Treatment Locator:
<https://findtreatment.gov/>

National Council for Mental Wellbeing

[Grow Your Mental Health Page](#)

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.

Mental Health First Aid Training & Information

Parent to Parent Addiction Services (Warren)

325 B. W. Washington Ave., Washington
Contact 908-223-1953 or
parent2parentwc@gmail.com

MENTAL HEALTH Cont'd

Recovery Management Checkup (RMC)

Services through Prevention is Key (PIK) This program is specifically designed for individuals with substance use disorder (SUD) who have recently been discharged from licensed treatment facilities in New Jersey. The program aims to provide essential support for individuals transitioning to independent living, as well as connecting them with vital resources to aid in their recovery journey. For more information click [here](#) or contact Noah Deutsch at (973) 303-3790 or ndeutsch@mcpik.org for more information.

Atlantic Behavioral Health at Hackettstown Medical Center offers outpatient behavioral health services for Adults and Adolescents

SUD Intensive Outpatient Program (Day and Evening) Intensive Outpatient Program for individuals with primary diagnosis of substance use disorders as well as co-occurring mental health disorders.

SUD Aftercare Program Step-down once a week group for individuals discharging from SUD IOP.

SUD Adolescent Group Outpatient group therapy for adolescents ages 13-18 yrs old.

IDRC Outpatient Group Group therapy for individuals referred by the Intoxicated Driver Resource Center.

MH Acute Partial Hospitalization Program (Day) Acute Partial Hospitalization program for individuals with primary mental health diagnoses and co-occurring substance use disorders.

MH Intensive Outpatient Program (Day) Intensive Outpatient Program for individuals with primary mental health diagnoses and co-occurring substance use disorders.

They are in-network with most insurances, and take Medicaid and Medicare. For more information contact Beth Schulaka at 908-441-1586 or Beth.Schulaka@atlanticehealth.org

SUSSEX SPECIFIC:

Wellness Hub

83 Spring St., Suite 303
Newton

973-840-1850 or

wellnessHUB@mhainspire.org

Early intervention support services, a mental health urgent care and drop-in support center.

CAREGIVER RESOURCES

MENTAL HEALTH, Cont'd

WARREN SPECIFIC:

Warren County Stigma Free Initiative, For more information please email 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.

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

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

Mental Health Matters is a monthly [newsletter](#) from Atlantic Behavioral Health

[988 Suicide & Crisis Hotline](#)

If you are having thoughts of suicide or 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

Warren County Advisory Council on Disabilities

2nd Thursday of each month

Are you an advocate for persons with disabilities? Are you interested in advancing the rights of persons with disabilities? If so, join the Council. For more information or to request an application contact 908-475-6591.

DISABILITIES

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

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 <https://clep.rutgers.edu/educational-resources>

[Community Living Education Project \(Rutgers Health\)](#)

Coordinated Care of MetroWest

Provides assistance and supports individuals, families, and/or caregivers living in Greater MetroWest who are overseeing the lifetime care of adults with developmental or acquired disabilities. The program is designed to meet the unique needs of the individual and family no matter where they are in their journey. CCM ensures ongoing individualized and personal concern for such individuals with disabilities who may survive their caregivers or whose caregivers are not available to support them. They hope to provide peace to caregivers that someone is there to help when they are no longer here and most importantly, they focus on strengths and quality of life for the disabled adult.

Services include:

- -Free phone consultation to connect you to local resources and provide emotional support
- -Short term fee for service case management to assist with more specific needs and research
- -Long term fee for service case management to ensure a thorough care plan for future planning that is forever evolving and changing. For more information, call (973) 765-9050 or email coordinatedcare@jfsmetrowest.org

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

[Finaly Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

CAREGIVER RESOURCES

DISABILITIES Cont'd

[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](#)

[Brain Injury Alliance of New Jersey](#) Helpline 1-800-669-4323

[Brain Injury Alliance Educational Programs](#)

[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](#)

The purpose of this expanded version (4th edition) 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.

[New Resource for New Jerseyans with Disabilities](#)

[Digital Literacy Training \(Virtual\)](#)

In today's digital age, technology is essential for social interaction and accessing transportation, education, employment, health care, and more. AT&T, The Arc, and The Arc San Francisco have teamed up to produce digital skills training specifically for people with intellectual and developmental disabilities. Sign up to learn about: Getting started with computers, mobile devices, and video conferencing. Navigating websites and search engines, Online safety, passwords, fraud, scams, and more.

MEDICARE/MEDICAID

[Center for Medicare Updates](#)

["Quick Guide" to Identifying Coverable Hospice Care](#)

[Center for Medicare Advocacy Webinars](#)

Seniors and people with disabilities can save on essential expenses like prescription costs and Medicare premiums with NJSave! The application screens for eligibility in over a dozen programs, including PAAD, Senior Gold, and more. How to apply: Online: Visit [NJSave.org](#) Text: NJSAVE to **844-755-3803** to receive a link to the application Call: **1-866-NJSAVE-5** for a paper application.

Medicare Information The official source of Medicare information: [Medicare.gov](#) or **800-Medicare (800-633-4273)**. NJ State Health Insurance Assistance Program (SHIP) website: [SHIP](#) or **1-800-792-8820**

[Medicaid Transportation Coverage Guide](#)

[Fact Sheet on Medicaid Non-emergency Medical](#)

[Transportation \(NEMT\)](#)

[Basic Requirements for Conducting Ex Parte Renewals of Medicaid and CHIP Eligibility](#)

[Medicare Enrollees Could Lose Financial Assistance for Drug Costs if they Do Not Act](#)

CAREGIVER RESOURCES

MEDICAL

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

For appointment call 862.279.3418 or gentlehandsmps@gmail.com

Visiting Physician Services

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.

Kessler Institute for Rehabilitation –Chester 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.

Tinash Homecare Services

[Advocates Join Center in Comments on Observation Status Appeals](#)
[Statement on Proposed Appeal Rules for Hospital Observation Status](#) and [FAQ's](#)
[Ennoble Care Primary Care House Call Services](#)

For more information call 973-879-4034

St. Joseph's Pharmacy

758 Memorial Parkway, Phillipsburg
908-454-0777 or stjosephrxnj1@gmail.com

HOUSING & UTILITIES

Housing Assistance in Warren County

- **Temporary Assistance and Social Services (TASS)** at 908-475-6218 (Social Services Unit)
- **211** after hours for emergency assistance
- **Family Promise** 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.

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](#)

[Enrollment Period for State Rental Assistance Program Opens in January](#)

Need help with your rent? The State Rental Assistance Program will accept pre-applications for the [rental assistance waitlist](#) from **Monday, January 13, 2025 at 9:00 a.m. through Friday, January 31, 2025 at 5:00 p.m.** Applicants must be at least 18 years old (or an emancipated minor) and must be New Jersey residents to apply. 6,000 eligible households will be selected through a lottery system and placed on a waiting list to be eligible to receive vouchers as they become available.

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

[Legacy Empowerment Services - Housing Advocacy Program](#)

They serve all of NJ. They are a diverse and multi-talented team with a wide range of expertise including: job coaching, special education, finance and economics, social work, psychology, art and music therapy for individuals with special needs 21 and over. Call 732-523-0769 or email info@legacynj.org

CAREGIVER RESOURCES

GENERAL

[Insurance Covered Incontinence Supplies](#)

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

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

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

[New Jersey Human Services Newsletter](#)

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

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

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

[I Choose Home New Jersey](#)

[NJ 2.1.1](#)

[Smart 9-1-1](#)

[NJ Silver Alert](#)

[NJ Register Ready](#) – New Jersey’s Special Needs Registry for Disasters” allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

The information collected here is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning.

[American Cancer Society Caregiver Resource Guide](#)

[National Alliance for Caregivers Guide Book](#)

[NEW JERSEY HUMAN SERVICES: New Jersey Resources 2024 First Edition](#)

[Advocates for Children of NJ](#)

[Goals of Care Coalition of NJ](#)

[Hackettstown Medical Center 2024 Community Health Needs Assessment \(CHNA\)](#)

[Changes to Social Security In-Person Services](#)

On November 13, the Social Security Administration, Office of Communications sent a letter to colleagues noting expanded appointment based services at local Social Security offices. Effective January 6, 2025, Social Security will require customers to schedule an appointment for service in local field offices, including requests for Social Security cards. They still encourage customers to use [online services](#), and [automated services](#), but customers who are not able to handle their business online or with the automated options may call their [local Social Security office](#) or the National 800# to schedule an appointment.

[Navigating Hope](#) brings services to you. Visit the Navigating Hope van at a location near you to apply for benefits and get connections to social services. For **Morris** County residents.

GENERAL, Cont'd

Tessie’s Touch – Essex & Morris County

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

[Lasagna Love](#)

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

[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.

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

[Become a Disaster Response Crisis Counselor](#)

New Jersey is one of the first states to certify its behavioral health first responders in preparation for response to disasters and traumatic events. The development of a cadre of paraprofessionals enhances the capability of activating a timely and effective behavioral health response. A Disaster Response Crisis Counselor is a volunteer who becomes part of an Emergency Response Network and responds to the needs of communities in the event that a disaster strikes. The counselors are trained in disaster response, disaster behavioral health and crisis counseling among other topics and they collaborate with the various response partners who participate in the statewide emergency response network. The counselor does not need to have a clinical background as the crisis counseling program does not provide traditional mental health services. The training will provide the technical support and knowledge needed to become a Disaster Response Crisis Counselor emphasizing psychological first aid and information and referral services.

[Beware of Scammers Impersonating Charities](#)

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

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

[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

[Different Types of Guardianships in New Jersey](#)

[Volunteer Guardianship One on One](#) - Hunterdon, Warren, Somerset

[New Jersey Leisure Guide: Insider Tips to NJ attractions, things to do, and events](#)

[Explore the accessible outdoors: Wheelchair-friendly trails in New Jersey’s scenic parks](#)

CAREGIVER RESOURCES

GENERAL, Cont'd

[Center For Family Services \(CFFS\)](#)

CFFS offers a [comprehensive continuum of care](#) and a broad range of service areas to meet the current and changing needs across the New Jersey community:

[Addiction & Recovery](#)
[Community Connections](#)
[Counseling & Behavioral Health](#)
[Early Childhood Education](#)
[Family Support & Prevention](#)
[Safe & Supportive Housing](#)
[Trauma & Victim Response](#)
[Workforce Development](#)

Highly trained, dedicated staff work closely with individuals, children, and families to provide exceptional care. Services help people develop solutions and create paths for greater self-sufficiency. Call 877-922-2377 or access@centerffs.org

[New Jerseys' Parent Caucus](#)

[Parent to Parent Coalition](#)

For Families and Children Struggling with Alcohol and Drug Addiction

[Insurance Covered Incontinence Supplies](#) or call 844-276-5588

[Do I Have To Pay New Jersey Inheritance Tax?](#)

[Pros and Cons of Putting Your Home in a Trust](#)

[Can Medicaid Take My Home? Understanding Estate Recovery Program in New Jersey](#)

[CDC Complete Care Form](#)

Information for People Helping Others

The **Social Security Administration** strives to provide easy and convenient information about benefits and the application process. Whether you help a family member or friend or help someone through a group or organization, they created this [page](#) to help you

MORRIS

Social Adult Day Center - Morris

Helps Aging Adults Combat Loneliness, Boosts Health. The Cornerstone Social Adult Day Center in Morristown provides a safe, upbeat, and welcoming environment for aging adults who could benefit from social interaction and some assistance weekdays between 8 am – 6pm. Attendance flexibility, exceptional staff and door-to-door transportation make the program a hit for clients and caregivers alike. This impactful program is funded in part by the Morris County Board of Commissioners so those who live or work in the County are eligible for special sliding scale fees and scholarships. For more information or to arrange a free trial visit, call 973-326-7288, email pkraemer@cfp-mnh.org or download this printable flier: [Social ADC Flyer Revised 1.22.2024.pdf](#).

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

GENERAL, Cont'd

[The Culinary Institute at Sussex County Community College](#)

Dinner: Thursdays, 5:30-7:30

Lunch: Fridays, 11:30 am–1:30 pm

The Culinary Institute is a diverse facility that services the community and prepares our students with the training necessary for a rewarding career in the culinary field. The community can enjoy meals prepared by our culinary students at the Arbor Restaurant or pastries at our Bakeshop. Students learn, first-hand, how to provide quality food and a welcoming experience for guests.

Reservations required. There is a price fix menu.

WARREN

Warren County Transportation Advisory Council (TAC)

All residents in Warren County are invited to attend the TAC meetings and share your thoughts about Warren County Transportation. These meetings are open to the public and are held every other month on the second Thursday at 1:30 p.m. Requests for special accommodations can be made to the Warren County Department of Human Services by calling 908-475-6331. Locations of the meetings vary throughout the county and there are virtual and phone-in options as well. To find out more information, please contact us today. You can call 908-475-6331 or email the Transportation Coordinator, Deirdre Bassin, at dbassin@co.warren.nj.us

[Greenwich Autism Alliance](#)