

2023

Woodbridge Township Senior Services Directory

Mayor John E. McCormac

A comprehensive directory to link senior citizens and their caregivers to programs and services to enhance quality of life and lead healthy lifestyles while aging in place with confidence and dignity.

TEN SMALL TOWNS, ONE GREAT COMMUNITY!

John E. McCormac
Mayor

Michele Morgan, MSW
Director of Senior Services



Scan QR Code with cell phone camera to view digital copy of the Woodbridge Township Senior Services Directory

Greetings Woodbridge Township Senior Resident:



We are pleased to offer the second edition consolidated Senior Services Directory – a complete compilation of all the services and programs available to Woodbridge Township Senior residents.

The Department of Senior Services works tirelessly under the expert leadership and direction of Michele Morgan, MSW and her professional and attentive staff. Our two newest Senior Centers - Maple Tree Senior Center in Avenel and Oak Tree Senior Center in Iselin – are seeing much success as Woodbridge Seniors now have six different options for exercise, recreation, entertainment and luncheons.

The Department also oversees the Division on Aging that takes care of populations unknown except to them – our frail, elderly and homebound Senior population. These Seniors don’t see any Township employees except their Social Worker but that does not stop them from telling us how happy they are through calls and emails.

Senior Services also includes Senior Transportation – Senior Transportation of Woodbridge (S.T.O.W.) – that provides FREE transportation services to Township Seniors so they can get to medical appointments, shopping and to our six Senior Centers, which opens them up to opportunities that they otherwise would not experience. You can call 732-726-2394 to schedule your ride.

With the publication of the 2023 Senior Services booklet - which is a 110-page magazine that highlights every single program and service available to Seniors from Township, County, State and Federal agencies – our Senior residents will know exactly where to turn to get help or assistance from our many available services and programs.

The Senior Services Directory highlights all of our Senior Centers and the special activities in each along with our other resources like recreation facilities and libraries and it provides references and contact information for Medicaid, Medicare, Social Security, prescription programs and caregiver referrals. It also contains valuable information about consumer protection, nutritional advice, energy assistance, veterans programs and services and regular Township offerings like the Farmer’s Market, Tooling Around the Township and our Animal Shelter.

For more information about all of the Department of Senior Services programs, services and opportunities call 732-726-2368, or to obtain a copy of the Senior Services Directory, simply call the Division on Aging at 732-726-6262 or visit the Township Web Page at: www.twp.woodbridge.nj.us.



Sincerely,

A handwritten signature in blue ink that reads "John E. McCormac".

Mayor John E. McCormac
Woodbridge Township

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SECTION 1:
Woodbridge Township
Senior Services

DEPARTMENT OF SENIOR SERVICES

400 Inman Avenue, Colonia
(732)726-2368

Every person deserves to age well with dignity, purpose and security. The Department of Senior Services offers opportunities for older adults to embrace their potential within physical, emotional, intellectual and social wellness dimensions by providing education, information, resources and tools in order to pursue and achieve a life with meaning and purpose. Our Senior Centers (Evergreen, Five Branches, Hickory, Maple Tree, Oak Tree and Sycamore), Senior Transportation of Woodbridge (STOW) and Division on Aging with specialized Geriatric Licensed Social Workers share the goal of improving the quality of life of older adult Woodbridge Township residents 60 years of age and older to lead purpose-filled and engaging lives.

Our team of professionals join efforts to link, connect and transport our Township older adult residents to opportunities that are vital for their happiness and health, and to decrease loneliness and social isolation. The goal of living independently is shared by many older adults and caregivers, and our Senior Services team offers diverse programming matching their needs and interests. For a list of activities and programs to keep minds alert and interested, social programs such as luncheons, trips, gardening, and exercise, special interest clubs such as puzzles and art, or case management to help cope with challenging times call the Department of Senior Services or visit www.twp.woodbridge.nj.us. Contact information and additional details about each Senior Center, Senior Transportation and Division on Aging can be found in this Directory.



ENTERTAINMENT AND RECREATION

Avenel Performing Arts Center (APAC)

150 Avenel Street, Avenel

(732)314-0500

www.avenelarts.com

- An exceptional performing arts center offering professional theatre, music, comedy, dance and more.



Mayor's Summer Concert Series

(732)596-4048, concert weather hotline: (732)602-6045

www.twp.woodbridge.nj.us

Mondays	Oldies (50s/60s)	7:30 PM	Woodbridge HS
Tuesdays	Tributes (70s/80s)	7:30 PM	Woodbridge HS
Wednesdays	Eclectic	7:30 PM	Woodbridge HS
Thursdays	Local/Jazz	7:30 PM	Woodbridge HS
Sundays	Country	7:00 PM	Woodbridge HS



Barron Arts Center

582 Rahway Avenue, Woodbridge

(732)634-0413

www.twp.woodbridge.nj.us

- A registered historic landmark that promotes the arts, history and community activities through exhibitions, lectures and concerts. Special events include Seniors Art Show, Poets Wednesdays and the annual Model Train Exhibit event in December.
- **Annual Seniors Art Show:** An Exhibit To Enhance The Life Of Seniors 60 and Over.
 - Eligible Art: oils, acrylics, watercolors, pastels, printmaking, drawing including graphite, pen & ink, chalk and charcoal, mixed media including collage, photography, sculpture & fine crafts
 - Art must be officially registered at The Barron Art Center, Evergreen Senior Center, Five Branches Senior Center, Hickory Senior Center, Maple Tree Senior Center, Oak Tree Senior Center, and Sycamore Senior Center



ENTERTAINMENT AND RECREATION (continued)

Woodbridge Township Annual Events

For more information contact: Woodbridge Recreation Department (732) 596-4048

Chili Cook Off (1st Sunday in March)

Woodbridge Brewing Company, 33 Main Street, Woodbridge, NJ 07095

- Enter your chili in the cook-off for an afternoon of fun, friendly competition and the chance to win a cash prize or come spend the afternoon sampling the best chili and local brew Woodbridge has to offer for a \$10 admission fee.
- Applications for the cook-off can be picked up at Woodbridge Community Center (732)596-4000

St. Patrick's Day Parade (2nd Sunday in March)

Woodbridge High School to Main Street and concludes in front of Town Hall.

- Sponsored by the American Irish Association of Woodbridge.

Earth Day (4th Saturday in April)

Acacia Youth Center, 95 Port Reading Avenue, Woodbridge

- Eco friendly vendors, green giveaways, seed library, houseplants, tree seedlings.

Feria de Sevilla (dates vary)

Parker Press, 400 Rahway Avenue, Woodbridge

- Join us for a beautiful day of art, dance and culture in the park! Be inspired by the beauty and majesty of traditional Spanish Dance.

Woodbridge Township Annual Fire Works (dates vary)

Alvin P. Williams Memorial Park, Port Reading Avenue, Sewaren

- Bring your lawn chairs and join us under the stars.
- Gates open at 4:00PM

Jazz Fest (dates vary)

Outside the Avenel Performing Arts Center, 150 Avenel St, Avenel

- Enjoy performances by several jazz music artists.

Hispanic Day (dates vary)

Location to Be Determined

- Fun filled and educational day to recognize the contributions of the Hispanic and Latino Americans in Woodbridge as we celebrate their heritage and culture.

National Public Lands Day (4th Saturday in September)

Ernie Oros Wildlife Preserve, Omar Avenue, Avenel

- Clean up of our parks, playgrounds, and public lands.



ENTERTAINMENT AND RECREATION (continued)

Ghost Walk (dates vary)

Parker Press Park, 400 Rahway Ave, Woodbridge

- A 50 minute guided tour into a spirit-filled past. Costumed characters tell the stories of New Jersey's first European settlers, War heroes, members of High society and much more! The tours are Family friendly and appropriate for all ages.



Veteran's Day Parade (2nd Sunday in November)

Ross Street School to Woodbridge Municipal Building-

- Salute Woodbridge Township Veteran's and Military Personnel.

Turkey Trot

Saturday before Thanksgiving

- Walk from Oak Ridge Heights School #21 to Evergreen Senior Center. Crafts, refreshments, hay rides, pumpkin painting and face painting. The cost for this event is a food item that we can use for Thanksgiving Baskets for needy families in Woodbridge Township.
- 4th Saturday in November: Recreation Department hosts the 5K Walk/Run Turkey Trot at Alvin P. Williams Park, Sewaren.

Holiday Stroll Tree Lighting Parade (Saturday after Thanksgiving)

Evergreen Center, 400 Inman Avenue, Colonia

- Sing a-long with the SJV Chorus as we await the Woodbridge Township Light Parade as it travels down Inman Avenue with Santa Claus and briefly stops so Santa can light our tree.



Holiday Parade (1st Sunday in December)

- Parade begins at Woodbridge High School and ends at Town Hall.



EMERGENCY SERVICE REGISTRIES



CodeRed

twp.woodbridge.nj.us

- Woodbridge Township residents can complete a Community Notification Enrollment form online to sign up to be notified by local emergency response team in the event of emergency situations or critical community events. Examples include evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports.

Special Needs Assistance

twp.woodbridge.nj.us

- Woodbridge Township special needs registry for disasters, for people with disabilities who need help during an evacuation or emergency.
- *What is a special need?* A person who is non-ambulatory, hooked up to a respirator or dialysis machine, bedridden or critically ill, impaired eyesight or hearing, suffering with Alzheimer or similar condition.
- Visit twp.woodbridge.nj.us and complete the Special Needs Assistance Registry form and mail to Office of Emergency Management, 1 Main Street, Woodbridge, NJ 07095 (732)602-7361.



Personal preparedness is the first line of defense during effects of a disaster. The government and other agencies may not be able to meet your needs during an emergency. All citizens should make their own emergency plans and prepare for their own care and safety in an emergency. Registering with the Township is not a guarantee that emergency officials will be able to assist you in an emergency.

Notify Me

www.woodbridge.nj.us

- Woodbridge Township residents can sign in to subscribe to stay informed of all public health news and information around town, as well as upcoming events.

Scan QR code below to sign up for CodeRed.



FOOD PANTRIES/ HOME DELIVERED MEALS

Registration required along with proof of income and residency.

Fellowship Bible Church (732)636-7727

121 East Prospect Avenue, Woodbridge
Sunday 12noon - 2:00pm

First Congregational Church (732)634-0582

539 Barron Avenue, Woodbridge
Call for an appointment. (Sunday pick-up)

First Presbyterian Church (732)634-1024

600 Rahway Avenue, Woodbridge
1st & 2nd Monday of each month - 9:00am - 11:00am

First Presbyterian Church (732)283-1188

1295 Oak Tree Road, Iselin
1st Wednesday of each month - 10:00am - 1:00pm

First Presbyterian Church (732)634-1631

621 East Woodbridge Avenue, Avenel
Last Tuesday of each month - 10:00am - 11:00am

Heavens Helper's (732)742-8942

343 Pearl Street, Woodbridge
1st Thursday of the month - 11:45am - 1:30pm

Evangel Church (732)283-3440

48 Berkeley Boulevard, Iselin
Last Thursday of each month - 6:00pm - 7:30pm

St. Anthony of Padua (732)634-1403

436-A Port Reading Avenue, Port Reading
3rd Wednesday of each month - 10:00am - 12noon

St. Cecelia Church (732)283-0150

45 Wilus Way, Iselin
Every Tuesday – 10:00am – 1:00pm

St. James Church (732)636-4310

174 Grove Street, Woodbridge
Tuesday, Wednesday and Thursday - 9am - 11am
Thursday Evenings 7:00pm - 8:30pm

Trinity Episcopal Church (732)634-7422

650 Rahway Avenue at Trinity Lane
Every Thursday - 10:00am - 11:00am
**Soup Kitchen Hours: Every Friday
10:45am - 12:00pm

HOME DELIVERED MEALS

Meals on Wheels Metuchen – Edison – Woodbridge

2 George Frederick Plaza, Woodbridge
(732) 634-4141

- Home delivered meals for Older Adults aged 60 and up, must be homebound.



WE FEED WOODBRIDGE

2 George Frederick Plaza, Woodbridge, NJ 07095
(732)855-0600 ext. 5034



A network of 11 food pantries in Woodbridge Township which provide food to needy families and individuals, conduct community outreach to offer information on social service benefits and coordinates township wide Food Drive events throughout the year to replenish the food pantries. Donations can be made to Woodbridge Township Department of Health and Human Services, 2 George Frederick Plaza, Woodbridge, NJ 07095 or Town Hall, 1 Main Street, Woodbridge, NJ 07095.

HEALTH AND WELLNESS

Recreation plays a key role in the well-being of older adults and in enhancing their quality of life; it provides opportunities for socializing, for using skills and talents developed throughout their lifetime and for learning new skills and increasing health and fitness.

Mayor's Senior Summit and Older Adults Expo

Division on Aging

Department of Senior Services

400 Inman Avenue, Colonia

(732)726-6262

- An event held annually in May in honor of Older Americans Month.
- For older adults and their caregivers to learn about Township, County, State, and Federal Senior Services and Programs and to connect with a variety of valuable information and resources. The Expo is the perfect place to help older residents stay well and healthy while aging in place in our community.
- Free admission.

Woodbridge Community Center (WCC)

600 Main Street, Woodbridge

(732)596-4000

www.njwcc.com

- WCC offers a variety of classes tailored to senior citizen members including Pilates gold, Zumba gold, Silversneakers® Circuit and Silversneakers® Cardio.
- Enrichment programs include rummikub, mahjong, scrabble and weekly “Brown Bag Senior Movies.”
- “Coffee and Bagel” Seminars are held on the 3rd Thursday of every month for senior citizen members about a variety of topics ranging from healthcare to financial planning.

The Club at Woodbridge

585 Main Street, Woodbridge

(732)634-5000

www.theclub.org

- The Club at Woodbridge offers a variety of classes tailored to senior citizen members including Gentle Fit and Strength, Gentle Chair Yoga, Senior Conditioning, Zumba Gold, and Forever Fit Sampler.

Senior Olympics (2nd weekend in September)

- Woodbridge Township is proud to host the New Jersey Senior Olympic Games. More than 1,500 Senior Olympians from around the state visit Woodbridge Township to participate in the three-day Olympic competition.
- New Jersey's Senior Olympians enjoy world-class competition venues, sport and athletic facilities– including the WCC, The Club at Woodbridge, and the newly upgraded Woodbridge High School running track and event fields.

Mayor's Senior Summit
& Older Adults



EXPO



the
Club at
WOODBRIDGE
Sports & Fitness Center



HEALTH AND WELLNESS (continued)

The Woodbridge Department of Health and Human Services is committed to maintaining the health and well-being of the community through disease prevention, health promotion, and environmental protection. It also helps seniors to lead healthy lifestyles that result in healthy aging, enhanced wellness, and increased quality of life.

Public Health Day/ Mayor's Health Expo

Department of Health and Human Services
2 George Frederick Plaza, Woodbridge
(732)855-0600 ext. 5024

- An event held annually in October where visitors can obtain free or reduced-cost health screening tests, including blood pressure, eye and foot screening; glucose and cholesterol screening and body mass index screening.
- Local healthcare providers and medical assistance agencies will be on-hand to provide information on health-care products, services and programs, including Medicare, pharmaceutical assistance, substance abuse, and much more.



Woodbridge Township Farmer's Market

Woodbridge Recreation Department
(732)596-4048

www.twp.woodbridge.nj.us

- Available between June and October. Offers fresh, locally grown produce, vendors, events and entertainment. Visit the township website for specific dates and location.



Vaccinations

Department of Health and Human Services
2 George Frederick Plaza, Woodbridge
(732)855-0600 ext. 5012
www.twp.woodbridge.nj.us

- Administered by the Nursing Division.
- Flu shot is free for Medicare members.
- Vaccines available are: COVID-19, Shingles, Pneumonia, Hepatitis B and Meningitis.
- PPD (aka Tuberculosis) skin testing also available.
- Call the Woodbridge Health Department Nursing Division at (732)855-0600 ext. 5012 for more information.



HEALTH AND WELLNESS (continued)

Woodbridge Behavioral Health Services, Mental Health, and Substance Abuse

Department of Health and Human Services

2 George Frederick Plaza, Woodbridge

(732)855-0600 ext. 5008



- **Substance Use and Mental Health Disorders**

Addresses the growing need for assistance with substance use and mental health disorders while providing education and other resources to individuals and their families, including Prevention, Intervention, Treatment and Recovery Support.

- **Woodbridge Addiction Recovery Mentors (W.A.R.M.)**

A group of men and women who are recovering from the disease of addiction or have experienced addiction through a loved one, who come together to offer support/mentorship to each other and others seeking recovery. Meetings held Monday, Tuesday, Wednesday and Saturday at Sycamore Senior Center, 290 Old Road, Port Reading from 7pm to 11pm. For more information, call Woodbridge Behavioral Health Services.

- **Opioid Overdose Recovery Program-BLUE CARES HOTLINE**

Available 24/7 at (732)596-4199. By building a foundation of trust and support, we increase the chances of long-term recovery. If you would like help for yourself, a friend, or a family member with a substance use disorder, please call the Blue Cares Addiction Services Hotline 24/7 at (732)596-4199 for support from Peer Recovery Specialists who can relate to the patient in a way that others cannot.

BLUE CARES
MIDDLESEX COUNTY • NJ

**24/7 Confidential
Addiction Support**
732-596-4199
No insurance required

Blue Cares Helps By

- 01** Linking individuals to detox, treatment, aftercare, and reintegration into the community
- 02** Assisting individuals and families in need of guidance and support
- 03** Supporting recovery plan and options
- 04** Providing 24/7 access to peer recovery coaches for community engagement

SCAN ME FOR MORE INFO

MIDDLESEX COUNTY • NJ | FUNDED BY Operation Helping Hand

Sponsored by the Middlesex County Law Enforcement Community



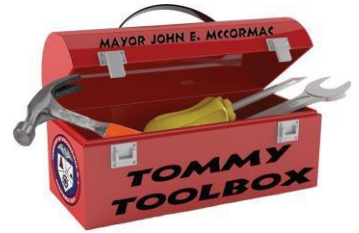
HOME MODIFICATION PROGRAMS

If your mobility is limited, home modifications can go a long way toward keeping your home comfortable, accessible and safe while you *Age in Place*.

Tommy Toolbox

1 Main Street, Woodbridge
(732)643-4500 ext. 6445
www.twp.woodbridge.nj.us

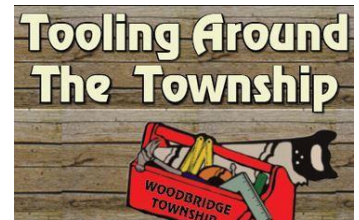
- Tommy Toolbox is a home repair program that provides general home repair services for low-income, elderly and disabled Woodbridge Township homeowners. Depending on the size of the repair, the homeowner may pay for the materials, but the labor would be done at no cost. Call (732)634-4500 ext. 6445 for more information or www.twp.woodbridge.nj.us to print an application.



Tooling Around the Township (last weekend in April)

1 Main Street, Woodbridge
(732)602-6015
www.twp.woodbridge.nj.us

- The Mayor's Office organizes teams of local community volunteers during the last weekend in April to make repairs to the homes of senior citizens and disabled or low-income residents unable to do so themselves or residents presently facing a financial hardship.
- Call (732)602-6015 for more information or visit the Township website for an application and mail it to Township of Woodbridge, Tooling Around the Township, 1 Main Street- 3rd Floor, Woodbridge.



Woodbridge Home Improvement Program

Sponsored by Woodbridge Township and Administered by CGP&H
(609)366-9010

www.hip.cgph.net – to submit preliminary application

- Receive up to \$22,000 in repairs to your home including but not limited to roofs, foundations, heating, electrical, windows, insulations and plumbing.
- No cost to apply, funds are provided as a no interest, 10-year forgivable loan, a professional inspector oversees the process and no monthly payment.
- Must be a Woodbridge Township resident, own your home and meet income eligibility guidelines. Call the CGP&H Township Representative at (609)366-9010 for more information.



HOME IMPROVEMENT PROGRAM

DOES YOUR HOME NEED REPAIRS? The Township of Woodbridge invites you to apply to the Woodbridge HOME IMPROVEMENT PROGRAM

*You can receive
up to **\$22,000**
in repairs!*

If you live in Woodbridge, own your home, and your total gross annual household income falls below the income limit for your household size, you may qualify to participate in the program.

- ☑ There is **no cost to apply** and it does not affect your credit score.
- ☑ Funds are provided as a **no interest (0%)** ten-year forgivable loan.
- ☑ A **professional inspector** oversees the process.
- ☑ There is **no monthly payment**.

(income limits updated periodically)

- ELIGIBLE USES OF FUNDS INCLUDE**
- *Roofs*
 - *Foundations*
 - *Heating*
 - *Electrical*
 - *Plumbing*
 - *Windows*
 - *Insulation*
 - *And More!*

Household size	1	2	3	4
Maximum Income	\$75,936	\$86,784	\$97,632	\$108,480
Household size	5	6	7	8
Maximum Income	\$117,158	\$125,837	\$134,515	\$143,194



**EQUAL HOUSING
OPPORTUNITY**

This program is
sponsored by
Woodbridge Township



**FIRST COME, FIRST SERVED
TAKE THE FIRST STEP!**

www.hip.cgph.net

Scan the QR-Code & easily submit your preliminary application online!

*If you have additional questions, or if you do not have internet access,
please contact a Program Representative at (609) 664-2769 ext. 9.
Funding also available for rental properties — Landlords to call for terms.*

HOMELESSNESS PREVENTION

A network of support agencies to empower individuals and families who experience homelessness to a life of sustainability and self-improvement. Support agencies provide comprehensive services by connecting people in unhoused situations to available community resources, such as shelter prevention programs and housing, through a continuum of supportive services while optimizing success in community settings. All persons experiencing homelessness can be connected to services by calling 2-1-1, the State Homeless Hotline.

State Homeless Hotline:

Dial: 2-1-1 or 1-877-652-1148 (TTY dial 7-1-1 first)

Text: text your zip code to 898-211

Email: info@nj211

Website/Chat: www.nj211.org

- NJ residents experiencing homelessness or who are at risk of losing housing MUST call 2-1-1 to be linked to appropriate resources to address immediate need and underlying issues related to homelessness that may help them with breaking the cycle of homelessness. When a county declares **Code Blue**, NJ 211 has county-level Code Blue instructions and warming center listings. Confidential. Multilingual. Free.

Middlesex County Board of Social Services: Emergency Assistance Services

181 How Lane, New Brunswick, NJ 08901

(732)745-3500

- Homeless individuals/families facing eviction may be assisted with shelter and emergency services. May also include payment of overdue rent, utility payments or placement in temporary shelter.
- Eligibility is based on if you have or are applying for the following benefits: GA (cash assistance), TANF, and SSI. Apply in person or online: www.MyNJHelps.gov

Perth Amboy YMCA: Center for Support, Success, and Prosperity

392 Smith Street Perth Amboy, NJ 08861

(732) 771-9910

www.rbaymca.org/main/homeless-services/

- Helps those in a crisis, eliminate homelessness and empower individuals and families to a life of sustainability and self-improvement.

Project for Assistance in Transition from Homelessness (PATH)

University Behavioral Healthcare: Homeless Case Management

(732)235-6184

ubhc.rutgers.edu/clinical/community/community-based-programs.xml

- PATH assists severely and persistently mentally ill adults (ages 18 and over) who are homeless or on the verge of homelessness to secure entitlements, mental health treatment and housing opportunities.

Need help? **211**
Start here.



DIAL
2-1-1 (or 877-652-1148)



TEXT
YOUR ZIP CODE TO 898-211



CHAT
www.nj211.org



RUTGERS
University Behavioral
Health Care

HOMELESSNESS PREVENTION (continued)

Catholic Charities

Edison Family Service Center - Multi Service Program
26 Safran Avenue, Edison
(732)826-6278 | (732)738-1323
www.ccdom.org



- Homeless individuals can receive assistance with first month's rent and security deposit
- Assistance with utility bills, mortgage in arrears, court ordered eviction notice or currently homeless.
- **Homeless Prevention and Rapid Re-Housing (HPRP)**
<https://ccdom.org/middlesex-homeless-prevention-rapid-re-housing>
 - Short-term financial assistance program for individuals and families who are having difficulty maintaining their rental housing, utility bill, have a court ordered eviction notice or have lost their housing and are currently homeless.
 - Types of financial assistance include: rental arrears, short term rental assistance, security deposits and/or utility deposits/arrears.
- **Project for Assistance in Transition from Homelessness (PATH) Program**
<https://ccdom.org/middlesex-project-for-assistance-in-transition-from-homelessness>
 - Assists mentally ill individuals who are homeless or on the verge of homelessness by securing entitlements, mental health treatment and housing opportunities. Services provided for one year with linkage to services.

Housing Coalition of Central Jersey (HCCJ)

PRAB, 90 Jersey Avenue, New Brunswick, NJ 08901
(732) 249-9700 | (732) 828-4510 ext.124
<https://prab.org/programs/housing-services>

- **Homeowner at Risk of Foreclosure:** For those in mortgage delinquency/default can receive counseling to avoid foreclosure, including mortgage modification, mortgage assistance, housing assistance and homelessness prevention.
- **Landlord-Tenant Resolution:** Receive information on rights and responsibilities, and tenants who are summoned to court receive assistance with state, county, or local intervention.

Central Jersey Legal Services

317 George Street, New Brunswick, NJ 08901
(732)249-7600

- Assists with housing problems such as eviction, foreclosure, rent, tenant and Section 8 issues.



Coming Home of Middlesex County

www.cominghomemiddlesex.org

- Provides community-based case management to those experiencing homelessness who enter the system by calling the State Homeless Hotline by dialing 211.

HOMELESSNESS PREVENTION (continued)

Homesharing INC

(908)526-4663

www.homesharing.org

- Home “providers” who have a separate bedroom for rent.

Findhelp.org

- A free-to-use-search engine. Put in your zip code and findhelp connects you to a list of programs broken into categories such as food, housing, care and transit.

Fish Inc. – Dunellen Area

(732) 356-0081

<https://www.fishdunellenarea.org/>

- A service organization of volunteers who respond to the needs of the poor, the elderly, the homeless, and those who “fall between the cracks” of public assistance.
- Major programs of Fish include food bank, clothing, blankets and bedding, holiday meals and Christmas toys.
- All services are by appointment only through our Hotline, 732-356-0081, Mon - Fri, 9 AM to 5 PM. Volunteers assess eligibility for our services and schedule appointments. Walk-ins are not accepted.



HOMELESSNESS PREVENTION (continued)

Homeless Veterans



Community Hope

1(855)483-8466 | (973)463-9600

www.communityhope-nj.org

- **Community Hope** provides case management services to assist veterans, helps individuals, including veterans, and their families overcome mental illness, addiction, homelessness and poverty.

Hope for Veterans Program

(908)647-5717

- Provides a safe, supportive environment where veterans can sustain their recovery and start on the path to rebuilding their lives by offering shelter- transitional housing and permanent supportive housing, homelessness prevention and essential mental health counseling. Transitional housing program is located at the VA New Jersey Healthcare Campus in Lyons, NJ-a safe place for veterans to address issues that lead to their homelessness. For more information, call Veterans Intake Coordinator (908)647-5717.

Supportive Services for Veteran Families Program (SSVF)

1-855-483-8466

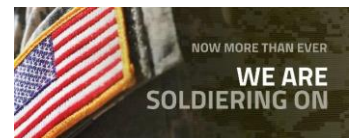
- A homeless prevention program that provides case management services to assist *homeless and at-risk veterans and their families* in securing housing and a housing stability plan to avert or overcome homelessness, mental illness, addiction and poverty.
- Who qualifies for SSVF are low-income single veterans or veteran families who are currently residing in permanent housing and at imminent risk of becoming homeless OR currently homeless.

Soldier On

1(866)406-8449

www.wesoldieron.org

- Provides in-home case management, referral services, and temporary financial assistance for housing to veterans facing homelessness.



Operation Chill Out

(908)509- 1462

www.operationchillout.org

- Can provide up to 3 days of hotel stay. Veterans only, must have photo ID and DD-214 or Veteran ID. Each year, the winter outreach program prepares a backpack filled with warm clothing and delivered to homeless people in various locations free of charge. During the summer, the outreach team collects and delivers cases of life-saving bottled water, T-shirts and baseball caps to homeless veterans.

HOUSING

Affordable Homes New Jersey
a CGP&H service

AFFORDABLE HOUSING IN WOODBIDGE TOWNSHIP

For information about affordable housing opportunities in
Woodbridge, please click [here](#).

On this website, you will be able to:

- Complete a preliminary application
- Join waiting lists
- Find out about other
affordable housing opportunities
- Search our FAQ database
- Review income guidelines



www.AffordableHomesNewJersey.com

APPLY ONLINE TODAY!



*If you have additional questions,
please leave a detailed message
at 609-664-2769 extension 5.*



HOUSING (continued)

Additional contact information available on the following pages: 24-25.

Woodbridge Affordable Housing Rental Opportunities:

	Number of Units	Unit Mix	How To Apply?
CGP&H/ AffordableHomesNewJersey.com			
875 Port Reading	1	1 bedrooms	AffordableHomesNewJersey.com. Call 609-664-2769 ext 5
The Grande at Metro Park	36	1 bedrooms; 2 bedrooms	
444 Lincoln Highway Apartments	7	1 bedrooms; 2 bedrooms; 3 bedrooms	
LUXE	10	1 bedrooms; 2 bedrooms; 3 bedrooms	
Quincy Heights	10	1 bedrooms; 2 bedrooms; 3 bedrooms	
414 Rahway Avenue	5	1 bedrooms; 2 bedrooms; 3 bedrooms	
Boulevard East	3	2 bedrooms; 3 bedrooms	
Cooper Towers (62 +)	75	studio, 1 bedrooms	
Avenue & Green	35	Studios; 1 bedrooms; 2 bedrooms; 3 bedrooms	
The Park at Woodbridge Station	22	Studios; 2 bedrooms; 3 bedrooms	
Ingerman			
Reinhard Manor	62	1 bedrooms; 2 bedrooms	livebirchwood.com/communities/reinhard-manor/ or call (732) 428-0300. <i>This is an age restricted community .</i>
Dalina Manor	57	1 bedrooms; 2 bedrooms	livebirchwood.com/communities/dalina-manor/. <i>This is a 55+ community.</i>
Jacobs Landing	204	1 bedrooms; 2 bedrooms; 3 bedrooms	Call (732) 352-4390
Maple Tree Manor	88	Studios; 1 bedrooms; 2 bedrooms	Call (833)752-6215. <i>This is an age restricted community.</i>
Pennrose Properties			
Greens at Avenel	100	1 bedrooms; 2 bedrooms; 3 bedrooms	GreensAtAvenel@pennrose.com or call (732) 554-0862
Piazza and Associates			
Station Village at Avenel	50	1 bedrooms; 2 bedrooms; 3 bedrooms	Piazzanj.com/affordable-housing/or call (609)786-1100.
Autumn Hills	24	1 bedrooms; 2 bedrooms; 3 bedrooms	
Village at Falcon Point	9	1 bedrooms; 2 bedrooms; 3 bedrooms	
Vermella Woodbridge	57	1 bedrooms; 2 bedrooms; 3 bedrooms	
Modera Woodbridge	42	1 bedrooms; 2 bedrooms; 3 bedrooms	
Sterling Properties			
Metro Woodbridge	4	1 bedrooms; 3 bedrooms	Contact Sterling Properties at (973) 535-1888.
Woodbridge Housing Authority			
Red Oaks Senior Housing	60	1 bedrooms	Woodbridgehousingauthority.org/senior-disabled-pre-application/
Olsen Towers	75	Studios; 1 bedrooms	
Adams Towers	65	Studios; 1 bedrooms	
Finn Towers	70	Studios; 1 bedrooms; 2 bedrooms	
Greiner Towers	70	Studios; 1 bedrooms; 2 bedrooms	

HOUSING (continued)

Senior Citizen Low-Income and Affordable Housing

WOODBIDGE HOUSING AUTHORITY

800 Bunns Lane, Woodbridge, NJ 07095

(732)634-2750

HOW TO APPLY? Obtain a pre-application for Senior Citizen/Disabled Low Income Housing by calling (732)634-2750 or visit www.woodbridgehousingauthority.org/senior-disabled-pre-application/

- Applications can also be picked up at the administrative office located at 800 B Bunns Lane, Woodbridge and returned in person or by mail to 800B Bunns Lane, Woodbridge, NJ 07095 or Fax (732)634-8421.

LOCATIONS:

- **Adams Towers** 555 Rahway Avenue, Woodbridge, NJ 07095
- **Finn Towers** 19 Martin Terrace, Woodbridge, NJ 07095
- **Greiner Towers** 460 Inman Avenue, Colonia, NJ 07067
- **Olsen Towers** 555 New Brunswick Avenue, Fords, NJ 08863
- **Red Oak Manor** 300 Old Road, Port Reading, NJ 07067
- **Cooper Towers** 1422 Oak Tree Road, Iselin, NJ 08830 (62yo+)
 - Apply online at: <http://affordablehomesnewjersey.com/preliminary-application>
 - For application call: (609)664-2769X5 and mail to: CGP&H, 1249 South River Road, Suite 301, Cranbury, NJ 08515 (609)664-2769 ext. 5



Senior Citizen Affordable Housing

INGERMAN

HOW TO APPLY? Call or visit each location or visit website.

LOCATIONS:

- **Dalina Manor** 113 James Street, Hopelawn, NJ 08861 (732)486-7326
 - *55 years of age and older
 - Obtain application at location or visit: livebirchwood.com/communities/dalina-manor/
- **Maple Tree Manor** 1255 Rahway Avenue, Avenel, NJ 07001 (732)636-1313 | (833)752-6215
 - *62 years of age and older
 - Obtain application at location or visit: livebirchwood.com/communities/maple-tree-manor/
- **Reinhard Manor** 401 Fairview Avenue, Colonia, NJ 07067 (732)428-0300
 - *62 years of age and older
 - Obtain application at location or visit: livebirchwood.com/communities/reinhard-manor/
- **The Willows at Jacobs Landing** 800A Bunns Lane Suite A, Woodbridge, NJ 07095 (732)352-4390
 - Obtain application at location or visit at: livewillows.com/communities/jacobs-landing/

HOUSING (continued)

Affordable Housing Rental Opportunities

CGP&H/ AffordableHomesNewJersey.com

HOW TO APPLY? Call CGP&H at (609)664-2769 Ext.5 or online at www.AffordableHomesNewJersey.com.

LOCATIONS:

- *875 Port Reading Avenue* 875 Port Reading Avenue, NJ 07064
- *The Grande at Metro Park* 3 Ronson Road, Iselin, NJ 08830
- *444 Lincoln Highway* Apartment 444 Lincoln Highway, Iselin, NJ 08830
- *LUXE* One Woodbridge Center Drive, Woodbridge, NJ 07095
- *Quincy Heights* 175 Quincy Court, Hopelawn, NJ 07095
- *414 Rahway Avenue* 414 Rahway Avenue, Woodbridge, NJ 07095
- *Boulevard East* 355 Edgerton Boulevard, Avenel, NJ 07001
- *Cooper Towers* (62+yo) 1422 Tree Road, Iselin, NJ 08830
- *Avenue & Green* 10 Green Street, Woodbridge, NJ 07095
- *The Park at Woodbridge Station* 55 Brook Street, Woodbridge, NJ 07095

PENNROSE PROPERTIES

HOW TO APPLY? Call (732)554-0862 or online at www.pennrose.com/apartments/new-jersey/greens-at-avenel

Email application to: GreensAtAvenel@pennrose.com or call

LOCATIONS:

- *Greens at Avenel* 1450 Rahway Avenue, Avenel, NJ 07001

PIAZZA AND ASSOCIATES

HOW TO APPLY? Call (609)786-1100 or online at www.Piazzanj.com/affordable-housing.com

LOCATIONS:

- *Station Village at Avenel* 2000 Station Drive, Avenel, NJ 07001
- *Autumn Hills* 400 Hoover Way, Woodbridge, NJ 07095
- *Village at Falcon Point* 405 Falcon Point Way, Port Reading, NJ 07064
- *Vermella Woodbridge* 6000 Vermella Way, Woodbridge, NJ 07095
- *Modera Woodbridge* 10 Main Street, Woodbridge, NJ 07095

STERLING PROPERTIES

HOW TO APPLY: Call (973)535-1888

LOCATIONS:

- *Metro Woodbridge* 154 Harriot Street, Woodbridge, NJ 07095



HOUSING (continued)

Assisted Living, Skilled Nursing and Memory Care Facilities

- **St Joseph's Senior Home** - Assisted Living and Nursing
Center 3 St. Joseph's Terrace, Woodbridge, NJ 07095
(732)750-0077

Adult Day Care

Iselin Adult Day Care
477 NJ-27, Iselin, NJ 08830
(732)283-1373

Nirvana Adult Care
835 US-1 South, Iselin, NJ 08830
(848)200-7343

55+ Apartment Community

Woodbridge Hills
400 Hampton Lane, Iselin, NJ 08830
(732)889-7015

Hyde Park Seniors
55 South Hyde Avenue, Iselin, NJ 08830
(732)855-2999

Search for NJ Assisted Living, Nursing Homes or Specialized Care Facilities:

- <https://www.nj.gov/health/facilities/>
- www.alzheimersupport.com/memory-care/new-jersey/
- <https://www.assistedliving.org/new-jersey/>
- <https://www.assistedliving.org/assisted-living-near-me/>
- <https://www.assistedliving.org/cost-of-assisted-living/>
- <https://www.assistedliving.org/senior-housing/>



IDENTIFICATION CARD

Senior Citizen ID

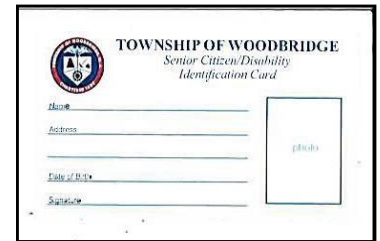
Division on Aging

Department of Senior Services

400 Inman Avenue, Colonia

(732)726-6262

- Free Identification Cards are provided to Senior Residents 60 years of age or older and Social Security Disabled residents. Must show proof of residency and/or disability.
- Appointments are required. Call the Division on Aging at (732)726-6262 to make an appointment.



The image shows a form for a "TOWNSHIP OF WOODBRIDGE Senior Citizen/Disability Identification Card". The form includes fields for Name, Address, Date of Birth, and Zip Code. There is also a space for a photo on the right side of the form.

INCOME TAX PREPARATION

AARP Income Tax Preparation Program

Division on Aging

Department of Senior Services

400 Inman Avenue, Colonia

(732)726-6262

- Free Tax preparation assistance program available to Woodbridge Township Seniors age 60 or older with low or moderate income.
- Service provided by AARP and coordinated by the Division on Aging. Senior residents are required to make an appointment. Space is limited. Call 732-726-6262 to make an appointment.



LEAF BAGS

Leaf Bags

Public Works Complex

225 Smith Street,

Keasbey 732-738-1311

- Leaf bags are distributed to all residents with proof of residency.
- Starting October 1st, leaf bags will be available at the Public Works Complex located at 225 Smith St. in Keasbey.
- Leaf bags will be distributed at multiple locations throughout the Township. Check your local senior centers for dates/times and locations of distributions.
- Only leaves in biodegradable bags will be collected. No plastic bags.



PETS “Furry Friends”

Pet Licensing

Department of Health and Human Services

2 George Frederick Plaza, Woodbridge

(732)855-0600 ext. 5004

www.twp.woodbridge.nj.us – for licensing application

- All pets must have a current rabies vaccine in order to be licensed.
- Dog licensing begins January 1 of each year,
- Cat licensing begins September 1 of each year.
- License your pet in person or by mail. Applications can be found at www.twp.woodbridge.nj.us. Mail completed applications to: Woodbridge Health Department, Animal License Division, 2 George Frederick Plaza, Woodbridge, NJ 07095.
- There is a discount if your pet is spayed/neutered (must show proof) and/or if you are over 65 years of age.



Free Rabies Clinic

Department of Health and Human Services

2 George Frederick Plaza, Woodbridge

(732)855-0600 ext. 5004

- Offered multiple times a year for all dogs and cats aged five months or older, have a license with The Township of Woodbridge and vaccinated.
- Requirements: Bring License, proof of a prior year rabies vaccination, and spaying/neutering certificate.
- Pet licenses can be purchased at the time of the clinic.



Woodbridge Animal Shelter and Pet Adoption Center

Department of Health and Human Services 195

Woodbridge Avenue, Sewaren

(732)855-0600 ext. 2034

www.twp.woodbridge.nj.us

- If you are interested in adopting a cat or dog please visit the shelter or call. Applications to adopt a pet can be found at www.twp.woodbridge.nj.us.
- Please call or visit the shelter for volunteer opportunities.
- If you are a resident and unable to keep your pet, please call the Woodbridge Animal Shelter for information and assistance at (732)855-0600 ext. 2034.



PHARMACIES IN WOODBRIDGE TOWNSHIP

Ar-Ex Pharmacy

370 New Brunswick Ave, Fords
(732) 738-1085

Avenel Pharmacy

994 Rahway Ave, Avenel
(732) 634-1914

Colonia Pharmacy

515 Inman Ave, Colonia
(732) 381-3400

CVS Pharmacy

107 Main St, Woodbridge
(732) 634-6394

Iselin Pharmacy

1186 Green St, Iselin
(732) 283-1111

Rite Aid Pharmacy

5 Lafayette Rd
Fords
(732) 225-9655

ShopRite Pharmacy of Woodbridge

877 St Georges Ave, Woodbridge
(732) 636-4151

Super Health Pharmacy

101 New Brunswick Ave, Hopelawn
(732) 934-6134

The Medicine Shoppe Pharmacy

458 Amboy Ave
Woodbridge
(732) 636-0011

Walgreens Pharmacy

1303 St Georges Ave, Colonia
(732) 827-2904

555 Inman Ave, Colonia
(732) 396-8701

17 Green St, Woodbridge
(732) 326-9782

Walmart Pharmacy

360 U.S. Highway 9 N,
Woodbridge
(732) 826-6084

Wegmans Pharmacy

15 Woodbridge Center Drive
Woodbridge
(732) 596-3245

Wellcare Pharmacy

517 Avenel St, Avenel
(732) 874-5788



9 DIMENSIONS OF WELLNESS

These dimensions contribute to every individual's overall sense of wellness.

- Cultural Wellness- Centered on being aware of, accepting, valuing, and celebrating cultural differences among those in the community and world. These can be ethnicity, religion, gender, sexual orientation, age, or cultural practice differences.
- Social- Developing a sense of connection, belonging, and well-developed support system.
- Physical- Recognizing the need for physical activity, healthy foods, and sleep.
- Emotional- Coping effectively with life and creating satisfying relationships.
- Environmental- Occupying pleasant, stimulating environments that support well-being.
- Spiritual- Expanding a sense of purpose and meaning in life.
- Intellectual- Recognizing creative abilities and finding ways to expand knowledge and skills.
- Financial- Satisfaction with current and future financial situations.
- Occupational- Personal satisfaction and enrichment from one's work.



PROPERTY TAX RELIEF PROGRAMS



The State of New Jersey offers tax relief in various forms to certain property owners. You may be eligible for deductions which reduce your property tax liability and reimbursed for property tax increases.

Property Tax Reimbursement (Senior Freeze) PTR

State of NJ - Department of the Treasury - Division of Taxation

1-800-882-6597

<https://www.state.nj.us/treasury/taxation>

- Reimburses homeowner Senior Citizens 65 years or older; or under 65 years on Social Security Disability Benefits for property tax/mobile home park site fee increases on principal residence.
- Must have lived in NJ continuously as a homeowner for at least 10 years and owned a home/mobile site on which you paid taxes during that time.
- You have to meet certain income limits which are subject to the current year State budget.
- Must meet all eligibility requirements for each year from the base year through the application year. You must apply every year.
- Applications are mailed mid-February, or print an application online or contact the NJ Division of Taxation.



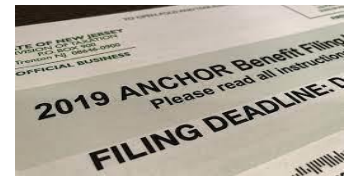
Anchor Program (formerly Homestead Rebate)

State of NJ - Department of the Treasury - Division of Taxation

1-888-238-1233 for information and to file call 1-877-658-2972.

<https://www.state.nj.us/treasury/taxation>

- The Anchor Program “Affordable New Jersey Communities for Homeowners and Renters” replaces the Homestead Benefit. Anchor provides a property tax benefit to NJ residents who owned or rented their principal residence (main home) on October 1, 2019, and met income limits.
- Anchor benefits will be paid in the form of a direct deposit or check, not as credits to property tax bills.
- Homeowners who filed a 2018 Homestead Benefit application last year may be able to obtain their ID and PIN numbers through the online application. If you cannot retrieve your ID and PIN through the online application, you may still be able to request this information by completing the “Gross Income/ID & PIN Request Form” online and include copy of government-issued photo ID with your request. Renters/Tenants do not need an ID or PIN number to file.
- File online or by phone 1-877-658-2972. When you complete the application, save the confirmation number as proof that the application has been submitted. If you must file a paper application, you print the Anchor form from the website and mail it along with any necessary documentation.



PROPERTY TAX RELIEF PROGRAMS (continued)

Annual Property Tax Deduction for Senior Citizens, Surviving Spouses and the Disabled

Administered by Woodbridge Township, Tax Assessor's Office, 1 Main Street, Woodbridge
(732)602-6002 Website: www.twp.woodbridge.nj.us

- Annual deduction of up to \$250 from property taxes due.
- Homeowners 65 or older or under 65 years of age receiving Social Security Disability Benefits.
- Income must be less than \$10,000 excluding Social Security, for married couples it is combined income.
- Obtain application at Assessor's Office in Town Hall or visit www.state.nj.us/treasury/taxation
- Submit application to the Assessor's Office by March 1, to maintain the deduction.

Annual Deduction for Veterans and Widows of Veterans

Administered by Woodbridge Township, Tax Assessor's Office, 1 Main Street, Woodbridge
(732)602-6002 Website: www.twp.woodbridge.nj.us

- Annual deduction of up to \$250 from property taxes due.
- To qualify must have served active duty during time of war, DD-214 required as proof.
- Must have been honorably discharged.
- Must live in the home as owner occupied home.
- Obtain application at Assessor's Office in Town Hall or visit www.state.nj.us/treasury/taxation.
- Submit application to the Assessor's Office by March 1 to maintain the deduction.

Property Tax Exemption for Disabled Veterans and Widows

Administered by Woodbridge Township, Tax Assessor's Office, 1 Main Street, Woodbridge
(732)602-6002 Website: www.twp.woodbridge.nj.us

- Exemption from property taxes on principal residence for certain totally/permanently disabled war veterans and veterans who served in peacekeeping missions and operations.
- Obtain application at Assessor's Office in Town Hall or visit www.state.nj.us/treasury/taxation.
- Submit application to the Assessor's Office by March 1 to maintain the deduction.



SENIOR CITIZEN CENTERS

The mission of Woodbridge Township senior centers is to foster healthy aging and improve the lives of older adults and their families, to ensure they age in place safely and independently in our community. Our senior centers provide social engagement opportunities to include recreational, educational, health and wellness programs and services, which are vital in supporting overall well-being. All of this is provided in a convenient and friendly environment designed to engage older adults in meaningful activities that stimulate physical and mental capacities, create a sense of purpose and enhance quality of life.



Evergreen Center

400 Inman Avenue, Colonia, NJ 07067

(732)726-6261

www.twp.woodbridge.nj.us

Hours: 8:30 am – 4:30 pm Monday – Friday

Senior Center Hotline: (732)726-6264 for updates and class cancellations.

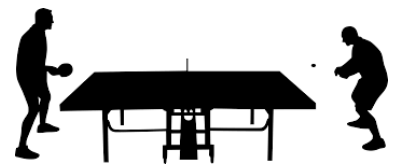
Evergreen Center is the longest standing senior center in Woodbridge Township for 32+ years.

Evergreen provides social, recreational, educational, health and wellness programs and activities such as:

- Art Class
- Billiards
- Bingo
- Card Table
- Computer Lab
- Corn Hole
- Dance Class
- Educational and Health Seminars
- Exercise Classes
- Line Dancing
- Monthly Luncheons
- Movies
- Puzzles
- Scrabble/Mahjongg
- Wii Bowling
- Yoga
- Zumba

Special Activities Include:

- Atlantic City Bus Trips
- Ballroom Dancing
- Coffee with Councilwoman Meehan
- Free Wi-Fi
- Outdoor Gazebo
- Ping Pong
- Senior Chorus Choir



Membership Requirements:

- 60 years of age and older
- Complete Membership Registration Form
- Township resident
- Proof of residency required



SENIOR CITIZEN CENTERS (continued)



Five Branches Senior Center

1 Brown Avenue, Iselin, NJ 08830

(732)726-6276

www.twp.woodbridge.nj.us

Hours: 8:30 am – 4:30 pm Monday – Friday

Senior Center Hotline: (732)726-6264 for updates and class cancellations.

Five Branches Senior Center is Post home to the American Legion and provides social, recreational, educational, health and wellness programs and activities such as:

- Active Silver
- Billiards
- Bingo
- Canasta
- Card table
- Computer Stations & Free Wi-Fi
- Educational & Health Seminars
- Mahjongg
- Monthly Luncheons
- Movies
- Pinochle
- Rummikub
- Wii Bowling
- Zumba



Special Activities Include:

- Art Class
- Air Hockey
- Chair Yoga & Pilates
- Corn Hole
- Piano
- Ping Pong
- Shuffleboard
- Social Hour



Membership Requirements:

- 60 years of age and older
- Complete Membership Registration Form
- Township resident
- Proof of residency required



SENIOR CITIZEN CENTERS (continued)



Hickory Senior Center

17 Corrielle Street, Fords, NJ 08863

(732)726-6285

www.twp.woodbridge.nj.us

Hours: 8:30 am – 4:30 pm Monday – Friday

Senior Hotline: (732)726-6264 for updates and cancellations.

Hickory Senior Center hosts the Fords Women's Club and the Fords Senior Citizens Club, and provides social, recreational, educational, health and wellness programs and activities such as:

- Bingo
- Card Making Crafts
- Computers & Free Wi-Fi
- Educational & Health Seminars
- Outdoor Seating
- Puzzles
- Crochet
- Mahjongg
- Monthly Luncheons
- Rummikub
- Scrabble
- Tai-Chi



Special Activities Include:

- Card Making, Yarn Art
- Color by Pencil
- Chair Yoga
- Color by Pencil
- Corn Hole
- Jewelry and Beading
- Mayor's Trivia
- Tai Chi
- Zumba Gold



Membership Requirements:

- 60 years of age and older
- Complete Membership Registration Form
- Township resident
- Proof of residency required



SENIOR CITIZEN CENTERS (continued)



Maple Tree Senior Center

109 Morrisey Avenue, Avenel, NJ 07001

(732) 259-0910

www.twp.woodbridge.nj.us

Hours: 8:30 am – 4:30 pm Monday – Friday

Senior Hotline: (732)726-6264 for updates and cancellations.

Maple Tree Senior Center is home to the Avenel Knights of Columbus Hall and host to the Avenel Senior Club, and provides social, recreational, educational, health and wellness programs and activities such as:

- Billiards
- Bingo
- Card Table
- Checkers and Chess Games
- Crochet
- Educational & Health Seminars
- Group Exercise
- Group Exercise
- Rummikub
- Scrabble



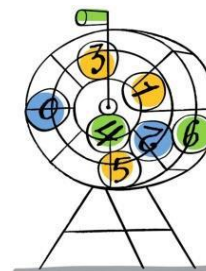
Special Activities Include:

- Line Dancing
- Monthly Luncheons
- Movies
- Senior Strengthening
- Zumba



Membership Requirements:

- 60 years of age and older
- Complete Membership Registration Form
- Township resident
- Proof of residency required



SENIOR CITIZEN CENTERS (continued)



Oak Tree Senior Center

571 Lincoln Highway, Iselin, NJ 08830

(732) 259-2008

www.twp.woodbridge.nj.us

Hours: 8:30 am – 4:30 pm Monday – Friday

Senior Hotline: (732)726-6264 for updates and cancellations.

Oak Tree Senior Center is home to the Iselin Knights of Columbus Hall and offers social, recreational, educational, health and wellness programs and activities such as:

- Bingo
- Card Games
- Chess
- Crochet
- Educational and Health Seminars
- Movies
- Puzzles
- Senior Exercise
- Senior Circuit Exercise
- Yoga
- Zumba Gold

Special Activities Include:

- Bollywood Zumba
- Carrom Board
- Color Creation
- Community Circle
- Monthly Luncheons



Membership Requirements:

- 60 years of age and older
- Complete Membership Registration Form
- Township resident
- Proof of residency required



SENIOR CITIZEN CENTERS (continued)



Sycamore Senior Center

290 Old Road, Port Reading, NJ 07064 (732)726-6272

www.twp.woodbridge.nj.us

Hours: 8:30 am – 4:30 pm Monday – Friday

Senior Hotline: (732)726-6264 for updates and cancellations.

Sycamore Senior Center hosts the Woodbridge Senior Citizens Club, the Port Reading- Sewaren Senior Citizens Club, and the local AARP Chapter; and provides social, recreational, educational, health and wellness programs and activities such as:

- Billiards
- Bingo
- Card Games
- Computers Stations and Wi-Fi
- Educational & Health Seminars
- Line Dancing
- Movies
- Monthly Luncheons
- Wii Bowling
- Zumba Gold



Special Activities Include:

- Art Class
- Canasta
- Chair Pilates
- Puzzles
- Senior FIT
- Yoga



Membership Requirements:

- 60 years of age and older
- Complete Membership Registration Form
- Township resident
- Proof of residency required



SENIOR CITIZEN CLUBS



Avenel Golden Circle Senior Club

Meets at Maple Tree Senior Center, 109 Morrissey Avenue, Avenel
2nd & 4th Thursday of the month at 11:30am

Colonia Senior Club

Meets at Colonia Fire House, 250 Inman Avenue, Colonia
1st & 3rd Tuesday of the month at 12noon

Fords-Keasbey Senior Club

Meets at Hickory Senior Center, 17 Corrielle Street, Fords (732)726-6285
1st Friday of the month at 12:30pm

Fords Women's Club

Meets at Hickory Senior Center, 17 Corrielle Street, Fords (732)726-6285
2nd Wednesday of the month at 1:00pm

Port Reading-Sewaren Senior Club

Meets at Sycamore Senior Center, 290 Old Road, Port Reading (732)726-6272
1st & 3rd Wednesday at 12:00pm

St. John Vianney Senior Club

Meets at St. John Vianney Church (cafeteria), 420 Inman Avenue, Colonia
1st Wednesday of the month at 2:30pm

Woodbridge Senior Club

Meets at Sycamore Senior Center, 290 Old Road, Port Reading (732)726-6272
Every Thursday at 1:00pm

Woodbridge Township Senior Billiards Club

Meets at Woodbridge Community Center, 600 Main Street, Woodbridge
(732)596-4000
By application only at the Woodbridge Community Center.

SENIOR TRANSPORTATION OF WOODBRIDGE



Senior Transportation
of Woodbridge

S.T.O.W.

400 Inman Avenue, Colonia, NJ 07067
(732)726-2394

www.twp.woodbridge.nj.us

Hours: 8:30 am – 4:30 pm Monday -Friday

Transportation to
Mayor's Summer
Concert Series!

The Woodbridge Department of Senior Services provides curb-to-curb, reservation based shared ride transportation services, free of charge to Woodbridge Township senior citizen residents age 60 and older to Township Senior Centers, WCC, Main Library, Shopping, Local Doctor Appointments and other designated township events.

How to Register, Schedule an Appointment and Cancellations:

- Call 732-726-2394 to request a Senior Transportation Client Form or download and print registration form at www.twp.woodbridge.nj.us. Mail completed form to: STOW, 400 Inman Avenue, Colonia, NJ 07067 with Township Proof of Residency. Upon completion of registration, applicant will receive a Client Transportation ID Number required for all transportation appointments.
- Call S.T.O.W. to schedule an appointment.
- Notify the office of cancellations at least 24 hours in advance of scheduled pick up time.

Shopping Schedule:

- Shoprite is available every Tuesday for senior citizens living in Senior Housing*.
- Pick up at 9:00am at Red Oak Manor, Adams, Finn, and Maple Tree Manor, bus returns at 11:00am. Second pick up at 11:00am for Olsen, Cooper and Greiner, bus returns at 1:00pm*.
- Private Homes: Shoprite trips on Thursdays at 9:00am - 11:00am and 11:00am - 1:00pm*.
- Wal-Mart: 4th Friday of the month from 11:00am-2:00pm*.
- Woodbridge Mall: Available 2nd Friday of the month from 11:00am-2:00pm*.
- Wegmans: 3rd Wednesday of the month from 11:00am-2:00pm*.
- Maximum of 3 bags
- Reservations must be made at least 24 hours in advance

Doctor and Medical Trips:

- Doctor appointments between 9:00am-3:00pm within Woodbridge Township*. Limited services to James Street, May Street and Progress Street in Edison available. Subject to availability. Must schedule medical appointments at least 1 week in advance.

***Times and dates subject to change and based upon availability.**
Call S.T.O.W at 732-726-2394 for more information.



SOCIAL WORK SENIOR SERVICES

Division on Aging

400 Inman Avenue, Colonia, NJ 07067

Evergreen Senior Center

(732)726-6262

www.twp.woodbridge.nj.us

Hours: 8:30am – 4:30pm Monday – Friday



The Division on Aging is a Social Work agency open to Woodbridge Township residents age 60 and older, and caregivers. The mission is to provide Senior Services to frail, vulnerable, isolated and homebound elderly through home and office appointments to maintain their continued independence and to deter long-term placement.



Division Social Workers provide assistance designed to support older adults in leading independent lives with dignity during challenging times by providing emotional, financial, health, mental health and social support services. These services include information, referral and assistance; benefit screening for program eligibility, application assistance, supportive counseling and care management, educational seminars and community outreach.

We put the pieces together by connecting older adults to support services, which help them to age in place and improve their quality of life.

Support services include:

SHIP Counseling:

Medicare
Medicaid
Health Insurance
Fraud/Identity Theft
Vision, Hearing, Dental Programs
Social Security
Prescription Assistance



Home and Utility Assistance:

Property Tax “Freeze”
Reimbursement (PTR)
Anchor Program
Senior/Veteran Property Tax Deduction
Income Tax Assistance
Utility/Telephone Bill Assistance



Nutrition:

Home Delivered Meals
Senior Farmers Market
NJSNAP (food stamps)



Maintaining Independence:

Home Health Programs
Home Modification Programs
Additional Transportation Service



Emotional Supports:

Individual/ Family
Caregiver Concerns
Mental Health
Educational Seminars
Community Outreach



General Welfare:

Elder Abuse Concerns
Housing Referrals
Legal Service Referrals
Homelessness Prevention



VFW ORGANIZATIONS

Memberships in the various veteran organizations vary. Veterans need only apply.

Contact for more information:

VETERAN'S ALLIANCE, Commander: John Eberhardt

25 Maple Road, Iselin, NJ 08830 (732)213-6547



American Legion

The nation's largest wartime veteran's service organization committed to mentoring youth and sponsorship of wholesome programs in communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

American Legion Post

#87

314 Berry Street
Woodbridge, NJ 07095

American Legion Post

#471

25 Brown Avenue
Iselin, NJ 08830

American Legion Post

#248

806 Middlesex Avenue
Colonia, NJ 07067



Veterans of Foreign Wars (VFW)

Nonprofit veteran's service organization comprised of eligible veterans and military service members from the active, guard and reserve forces. Its mission is to foster camaraderie among United States veterans of overseas conflicts, to serve our veterans, the military and our communities and to advocate on behalf of all veterans.

VFW Post #4410

393 Pearl Street,
Woodbridge, NJ 07095

VFW Post #2636

20 Auth Avenue, Iselin, NJ
08830 (Iselin Firehouse)

VFW Post #6061

606 Inman Avenue,
Colonia, NJ 07067

VFW Post #7164

60 W. Park Avenue,
Avenel, NJ 07001

VFW Post #1352

113 James Street,
Hopelawn, NJ 08861

VFW Post #6090

411 New Brunswick
Fords, NJ 08863

VFW ORGANIZATIONS (continued)



Disabled American Veterans (DAV) Chapter #56

186 Winding Road, Iselin, NJ 08830

- Nonprofit charity that provides a lifetime of support and advocacy for veterans of all generations and their families.



Cpl. Kevin J. Reinhard Marine Corps League Detachment #189

665 Rahway Avenue, Woodbridge, NJ 07008

- Promotes the interest and to preserve traditions of the United States Marine Corps.



North Jersey Young Marines

Contact Commander John Eberhardt for more information at: (732)213-6547

Meetings located at: Colonia High School, 180 East Street, Colonia, NJ 07067

- Youth organization that promotes leadership, teamwork, and discipline in youngsters from the ages eight to eighteen (8 – 18). The focus is on a positive, healthy, and drug free lifestyle.



VOTING

Woodbridge Township Municipal Clerk

1 Main Street, Woodbridge, NJ 07095

(732)602-6007

- The Municipal Clerk's Office is considered the "hub" of municipal government operations; serving as liaison between governing officials and taxpayers and between the Executive and Legislative bodies.

New Jersey Division of Elections

<https://nj.gov/state/elections/vote.shtml> (877)658-6837

- **Online Voter Registration**

www.voter.svrs.nj.gov/register

- **Voter Registration Application**

www.nj.gov/state/elections/assets/pdf/forms-voter-registration/68-voter-registration-english-middlesex.pdf

- **Register To Vote**

www.nj.gov/state/elections/voter-registration

- **Am I Registered?**

<https://voter.svrs.nj.gov/polling-place-search>

- **Vote-By-Mail**

<https://nj.gov/state/elections/vote-by-mail.shtml>

- **Early Voting**

<https://nj.gov/state/elections/vote-early-voting.shtml>

- **Track My Ballot**

<https://nj.gov/state/elections/vote-track-my-ballot.shtml>

- **Be A Poll Worker**

<https://nj.gov/state/elections/pollworker.shtml>



VOTING (continued)

FIRST WARD

Woodbridge Proper and Sewaren Polling Locations

1st & 11th District: Ross Street School #11 (110 Ross St)

2nd, 5th, 9th, & 14th District: Woodbridge Middle School (Barron Ave)

4th & 7th District: Mawbey Street School #1 (Mawbey St)

3rd & 12th District: Housing Authority (800 Bunns Ln)

6th & 10th District: Municipal Building (1 Main St)

13th & 15th District: Matthew Jago School #28 (Glen Cove Ave)

8th District: Iselin Middle School (Hyde Ave)

SECOND WARD

Fords, Hopelawn and Kesabey Polling Locations

1st & 14th District: Keasbey Fire House (Smith St)

2nd & 10th District: Hopelawn Fire House (137 Loretta St)

3rd District: Olsen Towers (555 New Brunswick Ave)

4th, 6th & 11th District: Fords Fire House (King George Rd)

5th & 12th District: Fords Library (Fords Ave)

7th & 8th District: Fords Middle School (Fanning St)

9th & 15th District: Woodbridge Community Center (600 Main St)

13th District: Lafayette Estates School #25 (Ford Ave & Arlington Dr)

VOTING (continued)

THIRD WARD

Port Reading and Avenel Polling Locations

1st, 3rd, 4th & 7th District: Port Reading School #9 (Turner St)

2nd & 5th District: Avenel Street School #4&5 (Avenel St)

9th, 11th & 13th District: Avenel Middle School (Woodbine Ave)

6th & 12th District: Avenel Knights of Columbus (109 Morrissey Ave)

8th & 10th District: V.F.W. Post 7164 (W. Park Ave)

FOURTH WARD

Iselin and Menlo Park Terrace Polling Locations

1nd, 2nd & 9th District: Iselin Middle School (Hyde Ave)

3rd & 12th District: Iselin Fire House (20 Auth Ave)

4th District: First Presbyterian Church of Iselin (Oak Tree Road at Middlesex Ave)

5th & 11th District: Indiana Ave School #18 (Indiana Ave)

7th & 8th District: Menlo Park Terrace School #19 (Maryknoll Rd)

6th & 13th District: Robert Mascenik School #26 (Benjamin Ave)

10th District: Cooper Towers (1422 Oak Tree Rd)

14th District: Lynn Crest School #22 (Ira Ave)

VOTING (continued)

FIFTH WARD

Colonia Polling Locations

1st, 3rd and 4th District: Claremont Ave School #20 (Claremont Ave)

2nd District: Avenel Middle School (Woodbine Ave)

5th District: Lynn Crest School #22 (Ira Ave)

6th, 9th & 13th District: Pennsylvania Ave School #27 (Pennsylvania Ave)

7th & 8th District: Evergreen Center (Inman Ave)

10th, 11th & 12th District: Oak Ridge Heights School #21 (Inman Ave)

14th & 15th District: First Presbyterian Church of Iselin

16th District: Reinhard Manor (401 Fairview Ave)

17th and 18th District: Iselin Middle School (Hyde Ave)

WOODBIDGE POLICE DEPARTMENT

Safe and Sound Program

Woodbridge Police Department - Community Affairs 1
Main Street, Woodbridge 07095
(732)726-2318

<https://www.twp.woodbridge.nj.us/229/Safe-Sound-Program>

- Register your loved one who is at risk of wandering or getting lost and missing. Police Officers have direct access while on patrol to the missing person's emergency contact and have a digital photograph to help identify a reported missing person.



Prescription Drug Take Back Program

Woodbridge Police Department
1 Main Street, Woodbridge (lower level)
(732)634-7700

www.twp.woodbridge.nj.us

- A prescription drug "Take Back" program to aid in the safe disposal of unused, unwanted and/or expired prescription medications.



Senior Citizen's Police Academy

Woodbridge Township Police Department
1 Main Street, Woodbridge 07095
(732)726-2318

www.woodbridge.nj.us

- A five-week course designed to increase communication, understanding and awareness between senior residents, the WPD, and the public by providing crime prevention information, a tour of the WPD and municipal court, CPR skills, a 2-hour ride along with an officer, a trip to the pistol range, and a graduation ceremony. Daily breakfast and t-shirt provided.
- To register call (732)726-2318 or visit the township website to obtain an application or email: community.affairs@twp.woodbridge.nj.us



"LEADING THE WAY TO A SAFER COMMUNITY"

Woodbridge Domestic Violence Response Team (DVRT)

1 Main Street, Woodbridge 07095
(732)634-4500 ext. 2802

www.woodbridgedvrt.org

- Together with the Police Department, DVRT is a volunteer organization that provides advocacy, support and assistance to victims of domestic violence. The team provides around-the-clock support to victims and meets with them at Police Headquarters. If in immediate danger, please call 911.
- Anyone who wishes to volunteer is required to submit an application and mandatory training.
- Download application at <https://woodbridgedvrt.org/about/> or call (732)634-2812.



WOBRIDGE POLICE DEPARTMENT (continued)

Handicap TEMPORARY Placard: How to Apply

Woodbridge Police Department- WPD

1 Main Street, Woodbridge 07095

(732)602-7390 | (732)634-4500

<https://www.twp.woodbridge.nj.us/DocumentCenter/View/16802/Temp-Handicap-Placard>

- The following information is Woodbridge Police Department policy on how to obtain a *temporary* placard.
- Temporary placard is valid for no longer than six months from date of issue and can be recertified once for a period not to exceed six months
- Pick up an application at the WPD or online.
- Return completed application, signed by a physician to WPD at the “Permit” window.
- Check or money order only for four (\$4.00) dollars made out to: NJMVC. Cash will *not* be accepted.
- Refer to Section 2 of this Directory for instructions on NJ Handicap Permanent Placard

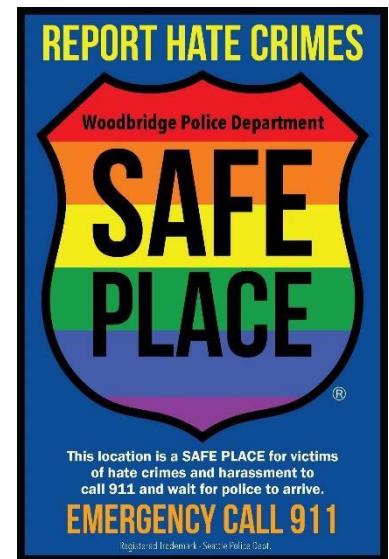


WPD Safe Place Program

(732)634-7700 non-emergency for the Community Affairs Unit

Safe Place@twp.woodbridge.nj.us

- WPD SAFE PLACE enhances the relationship between the Woodbridge Police Department, the LGBTQ+ community, victims of bias incidents, local businesses, schools and allies.
- WPD SAFE PLACE will provide decals to local businesses, schools, organizations and allies encouraging those locations and entities to post the signage at the entrance(s) and publicly visible areas in their premise as the symbol of safe haven for victims of LGBTQ+ crime.
- SAFE PLACE decals are highly visible, uniform and recognizable to the entire community. SAFE PLACE decals provide designated safe locations for community members to seek services and show support for the LGBTQ+ Community. Decals are provided FREE of charge, call the non-emergency phone number or email. WPD Safe Place Program decals are NOT to be displayed in private residences.



WOODBRIIDGE PUBLIC LIBRARIES

Woodbridge Public Library is the Township's premier location for personal growth, community engagement and lifelong learning.

View the online calendar of events and programs, visit <https://woodbridgelibrary.org>.



Main Library
1 G Frederick Plaza
Woodbridge
(732) 634-4450



Fords Branch
211 Ford Avenue
Fords
(732) 726-7071



Henry Inman Branch
607 Inman Avenue
Colonia
(732) 726-7072



Iselin Branch
1081 Green St.
Iselin
(732) 726-7073

WPL provides social, recreational, educational and wellness programs and activities such as:

DIY Activities

Computer Skills Classes

Genealogy Information

Book Clubs

Cultural Events

Literacy ESL Classes

Board Game Saturdays

Educational & Health Seminars

Movie Matinees and Nights

Audio and eBooks

Art Exhibits

History Programs

Homebound Loans

(732) 634-4450 x-5

<https://woodbridgelibrary.org>

Woodbridge Township residents who are unable to visit the library will be issued a homebound library card profile that provides loans without fines. Books and audiobooks are delivered and picked up by the library. Call the Main Library for more information.

New Jersey Library for the Blind and Handicapped (NJLBH)

WPL - (732) 634-4450 x-2 or NJLBH - (800) 792-8322

https://www.njstatelib.org/talking-book-braille-center/apply_for_service/

The New Jersey State Library Talking Book & Braille Center (TBBC) provides no-cost, home-delivered, accessible library services in New Jersey as a network library of the **National Library Service for the Blind and Print Disabled (NLS)**, a division of the U.S. Library of Congress. Residents who have difficulty reading standard print or holding a book or turning the pages of a book because of blindness, a vision impairment, a physical impairment, a perceptual impairment, or a reading disability are eligible to apply for this free service. Visit the website, or call WPL or the NJLBH for an application.

WOODBIDGE PUBLIC WORKS

Woodbridge Public Works is responsible for trash & recycling collection, sewers, storm drains, snow removal, parks, the maintenance of township roadways and properties.

Convenience and Recycling Center

(732)738-1311 ext. 3035

225 Smith Street, Keasbey 08832

www.woodbridge.nj.us

Monday-Saturday 8am-2pm

- For Woodbridge Township residents only. Residents must check in with the Guard when entering the center. Proof of residency required. When doing work on your home please check your permit for proper debris disposal. Separate recyclable materials from bulk items before coming to Center. NO commercial vehicles or vehicles with commercial plates, rental vehicles, box trucks. Residents ONLY.

Need A Curbside Pick-up? Give Us A Call!

(732)738-1311

225 Smith Street, Keasbey 08832

www.woodbridge.nj.us

- Call Sanitation at (732)732-1311 ext. 3600 for bulky items, furniture, mattresses, carpeting, garbage cans, playsets, ride on toys
- Call Recycling at (732)732-1311 ext. 3035 for appliances, electronics or metal, refrigerators, freezers, washers, dryers, computers, TV's, metal shelves, grills and lawnmowers
- Call Roads at (732)738-1311 ext. 3044 for concrete, asphalt, brick, block or stone from small homeowner repairs.
- Sanitation Department is responsible for the curbside collection of trash and recycling. Handles the scheduling of all curbside collections except for large tree wood, stone, brick, block, asphalt & concrete handled by Road (Streets & Sewers) Department.

Keep Your Trash and Recycling Carts Clean!

(732)732-1311 ext. 3600

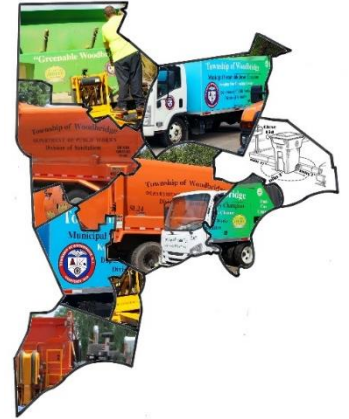
Sanitation Department

- Curbside Cart Cleaning Program: carts will be cleaned, disinfected & deodorized right at the curb. Cart cleaning system is 100% environmentally friendly and fully contained.

Roads Department

(732)738-1311 ext. 3044

- Sewer Emergency
Call (732)738-1311
- Report a Pothole Hotline
Call (732)738-726-2325
- Division of Streets and Sewers is responsible for maintaining all township streets, sewers, storm drains and trees.



WOODBRIIDGE PUBLIC WORKS (continued)

ReUse It Center

(732)738-1311 ext. 3035

225 Smith Street, Keasbey 08832

www.woodbridge.nj.us



Woodbridge Township ReUse It Center!
Located at the Recycling Center,
225 Smith Street in Keasbey

Join us in practicing the second "R"

in



Reduce



REUSE



Recycle

**We Accept Usable Goods and Items That Can Be Reused
or Re-Purposed.**

We Accept

- * Household items
- * Tools (Indoor and Outdoor)
- * Toys & Games
- * Sporting Equipment
- * Building Supplies (Nails, Fasteners, etc.)
- * Bikes
- * Indoor/Outdoor Furniture
- * Records, Tapes, CD's, DVDs
- * Books
- * Craft Supplies
- * Plus Much More

We Do Not Accept

- * Clothing
- * Upholstered Furniture
- * Oversized Items

Recycle Coach

- Whether it is remembering to take out the trash or figuring out what you can and can't recycle, we've got you covered. We worry about your garbage and recycling so you do not have to.
- Woodbridge Township offers Recycling & Solid Waste Internet ePortal and Smartphone Apps featuring a detailed Collection Calendar customized to your address. Search the 'What Goes Here' database for specific item type instructions. Keep track of upcoming Special Collection Events such as Hazardous Household Items, Prescription Disposal and even confidential Document Shredding! Report a Waste Problem or Send Comments and Suggestions through the App.



WOODBRIIDGE PUBLIC WORKS (continued)



In Woodbridge I Can Recycle



What

Where

Cooking Oil Eyeglasses & Sunglasses Hard Covered Books Motor Oil Paints, Stains & Spray Paint Propane Tanks (BBQ Size) Rechargeable Batteries ONLY Shredded Paper Styrofoam Tires (Limit 4 Tires Per Month)	At The Recycling Center in Keesbey
Branches Bulky Rigid Plastics- Buckets, Laundry Baskets, Etc. Electronic Waste- Computers, TV's & Printers Mixed Metal	At The Recycling Center in Keesbey OR You Can Call For A FREE Curbside Pick Up. 732-738-1311 ext. 3600 or 3035
Cardboard	Curbside (Breakdown Boxes to Fit into Blue Recycling Cart) or Bring to the Recycling Center in Keesbey.
Single Stream Items- Plastic, Tin, Glass, Aluminum, Mixed Paper	Curbside (All Items Must Fit into Blue Recycling Cart) or Bring to the Recycling Center in Keesbey.
Appliances	At The Recycling Center in Keesbey OR You Can Call For A PAID Curbside Pick Up. 732-738-1311 ext. 3035
Leaves	At The Recycling Center in Keesbey. Check your Calendar for FREE Curbside Leaf Bag Pick Up Dates
Plastic Bags, Film, & Shrink Wrap	At The Recycling Center in Keesbey, Town Hall, All Senior Centers, Community Center, The Club & Local Retailers
Textiles	At The Recycling Center in Keesbey OR At Local Clothing Drop Boxes

The DOs and DON'Ts of Curbside Recycling in Woodbridge

DO RECYCLE

these items in your **BLUE CART**
 Always place recyclables loose in your **BLUE CART**, never bagged.

- Clean and empty aluminum cans (no aluminum foil)
- Clean and empty steel and tin cans and containers (no scrap metal)
- Clean and dry paper (no shredded, soggy or soiled paper)
- Clean, dry and flattened cardboard and paperboard
- Clean and empty plastic bottles, jugs and containers (no plastic bags, hoses or shrinkwrap)
- Clean and empty milk, juice and broth cartons
- Clean and empty glass bottles and jars



DON'T RECYCLE

these items in your **BLUE CART**
 These items are **NOT** recyclable in your **BLUE CART**. Some can be recycled at our **Convenience Center**
 For more information call 732-738-1311 x3035

- Clothing, shoes and textiles
- Electronics
- Light bulbs
- Batteries
- Household hazardous waste
- Plastic bags, packaging wrap and film
- Sharps
- Styrofoam
- Yard waste
- Pressurized tanks
- Construction and demolition debris
- Cooking and dining ware, drinking glasses, ceramics and cutlery
- Cooking oils
- Medications
- Clothing hangers
- Rubber items
- Tangles, such as cords, wires, hoses and tarps





SECTION 2:
County, State and Federal
Senior Services

ALZHEIMER'S AND CAREGIVER RESOURCES

Alzheimer's New Jersey

1-888-280-6055

<https://www.alznj.org/>

- The Respite Care and Wellness Program - A \$1,000 scholarship is provided to help offset the expense associated with respite care services for family caregivers of a loved one with Alzheimer's.
- Family Support Groups for families and caregivers.
<https://www.alznj.org/services/family-support-groups/>



Visit our new website
www.alznj.org

Alzheimer's Association

1-800-272-3900

<https://www.alz.org>

- 24/7 Support Hotline - Provides services and resources for caregivers and people living with Alzheimer's.



alzheimer's
association®

AlzheimerSupport.com

Find Dementia & Alzheimer's facilities

1-888-595-9951

<https://www.alzheimersupport.com/>

- Memory care facility referral service.

Rutgers University Behavioral Healthcare, Care 2 Caregivers

151 Centennial Drive, Piscataway, NJ 08854

1-800-424-2494

www.care2caregivers.com

- A Peer Support Helpline for those caring for loved ones diagnosed with Alzheimer's or other related dementias.



Comprehensive Services on Aging (COPSA) Program

Rutgers University Behavioral Healthcare Access Center

UBHC Memory Disorders Clinic

100 Metroplex Drive, Suite 200, Edison, NJ 08817

1-800-424-2494

[https://ubhc.rutgers.edu/clinical/outpatient/comprehensive-services-on-aging-\(copsa\).xml](https://ubhc.rutgers.edu/clinical/outpatient/comprehensive-services-on-aging-(copsa).xml)

- Provides mental health care, psychiatric & medication evaluation, support groups, case management and home visits to elderly individuals dealing with memory loss, Alzheimer's disease and other dementias; & their caregivers.



ALZHEIMER'S AND CAREGIVER RESOURCES

Geriatric Evaluation and Management Services (GEMS)

St. Peter's Healthcare System
254 Easton Avenue, New Brunswick, NJ 08901
(732)745-8600



<https://www.saintpetershcs.com/Services/Geriatric-Medicine>

- Offers a comprehensive assessment tool (GEMS) that helps diagnose and

Statewide Respite Care Program (SRCP)

Middlesex County Office of Aging and Disabled
75 Bayard Street, 5th floor, New Brunswick, NJ 08901
(732)745-3295



www.middlesexcountynj.gov

Direct link to SRCP: [https://www.state.nj.us/humanservices/doas/services/srcp/](https://www.state.nj.us/humanservices/doas/services/srcp/**)

- Provides assistance by giving unpaid caregivers a break from the daily responsibility of caring for an elderly person or disabled friend or relative. May include adult day care, home care, companion services, or a short stay in a facility. Allows caregiver opportunity to attend to their personal matters. Eligibility guidelines apply.

Rutgers University Behavioral Healthcare, Intensive Family Support Services (IFSS)

(732)235-6184

<https://ubhc.rutgers.edu/clinical/community/community-based-programs.xml>

- Provides support services to families in Middlesex County who have an adult family member who may have or who has already been diagnosed with a serious mental illness.

National Caregivers Library

www.caregiverslibrary.org

- Library database with hundreds of articles, forms, checklists and links to topic-specific external resources for caregivers.



ALZHEIMER'S AND CAREGIVER RESOURCES

Wandering Resources

Project Lifesaver Program

Middlesex County Office of Aging and Disabled Services
75 Bayard Street, 5th floor, New Brunswick, NJ 08901
(732)745-3295
www.middlesexcountynj.gov

- A FREE program to help locate missing older adults with a history of wandering due to Alzheimer's or other dementias and require 24-hour supervision. Participants wear a bracelet to help the Sheriff's Office locate them once reported missing. A caregiver must live with the participant.

New Jersey's Silver Alert System

NJ State Police
(609)882-2000 ext. 2554 Email: missingnj@gw.njsp.org

- A public notification system to broadcast information about missing persons, especially senior citizens with Alzheimer's disease, dementia or other mental disabilities in order to aide in their recovery

Woodbridge Township Safe and Sound Program

Woodbridge Police Department Office of Community Affairs
1 Main Street, Woodbridge, NJ 07095
(732)726-2318

- Allows for officers to locate those with dementia quickly if they were to go missing due to wandering.
- To obtain an application and for assistance please call (732) 726-2318 or Division on Aging at (732) 726-6262.



ALZHEIMER'S AND CAREGIVER RESOURCES

Help with Bill Pay

SilverBills

In Partnership with Middlesex County Office of Aging & Disabled Services
75 Bayard Street, New Brunswick, NJ 08901
(732)745-3295



- Free, comprehensive financial management.
- A dedicated account manager will work with you or your loved one over the phone to help organize their bills and make sure they are paid correctly.
- Account managers work with clients via computer, mail, email, text, and fax. SilverBills uses secured technology and account managers are background checked. SilverBills is bonded and insured. Seniors, disabled adults and caregivers are all eligible.

Representative Payee

Family and Children's Service
191 Bath Avenue, Long Branch, NJ 07740
(732) 222-9111
<https://www.fcsmonmouth.org/>



- Family & Children's Service is approved by the Social Security Administration (SSA) to assist individuals and families who are unable to appropriately manage their finances due to physical, mental or emotional impairment and/or substance abuse.
- Clients may be young or elderly, developmentally disabled or suffering from drug or alcohol addiction or mental health problems. They may be referred to FCS by a local social service organization, a mental health facility, the NJ Division of Developmental Disabilities, the Social Security Administration, the Veterans Administration and/or a private physician. For more information call: 732-222-9111 and follow the prompts.

Adult Day Care

Adult day care is a planned program of activities in a professional care setting designed for older adults who require supervised care during the day, or those who are isolated and lonely. Adult day care centers enable seniors to socialize and enjoy planned activities in a group setting, while still receiving needed health services. At the same time, they offer family caregivers respite from caregiving duties while knowing that their loved one is in a safe place. Refer to Middlesex County Office of Aging and Disabled Services pages in this Directory.

CONSUMER PROTECTION

Senior Citizens are targeted more frequently by financial fraud and scams. Seniors are less likely to report a fraud because they are embarrassed, are not aware they have been scammed or their identity stolen, or don't know how to report it. If you think you have been a victim of identity theft or fraud, contact:

Middlesex County Office of Consumer Affairs

(732)398-2302

www.middlesexcountynj.gov

- If you are a victim of fraud, file a complaint with the Office of Consumer Affairs.
- Office of Consumer Affairs protects and advocates for individuals who may have been victims of fraud.

Middlesex County Clerk's Office of Property Alert Service –FREE Registration

(732)745-3364 or (732)745-3365

<https://mcrecords.co.middlesex.nj.us/propertyalert>

- Register to sign up for e-mail alerts immediately if a document with your name or property description is recorded in the Middlesex County Clerk's Office for any type of land owned in Middlesex County, whether occupied or vacant. Visit website to register.
- Property and mortgage fraud is a fast growing scam with individuals recording fraudulent documents like fake deeds or fake liens against property owners.
- If you are victim of fraud, call the Middlesex County Office of Consumers Affairs at (732)398-2302.

New Jersey Division of Consumer Affairs

1-800-242-5846

www.njconsumeraffairs.gov

- Protects senior citizen consumers against identity theft, unlawful invasions of privacy and other computer-related violations.
- If you believe you have been cheated or scammed by a business, or wish to report a suspected incident of cyber fraud report it to NJ Division of Consumer Affairs (732)242- 5846 or the Middlesex County Office of Consumer Affairs (732)398-2302.

Report Fraud to the Office of the Inspector General's Fraud Hotline (OIG)

1-800-HHS-TIPS (1-800-447-8477)| TTY: 1-800-377-4950

<http://oig.ssa.gov/r>

- There is a widespread telephone scam happening right now across the country involving Social Security. Callers say they are from Social Security, and may say there is a problem with your Social Security number or threaten to arrest you unless you pay a fine or fee with cash, retail gift cards, pre-paid debit cards, or wire transfers.



CONSUMER PROTECTIONS (continued)

Report Identity Theft to the Federal Trade Commission (FTC)

1-877-IDTHEFT (1-877-438-4338) (TTY: 1-866-653-4261)

www.identitytheft.gov.

- If you think you have tax issues because someone has stolen your identity, go to www.irs.gov/uac/Identity-Protection or call 1-800-908-4490. Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes; personal information like your name, Social Security, Medicare, or credit card numbers.

Better Business Bureau (BBB)

Local BBB: BBB Serving New Jersey

1262 A Whitehorse Hamilton Sq. Rd, #202, Hamilton Township,
NJ 08690 (609) 588-0808

<https://www.bbb.org/us/nj/middlesex>

- Provides information about a company before doing business with it, helps to resolve a complaint you might have against a company, provides good consumer information so that you can make intelligent buying decisions, and provides information on charitable organizations.

Do not send or pay anyone with gift cards.

- One of the largest scams happening to seniors is gift card purchases. Many will receive a call from someone they believe is a grandchild or family member in an “emergency” requesting help. Never pay anyone with a gift card, money transfer, or give away personal banking information, especially over the phone. If someone calls and asks for payment or money assistance and asks for a gift card, HANG UP!
- Don’t fall for scare tactics, especially when the scammer says “you must act right away” or “keep this between us and don’t tell anyone.”

Helpful resources and links:

The "Anti-Fraud Toolkit" – NJ Division of Consumer Affairs

<https://www.njconsumeraffairs.gov/fightingfraud>

- Learn how to recognize scams and tips on how to prevent becoming a victim of fraud.

The “Cyber Safe NJ” – NJ Division of Consumers Affairs

<https://www.njconsumeraffairs.gov/cybersafe>

- Provides useful tips to help senior citizen consumers protect their information in the online world, such as protecting information on your computer.

IdentityTheft.gov

- A federal government one-stop resource for identity theft victims. The site provides streamlined checklists and guide through the recovery process.



COUNSELING/MENTAL HEALTH RESOURCES

Emergency Services



Rutgers Acute Psychiatric Services/Screening

Rutgers University Behavioral Healthcare
671 Hoes Lane West, Piscataway NJ 08854
1-855-515-5700

- Designated Screening Center for emergency and acute services. Call this hotline if you or someone you know is having a psychiatric crisis or emergency, is a danger to self or someone else.
- Available 24 hours a day/7 days a week by phone or in person.

Crisis Assessment Response and Enhanced Services (CARES)

1-888-393-3007, 24 hours a day, 7 days a week

- Administered through Trinitas Regional Medical Center Behavioral Health, provides crisis response and stabilization services for a period up to 120 days to adults (age 21 and older) with intellectual and developmental disabilities (I/DD).
- CARES staff are located in regional offices and respond anywhere in New Jersey to assist individuals with I/DD who are in mental health or behavioral crisis.
- CARES can prevent unnecessary hospitalizations by helping manage behavioral crises in place, and assisting individuals, family members and professional staff obtain needed expertise to support someone in crisis.
- CARES works with individuals, their families, staff and providers by offering: direct response at the time of crisis in family homes, residential placements, day programs or emergency rooms, Consultations at psychiatric inpatient units, Training and technical support to families, guardians, and both I/DD and mental health service providers.

Raritan Bay Medical Center Crisis Hotline

530 New Brunswick Ave, Perth Amboy NJ 08861
(732)442-3794

www.rbmc.org/behavioral-health

- Provides assistance with crisis for mental health and substance abuse.

NJ Hopeline - Suicide Prevention Hotline

1-855-654-6735

www.njhopeline.com

- Confidential support for people in distress, available 24/7.
- Referrals and connections to mental health treatment services and resources that can help address housing, employment, or financial difficulties if needed.



COUNSELING/MENTAL HEALTH RESOURCES (continued)

Emergency Services

988 Suicide and Crisis Lifeline

DIAL 988 or Text 988

Veteran Crisis Line: Dial 988 or Text 838255

For TTY Users: Use your preferred relay service or dial 711 then 988.

Línea de Prevención del Suicidio y Crisis 1-888-628-9454

Disaster Distress Helpline: Call or Text 1-800-985-5990

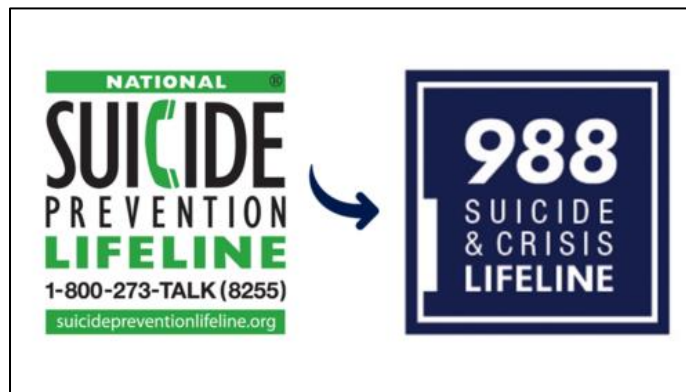
- The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

NJ Vet 2 Vet New Jersey

1-866-838-7654

<https://www.njvet2vet.com>

- 24 hour/7day a week helpline to support veterans, their families, and caregivers, NJ National Guard members, active military personnel, statewide. Coordinated by Rutgers University Behavioral Health Care.



COUNSELING/MENTAL HEALTH RESOURCES (continued)

Geriatric Outpatient Services

Integrated Case Management Services (ICMS)

Rutgers University Behavioral Healthcare
671 Hoes Lane, Piscataway, NJ 08855
(732)235-6184

<https://ubhc.rutgers.edu/clinical/community/community-based-programs.xml>

- Case management services for older adults diagnosed with severe and persistent mental illness in Middlesex County who have been discharged from a psychiatric hospital or are at risk of hospitalization.
- Referral Source: State or County Psychiatric Hospitals, Short Term Care Facilities (STCF), and Local Mental Health Service providers



Specialized Case Management and Outreach Services (SCMOS)

Rutgers University Behavioral Healthcare
671 Hoes Lane, Piscataway, NJ 08855
(732)235-6184

- Case management and outreach services for young adults, adults and the elderly who are unengaged and needing mental health services in Middlesex County.
- Referral Source: Individuals or families seeking service for the individual in need, outpatient or inpatient mental health providers, social service agencies and Aging-In Agencies.



George J. Otowski, Sr. Center for Mental Health Care

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

- Provides support and counseling to older adults with a wide range behavioral and emotional issue.

Division of Addictions & Mental Health Planning

Middlesex County Office of Human Services
75 Bayard Street, 5th Floor New Brunswick, NJ 08901
(732)745-4091

www.middlesexcountynj.gov

- Provides information and referral services for behavioral health care programs, with a focus on consumer empowerment, recovery awareness, prevention, wellness, cultural competence and ending stigma.



Jewish Family Services of Middlesex County

32 Ford Avenue, 2ndFloor Milltown, NJ 08850
(732)777-1940

- Provides counseling, support groups and multi-services for seniors.



COUNSELING/MENTAL HEALTH RESOURCES (continued)

Geriatric Outpatient Services

Catholic Charities Counseling and Wellness Services

www.ccdom.org

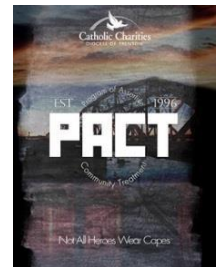
- Catholic Charities Family Service Center
- Provides counseling, psychiatric, and psychological services.
- Locations available:
 - 319 Maple Street, Perth Amboy, NJ 08861, (732)324-820
 - 288 Rues Lane, East Brunswick, NJ 08816, (732)257-6100
 - Abeel Street, New Brunswick, NJ, 08901 (732)447-2344



Program of Assertive Community Treatment (PACT)

(732) 324-8200

- Serves persons in the community with serious and persistent mental health illness.
- Locations available:
 - 319 Maple Street, Perth Amboy, NJ 08861, (732)324-8200
 - 288 Rues Lane, East Brunswick, NJ 08816, (732)257-6100
 - 24 Abeel Street, New Brunswick, NJ, 08901 (732)447-2344



Princeton House Behavioral Health – Senior Link Program

1-888-437-1610

<https://www.princetonhcs.org/>

- Behavioral partial hospital and intensive outpatient programs for seniors 65 and older suffering from major anxiety, depression, and other mood disorders.

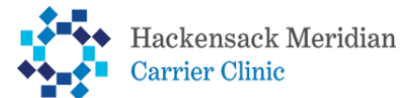


Carrier Clinic – Hackensack Meridian (Older Adult Program)

252 County Road 601, Belle Mead, NJ 08502

1-800-933-3579 available 24/7 www.carrierclinic.org

- Specialty treatment services for older adults suffering from psychiatric, emotional and addiction problems; including Alzheimer's disease and other related dementias.



DENTAL

Dental status is an important contributing factor to health and adequate nutrition in elderly.



JFK Medical Center - Dental Clinic

65 James Street, Edison, NJ 08820
(732)321-7608

- Services by appointment only; fees are on a sliding scale.

Jewish Renaissance Foundation

1931 Oak Tree Road, Edison, NJ 08820
(732)482-9600
Email: chc@jrfnj.org

- Offers sliding fee discount dental program.



Eric B. Chandler Health Center - Dental Department

Rutgers Robert Wood Johnson Medical School 277 George Street, New Brunswick, NJ
08901 (732)235-6700
www.rwjms.rutgers.edu

- Provides primary and preventive dental services. Sliding scale fee, Medicaid and private insurance accepted.



Senior Dental Program - NJ Dental Association

1 Dental Plaza, North Brunswick, NJ 08902
(732)821-9400 to apply
<https://www.njda.org/senior-dent>

- Eligible seniors receive a 15% courtesy discount from participating dentists.

Donated Dental Services Dental Lifeline Network – DDS Program

(732)821-3056 to apply
www.dentallifeline.org

- Dentists provide volunteer services for comprehensive treatment to eligible patients.

Jewish Renaissance Medical Center - Dental Clinic

275 Hobart Street, Perth Amboy, NJ 08861
(732)376-9333 Select option 2

- Dental services include exams, cleanings, fillings, crowns, denture replacements, extraction and much more. Charity Care, Medicaid NJ Family Care, and Private Insurance are accepted. Sliding Scale is offered.

NJ Dental Association Homebound Program

1-800-831-NJDA (6532)
www.njda.org

- Patients and caregivers needing a dental visit to their home should call to be connected with dentists who make house calls.

DISABILITY PLACARDS

Apply for Wheelchair Symbol Plates and Disability Placards



Options on how to apply:

1. Access application online at www.state.nj.us/mvc/pdf/vehicles/SP-41.pdf
2. Retrieve application from a motor vehicle agency
3. Request application through the mail.

Send request and/or completed application to:

New Jersey Motor Vehicle Commission Special Plate Unit
225 East State Street PO Box 015
Trenton, NJ 08666-0015

Reminders before submitting application:

1. Include a copy of the vehicle registration with the plate application.
2. An authorized medical practitioner must sign application. The following medical practitioners can authorize certifications: a physician, podiatrist, chiropractic physician, physician assistant or nurse practitioner licensed to practice in NJ or a bordering state or a physician stationed at a military or naval installation located in NJ who is licensed to practice in any state.

***Applicants without a driver's license or non-driver identification (ID) card must prove identity by meeting the 6 Points of ID verification requirements.**



DISABILITY SERVICES



NJ Division of Disability Services

11A Quaker Bridge Plaza, Mercerville, NJ 08619

1-888-285-3036 / (609)292-7800

<https://nj.gov/humanservices/dds/home/>

1. Traumatic Brain Injury Alliance

1-800-669-4323 | (732)745-0200

Email: info@bianj.org

- The Brain Injury Alliance of New Jersey is a statewide nonprofit organization dedicated to improving the quality of life people experience after brain injury.
- The New Jersey Traumatic Brain Injury Fund provides NJ residents who have a Traumatic Brain Injury the opportunity to access services and supports; to foster independence and maximize quality of life when insurance, personal resources and/or public programs are unavailable to meet those needs.



2. Personal Assistance Services Program (PASP)

Alliance Center for Independence

629 Amboy Avenue, Edison, NJ 08837

(732)738-4388 (TTY 732-738-9644)

www.adacil.org

- To support individuals with physical disabilities so that they can remain active in their community. Provides up to 40 hours per week of routine, non-medical personal care assistance to adults with permanent physical disabilities between the ages 18 and older who are employed, preparing for employment, attending school or involved in community volunteer work and able to self-direct their own services. Eligibility is not income based, but there is a cost share based on income.
- Information and referral, advocacy, resource center, training, group peer sharing, and case management.

3. NJ Workability

NJ Department of Human Services, Division of Disability Services

1-888-285-3036

- Offers people with disabilities 16-64 who are working, and whose income would otherwise make them ineligible for Medicaid, the opportunity to receive full Medicaid coverage.
- To Apply, visit : <https://njfc.force.com/abd/abdstart>

NJ Division of Developmental Disabilities

Department of Human Services

222 South Warren Street, Trenton, NJ 08608

1-800-832-9173

www.nj.gov/humanservices/dds

- If you are caring for an adult child diagnosed with an intellectual and/or developmental disability, you may be entitled to receive support services such as Medicaid, supervised housing, adult daycare, job training, independent living skills, and guardianship and case management services.



DISABILITY SERVICES (continued)

Crisis Response System-Crisis Assessment Response and Enhanced Services (CARES)

NJ Division of Developmental Disabilities, Department of Human Services

1-888-393-3007, 24 hours a day, 7 days a week

<https://www.nj.gov/humanservices/ddd/individuals/consumer/crs/>

- Provides crisis response and stabilization services for a period up to 120 days to adults age 21 and older with intellectual and developmental disabilities (I/DD). Trinitas Regional Medical Behavioral Health responds anywhere in NJ who are in mental or behavioral crisis.
- Prevents unnecessary hospitalizations by helping manage behavioral crisis in place.

Disability Connections: An Information and Resource Fair

Middlesex County Office of Aging and Disabled Services

75 Bayard Street, 5th Floor, New Brunswick, NJ 08901

(732)745-3295

www.middlesexcountynj.gov

- An information and resource fair for people with disabilities and their caregivers. The fair helps attendees find the benefits and services that are available in the county and takes place in October.

Arc of Middlesex County

219 Black Horse Lane, North Brunswick, NJ 08902

(732)821-1199

<https://thearc.org/chapter/middlesex-county/>

- Offers a variety of programs to help and advocate for children and adults with disabilities including family support, residential services, vocational services and supported employment.



Disability Rights NJ

210 South Broad Street, 3rd Floor, Trenton, NJ 08608

(609)292-9742 | (800)922-7233

TTY: 609-633-7106

www.drnj.org

- A private, non-profit, consumer-directed organization established to provide information and referral, technical assistance and training, individual and system advocacy, legal and non-legal advocacy, and outreach and education.

Easter Seal Society of NJ

25 Kennedy Blvd., Suite 600, East Brunswick, NJ 08816

(732)257-6662

www.easterseals.com

- Has numerous programs in the state that provide residential services, case management, day programs, employment services and recreation for people with disabilities and special needs.



DOMESTIC VIOLENCE

Lifesaving tools and support to empower victims and survivors find safety and live free of abuse.

NJ Domestic Violence Hotline (24-Hour Hotline)

1-800-572-SAFE (7233) Bilingual 1-800-787-3224 (TTY)

www.thehotline.org/help/

- Confidential access to domestic violence information/services, including crisis intervention, referral and advocacy. If not safe to call, log onto thehotline.org or text LOVEIS22522 use live chat service on website.

Women Aware (24-Hour Hotline)

(732)249-4504

Bilingual staff www.womenaware.net/

- Provides safety planning, crisis intervention and resources for victims of abuse.

Middlesex County Center for Empowerment

1-877-665-7273

<https://www.middlesexcountynj.gov/>

- The Center is the state designated sexual violence program for Middlesex County.
- If you or someone you care about has been affected by sexual assault, sexual harassment, stalking, sexual abuse, or any other form of sexual violence, support is available 24-hours a day by calling the toll-free hotline at 1-877-665-7273.
- Provides the following FREE services and programs: Counseling, Arts & Wellness Program, Advocacy, Prevention Education, Volunteer Program and Sexual Violence Prevention Coalition.

Central Jersey Legal Services – Domestic Violence Representation Project (DVRP)

317 George Street, Suite 201, New Brunswick, NJ 08901

313 State Street, Suite 308, Perth Amboy 08861

(732)249-7600 for Middlesex County (DVRP) 732-572-9100/ 888-576-5529

<https://centraljerseylegalservices.org> www.lsnj.org/cjls

- Provides legal assistance with divorce and restraining orders for domestic violence survivors.

Woodbridge Township D.V.R.T

(732) 634 4500 ext. 2802

<https://woodbridgedvrt.org/>

- Provides around-the-clock support to victims, meeting with them at Police Headquarters to offer resources and guidance.

End Domestic Violence

DOMESTIC VIOLENCE (continued)

Partners for Women and Justice

(732)535-6318 | Text: 732-535-6318 | Email: gethelp@partnersnj.org

<https://partnersnj.org/>

- Provides free legal representation or advice and counsel to low-income victims of domestic abuse in final restraining order hearings and related family law matters in Middlesex County.

New Jersey Address Confidentiality Program (ACP) Hotline

New Jersey Department of Children and Families – Division on Women

1-877- 218-9133 Toll Free-Non-Emergency

www.nj.gov/dcf/women/acp/

- Statewide program that provides a legal, substitute address for victims and survivors of domestic violence, stalking, sexual violence, and reproductive health patients and providers. The intent of ACP is to protect the location of a survivor's physical address (residential, work and/or school) as part of a comprehensive plan to reduce the risk of future harm. All state and local government agencies must accept the legal substitute address as the participant's legal address of record.
- ACP relies on the assistance of victim service agencies and other private entities to enroll participants in the program. To meet eligibility criteria, applicants must have experienced fear or threat of abuse and must relocate to a new location. ACP is unable to remove addresses that are already publicly recorded but can protect future exposure.
- Services include: Enrollment, processing and mail forwarding service, advocacy and direct assistance to enrolled participants, outreach and training to public and private agencies and application assistants.



ELDER ABUSE

If you are aware of or suspect abuse, neglect or financial exploitation of a vulnerable adult living in Middlesex County, please call Adult Protective Services at (732)745-3635. Reports can be made by anyone, and the person making the report is assured anonymity if requested.

Adult Protective Services

Family and Children Services of Monmouth County-FCS

191 Bath Avenue, Long Branch, NJ 07740

(732)745-3635

www.fcsmonmouth.org



- APS investigates reports of abuse, neglect and exploitation of vulnerable adults living in the community.
- Who is at risk?
Vulnerable adults who cannot adequately protect themselves, the frail, mentally or physically disabled, and those who live alone and are isolated with no family or other social support.
- **What is Elder Abuse?** Abuse may be physical, psychological, sexual, or financial.

5 Things you can do to prevent elder abuse and neglect:

1. **Learn the signs:** lack of basic hygiene or adequate food, inadequate food, inadequately explained fractures, bruises, welts, unexplained changes in behavior such as withdrawal from normal activities.
2. **Prevent isolation:** Call or visit older loved ones on a regular basis to ask how they are doing.
3. **Provide respite** breaks for caregivers.
4. **Be aware** of significant withdrawals from the elder's bank and investment accounts as these could serve as an indicator of financial exploitation.
5. **Talk** to friends and family members, a local senior center, Division on Aging, and/or local police department.

Office of the Ombudsman for the Institutionalized Elderly

NJ Long-Term Care Ombudsman-LTCO

1-877-582-6995

www.state.nj.us/ooie/

- Advocates for the rights of elderly residents of long-term care facilities and investigates allegations of abuse, neglect and exploitation of vulnerable institutionalized elderly by providing conflict resolution, education and guidance to families and facilities.
- To file a complaint, call 1-877-582-6995 or email ombudsman@ltco.nj.gov or write to: NJ LTCO, PO Box 852, Trenton, NJ 08652-085

NJ Department of Health Facilities, Evaluation and Licensing

Complaint Hotline: 1-800-792-9770

www.state.nj.us/health/healthfacilities/

Department of Health, P.O. Box 360, Trenton, NJ 08625-0360



- For complaints and reports of concerns about health care settings quality of care, such as hospitals, nursing homes, assisted living residences, home health care, medical day care and others.

EMERGENCY SERVICE REGISTRIES



New Jersey Office of Emergency Management

www.ready.nj.gov

Call (24/7): 1-800-962-1253 or call 2-1-1



NJ Register Ready

www13.state.nj.us

- “New Jersey’s Special Needs Registry for Disasters” allows NJ 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.

Staying Informed – Your Kit/Your Plan

- The NJ Office of Emergency Management provides numerous ways for NJ residents to stay informed before, during and after emergencies. Visit www.ready.nj.gov to learn how you can receive alerts and warnings from public safety officials, including Your Kit/Your Plan on things you can do to prepare for the unexpected.



Personal preparedness is the first line of defense during effects of a disaster. The government and other agencies may not be able to meet your needs during an emergency. All citizens should make their own emergency plans and prepare for their own care and safety in an emergency. Registering on this site is not a guarantee that emergency officials will be able to assist you in an emergency.

Public Health Services

To learn how people with access and functional needs can prepare for disasters:

- NJ Office of Emergency Management| ReadyNJ (NJOEM):
<https://nj.gov/njoem/>
- Federal Emergency Management Agency (FEMA):
1-800-480-2520 www.fema.gov
- New Jersey Department of Health (NJDOH):
Public Call Center (866)321-9571 www.state.nj.gov/health
- NJDOH Office of Emergency Medical Services (OEMS):
(609)633-7777 www.nj.gov/health/ems
- NJDOH Communicable Disease Services:
(609)826-5964 <http://nj.gov/health/cd/>
- New Jersey Poison Control Center: 1-800-222-1222
- U.S. Department of Health & Human Services - Centers for Disease Control and Prevention (CDC): 1-888-246-2675 (English) 1-888-246-2857 (Espanol) OR visit: www.cdc.gov



FEMA



ENERGY AND UTILITY ASSISTANCE

Get help paying your electric, gas, deliverable fuel, water and sewer bills.

DCAid

New Jersey Department of Community Affairs

<https://dcaid.dca.nj.gov/en-US/>



- Check your eligibility for a variety of utility assistance programs, including the following: Low Income Home Energy Assistance Program (LIHEAP)/Universal Service Fund (USF), Low Income Water Assistance Program (LIHWAP), USF-Fresh Start, and Weatherization Assistance Program (WAP).
- See below for more information about the above programs.

Low Income Home Energy Assistance (LIHEAP)

PRAB

90 Jersey Avenue, New Brunswick, NJ 08901 (732)828-4510

www.nj.gov/dca/divisions/dhcr/offices/energy.html



- LIHEAP or HEA helps low-income households pay for heating and cooling costs (includes: electric, natural gas, oil and other deliverable fuels). Even if your heat is included in your rent, you may qualify. LIHEAP grants are in the form of a credit on utility bills or a check for tenants/oil providers. LIHEAP benefits are also available for medically necessary cooling costs and may provide emergency assistance funds. LIHEAP provides grants in the winter so that eligible households can pay their heating bills and continue using heating equipment. Applications are accepted from October 1st through July 31st. Administered by the Department of Community Affairs.
- Mail application to PRAB. Download and print application at: <https://www.nj.gov/dca/divisions/dhcr/forms/docs/heaapplf>.
- Apply online at <https://dcaid.dca.nj.gov/en-US/>

Lifeline Utility Assistance Program

NJ Department of Human Services, Division of Aging Services 1-800-792-9745

www.aging.nj.gov



- Assists with electric and gas utility costs. Eligible low-income senior citizens and the disabled who are on PAAD or Supplemental Security Income (SSI) including homeowner utility customers, as well as tenants whose utility bills are included in their rent can receive a \$225 annual benefit in the form of a credit on electric and gas utility bills or a \$225 annual benefit in the form of a check to eligible tenants.
- Apply with the NJSave application at: www.aging.nj.gov

Universal Service Fund (USF)

PRAB

90 Jersey Avenue, New Brunswick, NJ 08901

(732)828-4510

www.nj.gov/dca/divisions/dhcr/offices/energy.html

- USF can lower the amount you have to pay for natural gas and electricity for low income households by providing a monthly credit on your utility account. Check off USF when applying for LIHEAP. Administered by the Department of Community Affairs.
- Mail application to PRAB. Download and print application at: <https://www.nj.gov/dca/divisions/dhcr/forms/docs/heaappl.pdf>
- Apply online at <https://dcaid.dca.nj.gov/en-US/>

ENERGY AND UTILITY ASSISTANCE (continued)

Energy assistance programs designed to help low-income families/ individuals meet home heating, and medically necessary cooling costs.

New Jersey Fresh Start Program

PRAB

90 Jersey Avenue, New Brunswick, NJ 08901

(732)828-4510

<https://www.nj.gov/dca/divisions/dhcr/offices/energy.html>

- If you have a balance of \$60 or more on your energy bill when you are enrolled in the USF program, you may be eligible for additional benefits under the New Jersey Fresh Start Program, which is a component of the USF program and is usually only available for your first year of participation in USF.
- Fresh Start is a partnership between the customer and USF to forgive past due balances and improve your payment record. Simply pay your current monthly charges on time and in full every month and after 12 months of full on-time payments, your pre-USF program overdue balance will be erased. **You cannot apply for Fresh Start**; if you are eligible for Fresh Start, you will be automatically enrolled by your energy company and will be sent additional information in the mail about how the Fresh Start program works.

Low Income Water Assistance Program (LIHWAP)

LIHWAP Call Center at 1 800-510-3102

<https://dcaid.dca.nj.gov/en-US/>

- LIHWAP is offered to provide the citizens of NJ the ability to apply for debt relief of their water and sewer utilities. An LIHWAP arrearage grant will assist citizens who have *fallen behind* on their utility (water and sewer) payments.
- Apply at <https://njdca-housing.dynamics365portals.us/en-US/> or call 1-800-510-3102

NJ SHARES Program

1-866-657-4273

www.njshares.org/

- Assists Senior Citizens and Disabled applicants 65 years of age or older and applicants receiving Federal Social Security Disability (SSD) in need of temporary help paying their energy bills due to financial crisis.
- Apply online or download, print and mail application on their website.



Payment Assistance for Gas and Electric (PAGE)

(732)982-8710

<https://njpoweron.org/page/page-application/>

- PAGE grants help gas and electric customers to prevent disconnection of service or restore service. PAGE-Payment Assistance for Gas and Electric is an annual assistance program designed to help households who are experiencing economic hardship and struggling to pay their electric and natural gas bills. If you rent or own a home and are NOT currently receiving USF or HEA, are facing a crisis that includes a documented notice of overdue payment for gas and/or electric service and have a past history of making regular payments towards your utility bills—you may qualify.
- Apply online or download, print and mail application.



ENERGY AND UTILITY ASSISTANCE (continued)

Winter Termination Program (WTP)

Board of Public Utilities 1-800-624-0241

- Protects residential customers from disconnection of natural gas and electric service from November 15th to March 15th if on Federal and State programs such as: Pharmaceutical Assistance to the Aged and Disabled (PAAD), Supplemental Security Income (SSI), USF, LIHEAP, Lifeline Utility Assistance Program. Persons unable to pay their utility bills because of circumstances beyond their control may request protection of WTP.

Reduce your heating and cooling costs with FREE Energy upgrades to your home.



Comfort Partners

Board of Public Utilities-Clean Energy Program 1-800- 915-8309.

www.njcleanenergy.com/residential/programs/comfort-partners/comfort-partners

- Energy saving program that directly installs energy savings measures FREE of charge for qualified low-income seniors to lower energy bills. Households that receive USF, Lifeline and/or PAAD are eligible. Must be primary residence and ratepayer of gas or electric utility.
- Installation of cost-effective energy measures in the home can include: Water heater insulation, Energy-saving showerheads, Replacement of inefficient refrigerators and thermostats, Insulation of attic, Heating and cooling equipment efficiency measures
- Apply online or call.

Weatherization Assistance Program (WAP)

PRAB

90 Jersey Avenue, New Brunswick, NJ 08901 (732)828-4510

www.nj.gov/dca/divisions/dhcr/offices/wap.html



- Assists low-income elderly in weatherizing their homes, improving their heating system efficiency and conserving energy for FREE. Households that receive Pharmaceutical Assistance to the Aged and Disabled (PAAD), USF, and Lifeline are eligible.
- A FREE home energy assessment to see how much money can be saved on energy bills through weatherization will be conducted and the installation of recommended free energy efficiency measures may include: Sealing cracks and drafts to reduce heat loss, Insulation upgrades, example: attics, Efficient lighting upgrades, Inefficient refrigerator and thermostat replacement, Window sealing, Hot water conservation measures, and much more.
- Apply using the LIHEAP application and check off Weatherization. Download and print application at: <https://www.nj.gov/dca/divisions/dhcr/forms/docs/heaappl.pdf>.
- Mail application to PRAB.

ENTERTAINMENT AND RECREATION

PNC Bank Arts Center

116 Garden State Pkwy, Holmdel

Garden State Arts Foundation, Senior Citizen Performances

(732)442-9200

gsafoundation.njta.com/events.html

- Senior performances are presented FREE of charge by the Garden State Arts Foundation for New Jersey's senior citizens and residents with special needs.
- In order to obtain tickets, you must be on the mailing list. Send your name, address, and proof of age to: Garden State Arts Foundation, Inc., Attention: (name of performance you wish to attend) P.O. Box 5013, Woodbridge, NJ 07095-5013.



Middlesex County Office of Aging and Disabled Services

75 Bayard Street, 5th floor, New Brunswick, NJ 07095

(732)745-3295

• **90's Birthday Bash**

An annual luncheon and celebration to recognize county residents over the age of 90. There are four 90's Birthday Bash Luncheons held throughout the County during the month of May which is National Older Americans Month.

• **Senior Citizen Art Contest**

An annual juried contest and show that promotes the creative talents of seniors residing in Middlesex County. The art contest is held at Middlesex County College during the months of July and August.

• **Senior Health and Fitness Walk**

An annual county-wide event which promotes the benefits of exercise and healthy living to Middlesex County seniors. The walk is held every September at Roosevelt Park in Edison.



Middlesex County Office of Parks and Recreation

(732)745-3900

www.middlesexcountynj.gov/About/ParksRecreation/Pages/default.aspx

Office of Arts and History: Division of Arts and History

Program Services

(732)745-4489

www.middlesexcountynj.gov/about/artsculture/Pages/default.aspx



HEALTH CENTERS

A Federally Qualified Health Center (FQHC) is a nonprofit or public community health center that fulfills certain health service criteria and receives specific government reimbursements and funding. FQHCs offer comprehensive primary care, sliding scale fees, service to medically underserved areas or populations, and provide medical service regardless of ability to pay.

Eric B. Chandler Health Center- Main Facility

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

<https://www.rwjms.rutgers.edu/eric-b-chandler-health-center/english/overview>

- Primary care services available: family medicine, internal medicine, infectious disease, pediatrics, obstetrics and gynecology, podiatry, family planning, and laboratory services.
- Dental services include: preventive, restoration, and curative.
- Other services of the center include social services, community outreach, nutrition, and health education.
- Medicaid, Medicare, and various types of managed care and private insurance plans are accepted. The center also offers a sliding fee scale, which is updated annually based upon the Federal Poverty guidelines.



Jewish Renaissance Foundation- Community Health Center

1931 Oak Tree Road, Edison NJ 08820
(732) 482-9600

www.jrfnj.org/

- Primary care services available: Annual Physicals, blood draw for blood tests, pediatrics, gynecology (pap smear), acute and chronic health management, and referrals to specialists.
- Mental health services available: behavioral health consultations and referrals and counseling services.
- Dental Care: dental exams, cleanings, fillings, crowns, dentures and tooth replacements, fluoride treatments, gum disease treatment, radiography, simple extractions, non-molar root canal therapies. Referrals for surgical care and complex diagnostic testing.
- Personalized assistance offered with applying for NJ Family Care and/or enrolling in Affordable Care Act coverage through the Healthcare Marketplace.



Jewish Renaissance Medical Center

275 Hobart Street, Perth Amboy, NJ 08861
(732) 376-9333 | Email: contactus@jrmc.us
www.jrmc.us

- Services include: preventative primary care, pediatric services, women's health, nutritional counseling, endocrinology care, onsite laboratory services, pharmacy services and physicals.
- Dental care includes: primary dental care (exams, cleanings and fillings), crowns, dentures and replacements, fluoride treatments, gum disease treatments, simple extractions, radiographs, and non-molar root canal. Referrals for surgical care and complex diagnostic testing.



HEALTH CENTERS (continued)

Middlesex County Public Health Clinic

596 Jersey Avenue, Suite B, New Brunswick, NJ 08901
(732)565-3788

- Adult immunizations, STD and HIV screening, treatment, follow-up and referral.

The Middlesex County Office of Health Services
75 Bayard Street, New Brunswick, NJ 08901
(732)745 3100

<https://www.middlesexcountynj.gov/>

- Offers FREE flu shots to Middlesex County residents (Proof of residency required) 6 months of age and over that meet the eligibility requirements.
- Visit the website above or call 732-745-3100 to inquire about the time and location of Flu Clinics.

State of New Jersey Department of Health -Federally Qualified Health Centers (FQHCs)

<https://www.nj.gov/health/fhs/primarycare/fqhc/>

- New Jersey's Federally Qualified Health Centers (FQHCs) deliver high quality health care to all people regardless of their ability to pay.
- Medicaid, NJ FamilyCare, Medicare and private insurance accepted.
- If you are uninsured, fees are charged based on your income level using a sliding fee scale. No one is ever turned away for lack of funds.
- Health centers provide a wide range of services which include: Comprehensive Primary and Preventive Health Care, Pediatric Services , Dental Care , Women's Health, Behavioral/Mental Health, Lab Services , HIV/AIDS Counseling and Testing , and much more
- To locate the health center nearest you, please visit:<https://healthapps.state.nj.us/fhs/cphc/cphcSearch.aspx> .



HEARING

Having trouble hearing can make it hard to understand and follow a doctor's advice, to respond to warnings, and to hear doorbells and alarms. It can also make it hard to enjoy talking with friends and family. All of this can be frustrating, embarrassing, and even dangerous. Hearing can play a major role in keeping your memory and your brain sharp.



Hearing Aid Assistance to the Aged and Disabled (HAAAD)

NJ Department of Human Services – Division of Aging Services 1-800-792-9745
www.state.nj.us/humanservices/doas/home/haaadetail.html

- Provides a \$500 reimbursement to eligible persons who purchase a hearing aid or \$1000 for two hearing aids.
- One reimbursement is allowed per calendar year. If a hearing aid is purchased in a subsequent calendar year, a new HAAAD application is required.
- Beneficiaries must be currently enrolled in the Pharmaceutical Assistance to the Aged and Disabled (PAAD) program or Lifeline Utility Assistance (Lifeline) program, or meet the PAAD and Lifeline income eligibility criteria.
- Call 1-800-792-9745 for income eligibility criteria, to request an application or complete an NJSave application online at www.aging.nj.gov.

NJ Division of Deaf and Hard of Hearing – Hearing Aid Project

1-800-792-8339

<https://www.nj.gov/humanservices/ddhh/services/hearingaid/project/>

- Provides reconditioned hearing aids to income eligible seniors or individuals who have a hearing loss and are disabled receiving Social Security Disability Income (SSDI). PAAD beneficiaries automatically qualify. Other services include: interpreter referral service, information and referral hotline, and telephone equipment.
- A program to ensure that New Jersey residents with hearing loss have access to telecommunications and visual alerting status home safety equipment needed to live independently.
- Free devices such as an amplified telephone, Captel telephones which display every word the caller says throughout the conversation with real-time captioning for someone with hearing loss at no cost, and smoke detector.

Clear Captions

1-866-868-8695

www.clearcaptions.com

- Federally funded program offers telephones with real-time captioning for someone with hearing loss at no cost.

CapTel

1-800-233-9130

www.captel.com

- Federally-funded program offers captioned telephones which display caller conversation.

HOME CARE SUPPORT PROGRAMS

You may be used to handling everything yourself, dividing duties with your spouse, or relying on family for minor help around the home. However, as you get older and your circumstances change, getting around and taking care of yourself can become more and more difficult. Home care services are supports to help older adults remain safe, independent and engaged in leading enriched lives in their own home.

Middlesex County Office of Aging and Disabled Services

75 Bayard Street, New Brunswick, NJ 08901

(732)745-3295 to apply to Home Care Programs

www.middlesexcountynj.gov and search: aging and disabled services



- **Who?** In-home care services and care management services are available to senior citizens and physically disabled residents (18-64yo) who qualify based on income and assets.
- **How?** Call the Middlesex County Office of Aging for more information and applications for home care programs.
- **What is Home Care?** Home care provides assistance with activities of daily living such as:
 - Bathing, showering, and dressing
 - Light housekeeping, personal laundry, and meal preparation
 - Social and Medical Adult Day Care for those who require a safe, supervised environment outside the home.
 - Barrier Free Assistance-lifetime grant for home modifications to make the home safe and accessible.
 - Home Delivered Meal Service
 - Respite Care for caregivers in-home or at a facility.
 - Special Medical Equipment and Supplies and Personal Emergency Response System
- **Types of Home Care Programs:**
 1. **Jersey Assistance for Community Caregiving (JACC)**

Provides in-home services to seniors at risk of placement in a nursing home. JACC is designed to supplement the assistance given by the individual's caregiver. Qualified individuals may have the opportunity to hire their own eligible family, friends, or neighbors to provide the care they need.
 2. **Middlesex County Multi-Assistance Program (MCMAP)**

Provides in-home health care support services to homebound/frail elderly to help remain safe in the community.
 3. **Statewide Respite Care Program (SRCP)**

Provides family members and non-paid caregivers a break from the daily responsibility of caring for an elderly person. SRCP provides short-term relief to a caregiver and may include adult day care, home care, companion services, or a short stay in a facility. Qualified individuals may have the opportunity to hire their own eligible family, friends, or neighbors to provide the care they need.
 4. **Managed Long Term Services and Supports (MLTSS)**

A Medicaid NJFamily Care program, which helps senior citizens who require long-term care at home or in a nursing home. Call the Middlesex County Office of Aging to start the process.



HOUSING RESOURCES

Housing Choice Voucher Program for Woodbridge Township ONLY

Woodbridge Housing Authority
800 Bunns Lane, Woodbridge
(732)634-2750

<https://woodbridgehousingauthority.org/>

- Provides rent subsidy to low and very low-income households and individuals.



NJ Department of Community Affairs

Division of Housing and Community Resources
PO Box 800, Trenton, NJ 08625-0800
www.state.nj.us/dca/

(609) 292-4080

- Administers housing assistance programs such as the Homelessness Prevention Program (HPP), the Housing Choice Voucher Section 8 Program (Section 8) and the State Rental Assistance Program (SRAP).



New Jersey Housing and Mortgage Finance Agency (NJHMFA)

NJ Department of Community Affairs
45 Kilmer Road, Edison, NJ 08817
(609) 278-7400

<https://nj.gov/dca/hmfa/index.shtml>

- Advances the quality of life for residents of and communities throughout New Jersey by investing in, financing, and facilitating access to affordable rental housing and homeownership opportunities for low and moderate-income families, older adults, and individuals with specialized housing needs.
- Programs include first-time homebuyer programs, foreclosure prevention support and foreclosure hardship relief, and housing assistance programs.
- Contact 1 (855) 647-7700 for information about the *Emergency Rescue Mortgage Assistance (ERMA)* Program or visit <https://njerma.com/>

New Jersey Housing Resource Center

Administered by the New Jersey Housing and Mortgage Finance Agency
1(877) 428-8844.

<https://nj.gov/njhrc/>

- A FREE, online searchable registry of affordable and accessible housing units throughout the State of New Jersey, including: Affordable Rental Housing, Affordable For-sale Housing and Housing with Accessibility Features.
- Visit <https://nj.gov/njhrc/> and to find housing, click the "Find Housing" tab. To begin your search, choose your desired type of housing. Your results will open in a new window.

CGP&H/ AffordableHomesNewJersey.com

HOW TO APPLY: For application call CGP&H at (609)664-2769 Ext.5 or apply online at www.AffordableHomesNewJersey.com.

HOUSING RESOURCES (continued)

Affordable Housing Online

<https://affordablehousingonline.com>

- Sign Up for Housing Choice Voucher Wait List Alerts and Public Housing Wait List Alerts.
- Search low income and affordable senior apartments and waiting lists.

NJ Public Housing Authorities

<https://www.housingauthority.us/state/new-jersey>

- Housing Authorities maintain local housing choice programs (Section 8) and low-income housing lists. They also provide other rental housing assistance to those who require help. Find contact information, public housing, and low income housing in your area.

Housing Coalition of Central Jersey (HCCJ)

Puerto Rican Action Board (PRAB), 90 Jersey Avenue, New Brunswick, NJ 08901

<https://prab.org/programs/housing-services>

(732) 249-9700 or (732) 828-4510 ext.124

- Homeowner at Risk of Foreclosure: Receive counseling; explore options to avoid foreclosure, including mortgage modification, mortgage assistance, housing assistance and homelessness prevention.
- Landlord-Tenant Resolution: Receive information on rights and responsibilities, and tenants who are summoned to court receive assistance with state, county, or local intervention.

Homesharing INC.

(908)526-4663

www.homesharing.org

- Home “providers” who have a separate bedroom for rent.

Central Jersey Legal Services

317 George Street, New Brunswick, NJ 08901 (732)249-7600

- Assistance with housing problems such as eviction, foreclosure, rent issues, tenant issues, Section 8 and other public housing problems, and housing discrimination.

Middlesex County Clerk’s Office of Property Alert Service –FREE Registration

<https://mcrecords.co.middlesex.nj.us/propertyalert>

(732)745-3364 or (732)745-3365

- Sign up for e-mail alerts if a document with your name or property description is recorded in the Middlesex County Clerk’s Office for any type of land owned in Middlesex County. Visit website to register.
- Property and mortgage fraud is a fast growing scam with individuals recording fraudulent documents like fake deeds or fake liens against property owners.

Browse Apartments for Rent

- www.apartments.com
- www.apartmentfinder.com
- www.rent.com



HOUSING RESOURCES (continued)

**Apartments for seniors and/or disabled have income eligibility guidelines and age restrictions apply.
For NJ Public Housing Authorities/Section 8 Housing visit:
<https://www.housingauthority.us/state/new-jersey>**

<p>CARTERET Carteret Housing Authority 96 Roosevelt Avenue Carteret, NJ 07008 732-541-6800 TDD/TTY: 800-545-1833 ext. 845 www.ci.carteret.nj.us</p> <p>Jeanette Smith Village A1 Edwin Street Carteret, NJ 07008 732-541-6800</p> <p>Joseph Hermann Gardens Union Street Carteret, NJ 07008 732-541-6800</p> <p>Victoria Copeland Senior Home Union Street Carteret, NJ 07008 732-541-6800</p>	<p>EDISON Edison Housing Authority Willard Dunham Drive Edison, NJ 08837 732-549-3301 www.edisonha.org</p> <p>Inman Grove Senior Housing 1061 Inman Avenue Edison, NJ 08820 908-561-2203</p> <p>Julius Engel Gardens Willard Dunham Drive Edison, NJ 08837 732-572-4420</p> <p>Residence at Roosevelt 1 Roosevelt Drive Edison, NJ 08837 732-844-8491 www.pennrose.com/apartments/new-jersey/residence-atroosevelt-park</p>	<p>JAMESBURG Barclay Village 20 Lake Street Jamesburg, NJ 08831 732-521-5003</p> <p>METUCHEN Metuchen Senior Citizens Housing 35 Lincoln Avenue Metuchen, NJ 08840 732-494-6700</p> <p>MIDDLESEX Watchung Terrace 100 Watchung Terrace Middlesex, NJ 08846 732-356-0681</p> <p>NEW BRUNSWICK New Brunswick Housing Authority 7 Van Dyke Avenue New Brunswick, NJ 08901 732-745-5157 www.newbrunswickhousing.org</p>
<p>CRANBURY Cranbury Housing Associates, Inc. 216 Rockingham Row Princeton, NJ 08540 609-786-1102 www.cranburyhousing.org</p> <p>EAST BRUNSWICK Halls Corner 551 Cranbury Road East Brunswick, NJ 08816 732-257-1906 www.eastbrunswick.org 62 and older only</p> <p>Oak Creek Village 401 New Brunswick Avenue East Brunswick, NJ 08816 732-254-4488 www.eastbrunswick.org</p>	<p>Robert E. Holmes Gardens 14 Rev. Samuel Carpenter Blvd. Edison, NJ 08820 908-561-2525 www.edisonha.org</p> <p>Village Court Seniors 3 2 North Reading Road Edison, NJ 08817 732-744-1464</p> <p>HIGHLAND PARK AHEPA - Highland Apartments 239 South 6th Avenue Highland Park, NJ 08904 732-572-0700</p> <p>Samuel J. Kronman Complex 242 South 6th Avenue Highland Park, NJ 08904 732-572-4420</p>	<p>55 Harvey at Providence Square 55 Harvey Street New Brunswick, NJ 08901 732-387-6548 TDD: 800-545-1833 ext. 648</p> <p>John P. Fricano Towers 90 Neilson Street New Brunswick, NJ 08901 732-246-7681</p> <p>Livingston Manor 116 Livingston Avenue New Brunswick, NJ 08901 732-387-6528</p> <p>Lord Stirling Senior Apts. 40 Hassart Street New Brunswick, NJ 08901 732-214-9381</p>

HOUSING RESOURCES (continued)

<p>Providence Square 217 Somerset Street New Brunswick, NJ 08901 732-828-4083</p> <p>St. Mary's Apartments 260 Remsen Avenue New Brunswick, NJ 08901 732-247-8470</p> <p>NORTH BRUNSWICK No. Brunswick Housing Authority 710 Hermann Road North Brunswick, NJ 08902 732-549-3301</p> <p>Martin Gerber Apts. 5 50 Remsen Avenue North Brunswick, NJ 08902 732-246-7788</p> <p>North Brunswick Senior Housing 740 Hermann Road North Brunswick, NJ 08902 732-296-7122</p> <p>OLD BRIDGE Old Bridge Housing Authority 2000 Route 18 North Suite 100 Old Bridge, NJ 08857 732-607-6383 www.oldbridgehousing.com</p> <p>Birchwood at Old Bridge 100 Mimi Road Old Bridge, NJ 08857 732-416-1400</p> <p>Chuck Costello Complex 1998 Rt. 18 North Old Bridge, NJ 08857 732-679-0534 For individuals with special needs.</p> <p>Maher Manor 2000 Rt. 18 North Old Bridge, NJ 08857 732-679-1763</p>	<p>Rotary Senior Housing 100 Ticetown Road Old Bridge, NJ 08857 732-679-9070</p> <p>PERTH AMBOY Perth Amboy Housing Authority 881 Amboy Avenue Perth Amboy, NJ 08861 732-826-3110 www.perthamboyha.org</p> <p>High Street Apartments 315 High Street Perth Amboy, NJ 08861 732-826-4222</p> <p>The Parkview 618 New Brunswick Avenue Perth Amboy, NJ 08861 732-324-1600</p> <p>Richard F. Stack Apartments 333 Rector Street Perth Amboy, NJ 08861 732-826-3110</p> <p>Wesley T. Hansen Apartments 415 Fayette Street Perth Amboy, NJ 08861 732-826-3110</p> <p>PISCATAWAY Piscataway Affordable Housing 505 Sidney Road Piscataway, NJ 08854 732-562-6570</p> <p>Sterling Village 1 Sterling Village Drive Piscataway, NJ 08854 732-699-0033</p> <p>SAYREVILLE Sayreville Housing Authority Gillette Manor 650 Washington Road Sayreville, NJ 08872 732-316-0177 www.sayrevilleha.org</p>	<p>Lakeview at Sayreville 1 Kulas Lane Parlin, NJ 08859 201-592-9020</p> <p>SOUTH AMBOY South Amboy Housing Authority 250 South Broadway South Amboy, NJ 08879 732-721-1831 www.southamboyhousing.com</p> <p>Hillcrest Manor at South Amboy, LLC 2097 Route 35 South Amboy, NJ 08879 732-721-5300</p> <p>Robert Noble Manor 241 Gordon Street South Amboy, NJ 08879 732-721-7500</p> <p>Dohaney Homes Affordable Housing 250 South Broadway South Amboy, NJ 08879 732-721-1831</p> <p>Woodrow McCarthy Towers 250 South Broadway South Amboy, NJ 08879 732-721-1831</p> <p>SOUTH BRUNSWICK Citizens for Independent Living 100 Woods Lane Monmouth Junction, NJ 08852 732-355-0620 www.southbrunswickcil.com</p> <p>Charleston Place 3424 Route 27 Kendall Park, NJ 08824 732-297-7966</p> <p>Oak Woods Senior Residence 700 Woods Lane Monmouth Junction, NJ 08852 732-355-9009</p>
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HOUSING RESOURCES (continued)

1401 Jones Drive
Princeton, NJ 08540
732-329-6807
www.emess.com

SOUTH PLAINFIELD

South Plainfield Senior Residence
151 Morris Avenue
South Plainfield, NJ 07080
908-755-6600

SOUTH RIVER

South River Landing
20 Wojie Way
South River, NJ 08882
732-238-3838

Willett Manor
340 Whitehead Avenue
South River, NJ 08882
732-257-8221

SPOTSWOOD

Crescent Park
1 Arlington Avenue
Spotswood, NJ 08884
732-723-0008

Woodmere Senior Housing
250 Crescent Avenue
Spotswood, NJ 08884
732-251-3242

How do you qualify for low-income housing in NJ?

Families must be income eligible based on the median income of the area of the apartment. We provide the income information on how to qualify.

Where do I find New Jersey Section 8 Housing?

Local New Jersey PHA's (Public Housing Authorities) provide open Section 8 properties during when the waiting lists are open. See our listings for more information.

How does HUD housing work in New Jersey?

You must qualify for the HUD apartments in the area you are searching. Then, you need to apply directly at the location or through the Public Housing Authority.



IMMIGRATION AND CITIZENSHIP

Office of New Americans

New Jersey Department of Human Services

P.O. Box 0700, 222 South Warren Street, Trenton, NJ 08625

NJ State Refugee Coordinator: Patrick Barry 609.633.6594 / Email: ona@dhs.nj.gov

- Supports new Americans through outreach and education, and works on priorities to build trust, improve access to social services, workforce development and employment services, and legal services for immigrants. The ONA seeks to increase accessibility to State programs available to new Americans, including those who speak languages other than English. The ONA also serves as a resource for other state agencies to amplify education and outreach on state initiatives and programs to ensure they reach all new American communities in our state.
- **Welcome to New Jersey, Information for Newcomers Booklet**
 - A welcome packet with resources and services: legal services, food, income assistance, health care, mental health services, school enrollment, state identification card, and transportation.
 - **English version:**
https://www.nj.gov/humanservices/njnewamericans/newcomers/docs/Welcome-Booklet_en2.pdf
 - **Spanish version:**
https://www.nj.gov/humanservices/njnewamericans/newcomers/docs/Welcome-Booklet_sp2.pdf

U.S. Department of Homeland Security Citizenship & Immigration Services (USCIS)

970 Broad Street, Newark, NJ

07102 www.uscis.org

USCIS National Customer Service Center

1-800-375-5283 TTY 800-767-1833

The following agencies provide assistance in citizenship services:

<p><u>Catholic Charities</u> 319 Maple Street Perth Amboy, NJ 08861 (732)324-8200</p>	<p><u>Puerto Rican Action Board (PRAB)</u> Boaz Immigration & Counseling Program 90 Jersey Avenue New Brunswick, NJ 08901 (732)828-4510</p>	<p><u>El Centro Hispano Americano</u> 525 East Front Street Plainfield, NJ 07060 (908) 753-8730</p>
<p><u>Catholic Charities</u> 56 Throop Avenue New Brunswick, NJ 08901 (732)324-8200</p>	<p><u>Jewish Family Services of Middlesex County</u> 32 Ford Avenue Milltown, NJ 08850 (732)777-1940</p>	<p><u>Casa Esperanza NJ</u> 213 West Union Avenue (Rt. 28) Bound Brook, NJ 08805 (732)748-1111</p>

IMMIGRATION AND CITIZENSHIP

Office of Refugee Resettlement

Administration of Children and Families
United States Department of Health and Human Services
330 C Street, S.W., Washington, D.C. 20201
<https://www.acf.hhs.gov/orr>

NJ State Refugee Coordinator: Patrick Barry 609.633.6594

NJ State Refugee Health Coordinator: Christi Mason 609.633.7720

- Helps new populations maximize their potential in the United States by linking them to critical resources that assist them in becoming integrated members of American society.
- ORR benefits and services are available to eligible persons from the following groups: Refugees, Asylees, Cuban/Haitian entrants, Special Immigrant Visa (SIV) holders, Amerasians, Victims of Trafficking.
- ORR's Survivors of Torture program provides rehabilitative, social, and legal services to individuals — regardless of immigration status - who have experienced torture which occurred outside the U.S.
- ORR also provides care and placement for unaccompanied children who enter the United States from other countries without an adult guardian.



New Jersey Refugee Resettlement Agencies

Offer a variety of programs to meet the needs of newly arrived refugees, individuals granted asylum or humanitarian parole, and the local immigrant population including reception and placement services, case management, ongoing support services, family reunification, employment services, career development, English classes, job readiness classes and civics and citizenship classes

International Rescue Committee (IRC)

208 Commerce Place, 4th Floor, Elizabeth, NJ 07201
www.rescue.org/Elizabeth
(908) 351-5116 or Email: newjersey@rescue.org

Interfaith- RISE (Refugee and Immigrant Services and Empowerment)

Reformed Church of Highland Park, 19 S 2nd Ave, Highland Park, NJ 08904
732-249-7349 or Email: info@interfaithrise.org
<https://interfaithrise.org/>

Church World Service (CWS)

591 Summit Ave, Suite 300, Jersey City, NJ 07306
201-659-0467 or Email: cwsjerseycity@cwsglobal.org
<https://cwsjerseycity.org/>

LEGAL SERVICES



Central Jersey Legal Services

317 George Street, Suite 201, New Brunswick, NJ 08901

(732)249-7600

313 State Street, Suite 308, Perth Amboy 08861

(732)324-1613

www.lsnj.org/cjls | Hotline Web Intake at: www.lsnjlawhotline.org

- Free civil legal assistance to low-income residents of central New Jersey including: Powers of Attorney, Advance Directives, Wills, Guardianships, Nursing homes and other health care issues, Access to Health Care, such as: Medicaid, Medicare, Charity Care, Housing Problems such as eviction, foreclosure, tenant/landlord issues, Public Benefits such as Supplemental Security Income (SSI), Social Security Disability, and SNAP (food stamps), and Consumer problems such as bankruptcy, shut-offs, debt relief.

Legal Services of New Jersey

P.O. Box 1357, Edison, NJ 08818

Tel: (732)572-9100

Hotline Tel: 1(888)576-5529

<https://www.lsnj.org/>

- An independent non-profit organization that coordinates a statewide legal assistance service. Free legal help is provided to low-income individual in civil matters.

Supplemental Security Income (SSI) Project at Legal Services of New Jersey

Tel: 1(877)576-5774

- Provides free legal assistance with Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) claims for welfare recipients in New Jersey. SSI Project can assist at all stages of the process including the hearing and Federal Court level.

Middlesex County Bar Association

87 Bayard Street, New Brunswick, NJ 08901

(732)828-3433

Lawyer Referral Service (732)828-0053

<https://www.mcbalaw.com/>

- A lawyer referral service which is a reduced fare program for senior citizens who cannot afford to pay attorney's fees at rates which would ordinarily be charged and who do not qualify for free legal assistance from the Middlesex County Legal Services Corporation

Middlesex County Office of the Surrogate

75 Bayard Street, 1st floor, New Brunswick, NJ 08901 (732)745-3055

www.middlesexcountynj.gov search: surrogate

- Services of the Surrogate include: Probate Wills and administration of Estates without Wills.



LEGAL SERVICES (continued)

Transgender Older Adults:

- Federal law protects you from discrimination based on sex-including sexual orientation and gender identity- by health entities or care providers who receive federal funds, either directly or indirectly. If you have experienced If you experienced discrimination, you can file a complaint with the Office of Civil Rights at Department of Health and Human Services (HHS), www.hhs.gov/civil-rights. If you receive Medicare through a Medicare Advantage plan, you can also file a grievance.
- **RESOURCES**
 - National Resource Center on LGBTQ+Aging: www.lgbtagingcenter.org
 - GLBTQ Legal Advocates and Defenders: www.glad.org
 - Justice in Aging: www.justiceinaging.org
 - Lambda Legal: www.lambdalegal.org
 - National Center for Lesbian Rights: www.nclrights.org
 - National Center for Transgender Equality: www.transequality.org
 - SAGE: www.sageusa.org
 - Transgender Law Center: www.transgenderlawcenter.org

MEDICAID

Middlesex County Board of Social Services (MCBSS)

181 How Lane, New Brunswick, NJ 08901

(732)745-3500

<http://middlesexsocialservices.com/>



- Administers Federal and State public assistance programs for individuals 65 years old and older, blind and disabled. All programs have income and asset guidelines. Programs including:
 1. SNAP – formerly Food Stamps
 2. General Assistance
 3. Emergency Assistance, Refugee Resettlement Program
 4. Medicaid NJ Family Care Aged, Blind and Disabled (ABD)
 - a. For individuals who are 65 years old or older, blind and/or disabled who need access to health care services in the community, or in long-term care facilities.
 - b. Information on eligibility requirements at:
www.state.nj.us/humanservices/dmahs/clients/medicaid/abd/.
 - c. Apply online at <https://www.mynjhelps.org> or by mailing an application, or in person.
 5. Medicaid Managed Long Term Services and Supports (MLTSS)
 - a. For individuals who are 65 years old or older, blind and/or disabled who require home health care support services at home with activities of daily living such as bathing, dressing, and meal preparation. MLTSS also includes home delivered meals, respite, personal emergency response systems and nursing home.
 - b. Has a higher income limit than Medicaid Aged, Blind and Disabled. Applicants must meet income and asset eligibility criteria, as well as, clinical medical assessment.

APPLICATION PROCESS:

Submit an application to Middlesex County Board of Social Services for financial eligibility.

1. Download and print NJ Family Care Aged, Blind and Disabled Medicaid application at www.state.nj.us/humanservices/dmahs/clients/medicaid/abd/.
2. Applicant must also call the Middlesex County Office of Aging and Disabled Services (732)745-3295 to apply for MLTSS clinical medical review.

MEDICARE



1-800-MEDICARE (800-633-4227)

<https://www.medicare.gov>

- Obtain information and apply for Medicare A,B, C and D, Medicare Open Enrollment and benefits; check covered services, find health and drug plans, claims and providers..

Medicare Annual Enrollment Period (AEP) *October 15- December 7*

1-800-Medicare (633-4227)

www.medicare.gov

- AEP is when **Medicare beneficiaries can add, change, or drop Medicare Part D or Medicare Advantage plan coverage** for the next year.

NJ Medicare Savings Programs

NJ Department of Human Services – Division of Aging Services

1-800-792-9745

<https://www.state.nj.us/humanservices/doas/services/slmb>

To Apply: <https://njdoas-ua.force.com/njsave/quickstart>

- **Qualified Medicare Beneficiary (OMB)**
 - Program helps pay for Part A premiums, Part B premiums, and deductibles, coinsurance, and copayments for services and items Medicare covers.
- **Specified Low Income Medicare Beneficiary (SLMB)**
 - Program pays Medicare Part B premiums.
- **Qualifying Individual (QI)**
 - Program pays Medicare Part B premiums
- For information about eligibility, guidelines visit <https://www.state.nj.us/humanservices/doas/services/slmb>
- Apply with the NJSave application at www.aging.nj.gov or print and mail.



State Health Insurance Assistance Program (SHIP)

1-800-792-8820

www.state.nj.us/humanservices/doas/services/ship

- Free help to Medicare beneficiaries who have questions about Medicare insurance coverage and benefits, supplement policies (aka Medigaps), Medicare Advantage plans (aka managed health care plans or Medicare HMOs), prescription plans, Annual Enrollment Period, and programs to help pay Medicare premiums, copays and prescription costs.
- To contact a SHIP counselor call Office of Aging and Disabled Services at (732)745- 3295 or Division on Aging at (732)726-6262. Compare plans by viewing charts detailing Medigap, Medicare Advantage and Part D drug plans at above website.
- Apply for programs to save money on Medicare premiums, prescription costs, and other living expenses- complete the universal NJ SAVE application at www.aging.nj.gov.

Senior Medicare Patrol of NJ (SMP)

1-732-777-1940 ext. 1117

<http://seniormedicarepatrolnj.org>

- Report suspected Medicare fraud, errors, and abuse to SMP. Jewish Family Service of Middlesex County is the designated agency for NJ's SMP that educate Medicare beneficiaries about preventing, detecting and reporting health care fraud.



MEDICARE (continued)

Medicare and Transgender Older Adults

- Gender does appear on Medicare cards, however Medicare records include a gender marker based on your Social Security record. If you have changed your gender identifier with the Social Security Administration, that change will also reflect in your Medicare records.
- Medicare covers medically necessary gender affirming surgeries to address gender dysphoria on a case by case basis. Medicare looks to guidelines contained in the World Professional Association for Transgender Health (WPATH) Standards of Care. When supporting your request for Medicare coverage, your provider should address how your case meets WPATH standards. You must use doctors who take Medicare. If in a Medicare Advantage plan, usually you need to use doctors in your network or get permission to go out of network.
- *Sex-Specific Procedures*-Medicare will not deny coverage for sex-specific procedures just because gender identifier in your Medicare record reflects a different gender identity. Medicare has a special billing code for such procedures for your provide to use to help avoid improper denials of coverage.
- Federal law protects you from discrimination based on sexual orientation and gender identity by health entities or care providers who receive federal funds, directly or indirectly. To file a complaint: Office of Civil Rights at Department of Health and Human Services (HHS), www.hhs.gov/civil-rights.
- State Assistance Program (SHIP) provides unbiased help to Medicare beneficiaries, their families, and caregivers. Contact www.shiphelp.org or call 1-877-839-2675 or email info@shiphelp.org.

Livanta, LLC

1-866-815-5440 (TTY 1-866-868-2289)

https://www.livantaqio.com/en/states/new_jersey

- Handles discharge appeals from hospital, nursing home, rehab facility, and hospice; including quality of care medical reviews.

Medicare.gov - Create an Account

English: <https://www.medicare.gov/account/login>

Spanish: <https://www.medicare.gov/account/login?Lang=es-mx>

- Medicare's FREE, SECURE, online service of managing personal information. Create an account and use it to check information about your coverage, enrollment status, and claims.

Suspect Medicare Fraud, Waste or Abuse?

- Involves doctors and beneficiaries abusing/deceiving the Medicare system for their own personal gain to receive payment when they should not or to receive a higher payment than they should. You are encouraged to report it!
- Call **1-800-MEDICARE** (633-4227) (TTY 1-877-486-2048) OR the **Health & Human Services Office of the Inspector General** 1-800-447-8477, TTY 1-800-377-4950.
- To report fraud or abuse in a Medicare Advantage Plan or Medicare Drug Plan call 1-800-MEDICARE (633-4227) OR **The Investigations Medicare Drug Integrity Contractor (I-MEDIC)** at 1-877-7SAFERX (1-877-772-3379).

Medicare Rights Center

1-800-333-4114

www.medicarerights.org

- Helps people with Medicare understand their rights and benefits navigate the Medicare system and secure quality care.

Medicare Interactive

www.medicareinteractive.org

- A free tool that features Medicare information written in user-friendly language.

MEDICARE FRAUD, WASTE AND ABUSE



Tips to Protect • Detect • Report

DO'S:

- Only give personal information to trusted people in the community who work with Medicare such as your STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP).
- Medicare **will not** call you to ask you for your Medicare number. Medicare, or someone representing Medicare will only call you and ask you for personal information if: **You** have called and left a message, or a representative said that someone would call you back or A Medicare health and drug plan can call if you are *already* a member of the plan.
- Keep a calendar of your medical visits, tests, and procedures. Save your Medicare Summary Notices (MSN) and review them to compare the dates and services on your calendar, look for charges for services you didn't get or not ordered by your doctor and if you were billed twice for the same service
- MyMedicare is an online, secure access to check your Medicare claims early. Log onto www.MyMedicare.gov to view your Original Medicare claims as soon as they are processed or visit www.medicare.gov.

DON'TS:

- Don't give your Medicare number, Social Security card, Social Security number and credit card numbers to strangers who contact you by phone, email, or approach you in person, unless you give permission in advance.
- Don't accept money or gifts for free medical care.
- Don't allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.

If You Suspect It, REPORT It!

The sooner you SEE and REPORT errors, the sooner you can help STOP FRAUD!

Medicare open enrollment period presents opportunities for fraudsters to take advantage of Medicare beneficiaries. If someone calls you and asks for your Medicare number or other personal information, hang up and call 1-800-Medicare (1-800-633-4227) or the Office of Inspector General's Fraud Hotline at 1-800-447-8477.

If you suspect identity theft, or feel like you gave your personal information to someone you should not have, contact the Federal Trade Commission Identity Theft Hotline at 1-877-438-4338

MIDDLESEX COUNTY OFFICE OF AGING AND DISABLED SERVICES

Middlesex County Administration Building
75 Bayard Street, 5th Floor, New Brunswick, NJ 08907
(732)745-3295



<https://www.middlesexcountynj.gov/government/departments/department-of-community-services/office-of-aging-and-disabled-services>

The Office of Aging & Disabled Services is the state designated Area Agency on Aging to advocate, plan, coordinate and provide area wide programs and services for senior citizens and disabled persons residing in the county. The office serves as the connecting link between County government, State Government and local communities in the development of various programs and initiatives

The office is the recognized lead agency for ADRC (Aging & Disability Resource Connection), the statewide system that coordinates access to services, care management and support services for seniors and the disabled. The office is responsible for taking the lead in providing information, referral and assistance to seniors, the disabled, their caregivers, provider agencies and the public who need to obtain services in the county.

The Office of Aging & Disabled Services provides a broad array of services including:

INFORMATION AND ASSISTANCE

- Provides information, assistance, referral and advocacy for seniors, persons with disabilities, their caregivers and the general public needing access to services.

HOME CARE AND CARE MANAGEMENT SERVICES

- All programs have financial criteria which must be met to qualify and may include the following:
 - Care Management
 - Chore service
 - Companion
 - Environmental modification/Barrier Free Assistance
 - Home delivered meals
 - Home Health Care/Personal Care Assistance/Homemaker
 - Medical equipment and supplies
 - Medical or Social adult day care
 - Medical transportation
 - Personal care assistance
 - Personal emergency response system
 - Prescription assistance
 - Respite for Caregivers in home or in facility

Care Managers assess individuals for community service needs, determine eligibility for various home care programs, and coordinate the ongoing services provided.

MIDDLESEX COUNTY OFFICE OF AGING AND DISABLED SERVICES



PRESCRIPTION ASSISTANCE

Middlesex County Multi Assistance Program (MCMAP)

- MCMAP provides prescription assistance to eligible consumers who qualify for the program and financially ineligible for PAAD or Senior Gold and who have no other prescription coverage, including Medicare Part D. Contact County Office of Aging and Disabled Services at (732)745-3295.

STATE HEALTH INSURANCE PROGRAM (SHIP)

- SHIP provides free help to NJ Dept. of Human Services with major funding from the Centers for Medicare & Medicaid Services. To contact a SHIP counselor call the County Office on Aging (732)745-3295 or Jewish Family Service (732)777-1940.

PROJECT LIFESAVER

- **File of Life** is a magnetic reference card that captures vital health and emergency information, including doctors, medications, medical conditions and emergency contacts. Available to older adults and disabled adults in Middlesex County. Contact County Office of Aging and Disabled Services at (732)745-3295.
- **Free Radio Tracking Bracelet** monitored by police for county residents with history of wandering due to illness and/or disability, such as Alzheimer's and autism. A caregiver must live with the individual and able to check the bracelet battery signal daily. For more information, call the MC Office of Aging and Disabled Services at (732)745-3295.
- **Personal Medical Record – USB (PMR-USB)**
A USB drive that allows for medical information to be entered. May be carried conveniently in a wallet and assists in relaying important medical history during an emergency. For more information contact the MC Office of Aging and Disabled Services at (732)745-3295.

PERSONAL ASSISTANCE SERVICES PROGRAM (PASP)

- To support individuals with physical disabilities so they can remain active in the community and life. The program provides 40 hours per week of routine non-medical personal care assistance to adults with permanent physical disabilities between 18 years of age and older. Eligibility is income based, no cost share. **Contact Alliance Center for Independence at (732)738-4338**

MIDDLESEX COUNTY OFFICE OF AGING AND DISABLED SERVICES



Senior Citizen Art Contest

- An annual juried contest and show that promotes the creative talents of seniors residing in Middlesex County. The art contest is held at Middlesex County College during the months of July and August.

Senior Health & Fitness Walk

- An annual county-wide event which promotes the benefits of exercise and healthy living to Middlesex County seniors. The walk is held every September at Roosevelt Park in Edison.

Disability Connections: An Information & Resource Fair

- An information and resource fair for people with disabilities and their caregivers. The fair helps attendees find the benefits and services that are available in the county and takes place in October.

Caregiver Relief Session

- Come meet other caregivers and professionals to discuss common issues, share ideas, and learn more about supportive services. This event takes place in November during National Caregivers Month.

90s Birthday Bash

- An annual luncheon and celebration to recognize county residents over the age of 90. Four 90's+ Birthday Bash Luncheons are held throughout the County during the month of May, which is National Older Americans Month.

NUTRITION SERVICES

Available to address nutritional needs of seniors 60 years of age and over.

- Senior Farmers' Market, Senior Meal Program, Home Delivered Meals.
- Nutrition Congregate sites:

Thomas J. Deverin
Community Center
100 Cooke Avenue
Carteret, NJ 07008
732-541-6221
Hours: 8:30 a.m. - 2:30 p.m.

Sayreville Senior Center
423 Main Street
Sayreville, NJ 08872
732-254-4299
Hours: 8:30 a.m. - 2:30 p.m.

Alexander J. Jankowski
Community Ctr.
1 Olive Street
Perth Amboy, NJ 08861
732-442-0930
Hours: 8:30 a.m. - 2:30 p.m.

Edison Senior Center
2963 Woodbridge Avenue
Edison, NJ 08817
732-452-0377
Hours: 8:30 a.m. - 2:30 p.m.

South Plainfield Senior Center
90 Maple Avenue
South Plainfield, NJ 07080
908-753-1040
Hours: 8:30 a.m. - 2:30 p.m.

Piscataway Senior Center
700 Buena Vista Avenue
Piscataway, NJ 08854
732-743-9844
Hours: 8:30 a.m. - 2:30 p.m.

Old Bridge Senior Center
1 Old Bridge Plaza
Old Bridge, NJ 08857
732-607-1582
Hours: 8:30 a.m. - 2:30 p.m.

South Brunswick Senior Center
540 Ridge Road
Monmouth Junction, NJ 08852
732-329-6171
Hours: 8:30 a.m. - 2:30 p.m.

NUTRITION



Supplemental Nutrition Assistance Program (NJ SNAP)

Middlesex County Board of Social Services
181 How Lane, New Brunswick, NJ 08901
(732)745-3500
<https://www.njhelps.org>

- The nutrition assistance program can help low-income senior citizens pay for food at supermarkets. SNAP is formerly known as Food Stamps.

Middlesex County Office of Aging and Disabled Services - Senior Meal Program

75 Bayard Street, 5th floor
New Brunswick, NJ 08901
(732)745-3295
www.middlesexcountynj.gov

- Available to seniors aged 60 and over. Home Delivered Meals for isolated homebound seniors who do not have a caregiver and unable to attend a congregate meal program.

Metuchen, Edison and Woodbridge Meals on Wheels

Woodbridge Health Center
2 George Frederick Plaza, Woodbridge, NJ 07095
(732) 634-4141

- Offers nutritious, hot, midday home delivered meals.



Kosher Meals on Wheels

(732)777-1940
www.jfsmiddlesex.org

- Provides home delivered kosher meals. Offered by Jewish Family Services of Middlesex County.

Mom's Meals

(877) 508-6667
<https://www.momsmeals.com/>

- Call to inquire about privately paying for home delivered meals. Some government programs cover the cost, to find out more call the Middlesex County Office of Aging at 732-745-3295



NUTRITION

Shopping from Home

Peapod

1-800-767-7772

<https://www.peapod.com/>

- Convenient online grocery shopping. Delivery or pick up at any Stop & Shop location.



Instacart

1 (888) 246-7822

<https://www.instacart.com/>

- Online grocery delivery service company that works with local stores to deliver groceries to your door. Delivery and service fees apply.



ShopRite from Home

(732) 636-3500 Woodbridge

<https://www.shoprite.com/sm/pickup/rsid/3000/>

- Convenient online grocery shopping. Delivery or pick up at any ShopRite location. ShopRite of Woodbridge: 877 St Georges Ave, Woodbridge Township, NJ 07095



TeleGrocers

(888) 902-7467

<http://www.telegrocers.com/home.html>

6 Ways to Eat Well As You Get Older

1. **Know what a healthy plate looks like.** See how to build a healthy plate at ChooseMyPlate.gov.
2. **Look for important nutrients.** Eat enough protein, fruits and vegetables, whole grains, low fat dairy, and Vitamin D.
3. **Read nutrition labels.** Be a smart shopper! Find items that are lower in fat, added sugars and sodium.
4. **Use recommended servings.** Learn the recommended daily servings for adults aged 60+ at heart.org.
5. **Stay hydrated.** Water is an important nutrient, too! Drink fluids consistently throughout the day.
6. **Stretch your food budget.** Get help paying for healthy food at benefitscheckup.org/getsnap.

PRESCRIPTION ASSISTANCE



Pharmaceutical Assistance to the Aged & Disabled (PAAD)

NJ Department of Human Services, Division of Aging Services

P.O. Box 715, Trenton, NJ 08625

1-800-792-9745 (TTY 1-588-7030)

<https://www.state.nj.us/humanservices/doas/services/paad/> or <https://www.aging.nj.gov>

- State funded program to help eligible senior citizens and individuals with disabilities pay for Medicare Part D deductibles, monthly premiums and copayments. Eligibility requirements: NJ resident; at least 65 years of age or on Social Security Disability; income qualified and required to enroll in a Medicare Part D plan. Apply with the **NJSave application** at www.aging.nj.gov or print and mail-in.

Senior Gold Prescription Assistance Discount Program

NJ Department of Human Services, Division of Aging Services

P.O. Box 715, Trenton, NJ 08625

1-800-792-9745 (TTY 1-588-7030)

<https://www.state.nj.us/humanservices/doas/home/seniorgolddetail.html>

<https://www.aging.nj.gov>

- State funded prescription discount program for senior citizens and individuals who Do Not qualify for PAAD. If eligible, cardholder pays a \$15.00 co-payment plus 50% of the remaining cost for each covered prescription. Eligibility requirements: NJ resident, at least 65 years of age or on Social Security Disability; income qualified and required to enroll in a Medicare Part D plan. Apply with the NJSave application at www.aging.nj.gov or print and mail-in.



Extra Help with Prescription Drugs – Low Income Subsidy (LIS) Program

Social Security Administration

190 Middlesex Turnpike, 3rd Floor, Iselin

1-800-772-1213

www.ssa.gov | <https://www.ssa.gov/benefits/medicare/prescriptionhelp.html>

- Federal program that pays monthly premiums, annual deductibles, and copays related to Medicare Prescription Drug Part D. Must enroll in a Part D plan. Resource and income limits apply. Apply online at <https://www.socialsecurity.gov/extrahelp> or in person.

Good Rx Prescription Drug Saving Card

1-855-213-1275

- For resident who do not have prescription coverage. Save 80% on prescription drugs.

PRO ACT - Middlesex County Prescription Drug Discount Card Program

1-855-702-7283

www.NJRxDiscountCard.com

- For residents who do not have prescription coverage and/or whose current prescription plan does not cover a particular medication. No pre-requisites or qualifications. Visit website to print a Middlesex County Rx Discount Card, look up cost of medications, and locate participating pharmacies.

SOCIAL SECURITY



Social Security Administration

190 Middlesex Turnpike, 3rd floor, Iselin, NJ 08830

1-800-772-1213 (TTY 1-800-325-0778)

www.ssa.gov

- Most Social Security services are available online by visiting www.socialsecurity.gov. You can:
 - File a claim for retirement, disability, or Medicare benefits Part A and Part B benefits
 - Apply for Extra Help with Medicare Prescription Drugs
 - Check your application status
 - Request a replacement Social Security card (in most areas)
 - Print proof of benefits, such as SSA – 1099 Award Letter
 - Request a replacement Medicare card
 - Change your address, if you receive benefits
 - Change the way you receive information if you are blind or visually impaired.
 - Check your Social Security benefits and earnings statement
 - Explore all of the benefits you may be eligible for at Benefits.gov
 - Set up or change your direct deposit, and much more.

Extra Help with Prescription Drugs – Low Income Subsidy (LIS)

Social Security Administration

1-800-772-1213

www.ssa.gov/extrahelp

- Extra Help pays for monthly premiums, prescription annual deductibles, and copays related to Medicare Prescription Drug Part D. Must enroll in a prescription plan. Income and resources limits apply. Apply online or call Social Security.

Supplemental Security Income (SSI)

Social Security Administration

1-800-772-1213

<https://ssa.gov/ssi>

- A monthly benefit paid by Social Security to people with limited income and resources who are 65 years or older, blind and disabled. NOT the same as Social Security retirement and disability benefits. If eligible, may also be eligible for Medicaid medical health insurance. Apply online or in person at Social Security.

Create a *my* Social Security account at: <https://ssa.gov/myaccount> to obtain immediate access to

- Get a Social Security 1099 (SSA-1099) form
- Get personalized retirement benefit estimates using the Retirement Calculator
- Check your application status
- Access Representative Payee Portal
- Change your address
- Request a replacement Social Security card
- Set up or change direct deposit
- Review your Social Security Statement

SOCIAL SECURITY FRAUD AND IDENTITY THEFT

Securing Today and Tomorrow

The Official Blog of Social Security –
Social Security Matters

Visit the official website at:
<https://blog.ssa.gov/>

**DO YOU SUSPECT SOMEONE OF
COMMITTING FRAUD, WASTE, OR ABUSE
AGAINST SOCIAL SECURITY?**

**REPORTING FRAUD TO THE SSA OFFICE
OF THE INSPECTOR GENERAL IS EASY,
SAFE, AND SECURE.**

***REPORT SOCIAL SECURITY SCAMS AT
[HTTPS://SECURE.SSA.GOV/IPFF/HOME](https://secure.ssa.gov/ipff/home)***

***REPORT OTHER SOCIAL SECURITY FRAUD,
WASTE, AND ABUSE AT***

[HTTPS://SECURE.SSA.GOV/PFRF/HOME](https://secure.ssa.gov/pfrf/home)

OTHER WAYS TO REPORT FRAUD

U.S. MAIL:

SOCIAL SECURITY FRAUD HOTLINE
PO BOX 17785 BALTIMORE, MD 21235

PHONE: (800) 269-0271

FAX: (410) 597-0118

10:00 A.M. TO 4:00 P.M.

MONDAY TO FRIDAY,

EXCEPT FEDERAL HOLIDAYS

(866) 501-2101 TTY

If You Suspect It, REPORT It **Report Fraud to the Office of the** **Inspector General's Fraud Hotline** **(OIG)**

<http://oig.ssa.gov/r>

- There is a widespread telephone scam happening right now across the country involving Social Security. Callers say they are from Social Security, and may say there is a problem with your Social Security number or threaten to arrest you unless you pay a fine or fee with cash, retail gift cards, pre-paid debit cards, or wire transfers.

Report Identity Theft to the Federal **Trade Commission (FTC)**

1-877-IDTHEFT (1-877-438-4338)

(TTY 1-866-653-4261)

www.identitytheft.gov

- If you think you have tax issues because someone has stolen your identity, go to www.irs.gov/uac/Identity-Protection or call 1- 800-908-4490. Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes; personal information like your name, Social Security, Medicare, or credit card numbers.

IdentityTheft.gov

- A federal government one-stop resource for identity theft victims. The site provides streamlined checklists and guides through the recovery process.

SOCIAL SECURITY AND IDENTITY THEFT

The Inspectors General Community Stresses Warning About Scams: Criminals will Pretend to be from Any Federal Government Agency

New reports show that scammers are reviving an old tactic to gain trust. Scammers are emailing and texting pictures of real and doctored law enforcement credentials and badges to prove they are legitimate and scam people out of money. Scammers may change the picture or use a different name, agency, or badge number, but the basic scam is the same.

OIG Warning: Offers to Increase Your Social Security Benefit Are from Criminals

That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond. Report suspected scams to oig.ssa.gov/report. Scammers are using U.S. mail delivery to send fraudulent letters, advising the recipient to call a toll-free number to activate an increase in SSA benefits, such as a cost-of-living adjustment (COLA). The letters appear to be from an SSA official and designed to look like real SSA letterhead; however, they are not from SSA. Inspector General Ennis is reminding the public that the COLA is automatic for all SSA beneficiaries and does not require activation. Beneficiaries can view their COLA notice online through their personal my Social Security account at <https://www.ssa.gov/myaccount/>.

Real Social Security employees also will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If you receive a suspicious call or are unsure of the identity of someone who claims to be from Social Security:

- Hang up.
- Do not give money or personal information.
- Report the scam to the Office of the Inspector General at oig.ssa.gov

TELEPHONE AND INTERNET ASSISTANCE

Communication is essential, especially for the elderly who rely on important family relationships in their advanced age, mainly due to emergencies. That's where programs that provide a free cell phone for seniors could be a real blessing.

SafeLink Wireless

1-800-SafeLink (723-3546)

<https://www.safelinkwireless.com>

- Receive a free phone, free minutes, mobile access to emergency services, and a choice of cell phone plans if you meet program guidelines. There are no contracts, no monthly charges and no bills. The phone will be mailed to your home address.
- SafeLink Wireless is a federal Lifeline-supported government benefit program provided by Tracfone Wireless Inc. SafeLink service is limited to one per household.



Assurance Wireless

1-888-321-5880

<https://www.assurancewireless.com>

- Receive a free phone, unlimited texting and data, and free monthly minutes. Only one wireless or wireline account per household. Residents of homeless shelters and nursing homes can apply.
- Assurance Wireless is a federal Lifeline assistance program provided by T-Mobile. Limited to one per household.



Verizon NJ Communications Lifeline Discount Program

NJ SHARES 1-888-337-3339

<http://www.njshares.org>

- Lifeline is a government assistance program that offers reduced rates on your Verizon monthly home phone service or internet discounts to qualified low-income customers. Limited to one per household.
- Application link:
https://www.verizon.com/supportresources/content/dam/verizon/support/consumer/documents/phone/low-cost/ll_application_nvstates.pdf



TO CHECK ELIGIBILITY FOR ALL THREE PROGRAMS



Visit The Lifeline National Verifier at: <https://nv.fcc.gov/lifeline>



You can qualify based on income eligibility **OR** if you receive assistance from the following programs:

❖ LIHEAP	❖ Public Housing/Section
❖ Medicaid	❖ Supplemental Security Income (SSI)
❖ NJSNAP (Food Stamps)	❖ Veteran's/Survivor's Pension

TELEPHONE AND INTERNET ASSISTANCE

Affordable Connectivity Program (ACP) - Universal Service Administrative (USAC)

ACP Support Center: (877) 384-2575 or email ACPSupport@usac.org

Website: acpbenefit.org OR <https://www.fcc.gov/acp>

- A Federal Communications Commission (FCC) program that helps low-income households pay for internet service and connected devices.
- Only one monthly service discount and one device discount is allowed per household.
- For eligibility guidelines visit: acpbenefit.org/do-i-qualify/
- To receive the connected device discount, consumers need to enroll in the ACP with a participating provider that offers connected devices (Note: not all internet company offer device discounts.) The internet company will provide the discount to the consumer.
- Apply online at: acpbenefit.org/how-to-apply/. You can also apply by mail. To access the application visit acpbenefit.org/how-to-apply/
- If you are already receiving a Lifeline benefit, reach out to your internet company directly to apply.



TRANSPORTATION



Middlesex County Area Transportation (MCAT)

Middlesex County Office of Aging and Disabled Services
75 Bayard Street, 5th floor, New Brunswick, NJ 08901
1-800-221-3520 or (732)745-7456
www.middlesexcountynj.gov

- MCAT provides transportation to Middlesex County senior citizens 60 years of age and older and disabled on Social Security Disability to medical appointments and grocery stores. Registration and reservations are required, and the purchase of tickets.
- Ticket discounts for individuals on PAAD – Pharmaceutical Assistance Program.

Access Link-ADA Paratransit

NJ Transit
1-973-491-4224
www.njtransit.com



- Transportation is available to senior citizens and the disabled who are unable to use local bus service. Transportation is also available weekends and holidays.
- To apply, call NJ Transit to speak with a certification specialist who will schedule an appointment for an in-person assessment and mail you an application. When returning the completed application, include a letter from your doctor indicating your diagnosis and how your diagnosis prevents you from using the local bus service. The assessment interview takes place within close proximity to your home and will be provided by NJ Transit/AccessLink.



VETERAN SERVICES



“Thank you for your service.”

NJ Department of Military and Veterans Affairs

(732)937-6347 | 6348

<https://www.nj.gov/military/veterans>

Middlesex County Veteran Service Program

75 Bayard Street, 2nd floor, New Brunswick, NJ

(732)745-4051

<http://www.middlesexcountynj.gov> search: veteran’s services

Assists Veterans and dependents in preparing claims for benefits or privileges to which they may be entitled as administered by the US Department of Veteran Affairs.

NJ Hopeline - Suicide Prevention and Crisis Resources

1-855-654-6735

www.njhopeline.com

- Specialists are available for confidential telephone counseling and support for people in distress, available 24/7.

Veterans Crisis Line

1-800-273-TALK (1-800-273-8255 press 1)

NJ Vet 2 Vet New Jersey

1-866-838-7654

<https://www.njvet2vet.com>

- 24 hour/7day a week helpline coordinated by Rutgers University Behavioral HealthCare for veterans and family members.

VA Aid & Attendance Benefits/ Housebound Allowance as a Veteran or Surviving Spouse

Middlesex County Veteran Services

(732)745-4051

<https://www.va.gov/pension/aid-attendance-housebound>

- A service for veterans who need another person to help with activities of daily living, like bathing, feeding, and dressing; or a veteran who is housebound; the veteran spends a large portion of day in bed due to illness, or the veteran is a patient in a nursing home due to loss of mental or physical abilities related to a disability, or the veterans’ eyesight is limited.
- Provides monthly payments added to the amount of a VA pension for qualified Veterans and survivors.



VETERAN SERVICES (continued)



Middlesex County Veteran Service Card

Middlesex County Clerk, 75 Bayard Street, New Brunswick 08901
(732) 745-5722 | 3405

<http://www.middlesexcountynj.gov> search: veterans' services

- Courtesy service card to all veterans in acknowledgment of service rendered to the United States of America.

Request Military Service Record including DD214

<https://www.archives.gov/veterans>

- Download and print a copy of Form SF-180 to Request Military Service Records or visit www.va.gov/records.

Veterans Administration New Jersey Health Care System

<https://www.newjersey.va.gov>

- Provides in- and out-patient medical, psychiatric, and rehabilitation services at different locations
 - **East Orange Campus** 385 Tremont Avenue East Orange, NJ 07018 973-676-1000
 - **Lyons Outpatient Campus** 51 Knollcroft Road, Lyons, NJ 07939 (908)908-647-0180
 - **Piscataway Outpatient Clinic** 14 Wills Way Building #5, Piscataway, NJ 08854 (732)981-8193

Veteran Memorial Cemetery: <https://www.nj.gov/military/cemetery>

Brigadier General William C. Doyle Veterans Memorial Cemetery
350 Provinceline Road, Wrightstown, NJ 08562
1-609-738-2400

- Military Honors, Burial Flag, Headstone
- National Cemetery Scheduling Office 1-800-535-1117
NCA.Scheduling@va.gov
<https://www.va.gov/burials-memorials>

Community Hope

1(973)463-9600

www.communityhope-nj.org

- Serving homeless veterans and their families overcome homelessness, mental illness, addiction and poverty by providing housing and supportive services.

Hope for Veterans Programs provide transitional housing and permanent supportive housing, homelessness prevention and essential mental health counseling. Transitional housing programs, located at the VA New Jersey Healthcare Campus in Lyons, NJ provides a safe place for veterans to address issues that lead to their homelessness. For more information call **Veterans Intake Coordinator** (908)647-5717 ext. 320 or visit their website



VETERAN SERVICES (continued)

Menlo Park Veterans Memorial Home

132 Evergreen Road, Edison, NJ 08837

732-452-4100

<https://www.nj.gov/military/veterans/memorial-homes>

My healthVet

www.myhealth.va.gov

- A secure website for veterans to manage their health care, schedule appointments online, refill prescription, view health records.

VA Nurse Helpline

1-800-877-6976

- Available weekends, holidays, evenings and nights.

Newark Regional Benefit Office

20 Washington Place, Newark, NJ 07102

1-800-827-1000

Apply for VA Health Benefits

<https://www.va.gov/health-care/apply/application>

- By phone: 1-877-222-8387
- Online or download VA Form 10-10EZ
- In person, complete the application and go to your nearest VA medical center or clinic

Apply for VA Pension and Survivors Pension

<https://www.va.gov/pension/application/527EZ/introduction>



VISION



**Many people with sight complications find low-vision aids helpful.
These special devices are stronger than regular eyeglasses.**

New Jersey Library for the Blind and Handicapped (NJLBH)

(800)792-8322

https://www.njstatelib.org/talking-book-braille-center/apply_for_service/

- The local Public Library is a service center for the NJLBH which offers a wide variety of the same kinds of informational and recreational books that are available in an active public library. Braille newspapers and magazines, talking books, records and cassettes on loan, as well as the use of a machine to play them, are available to registrants with disabilities. Contact the Main Library for further information or call the NJLBH directly.

The NJ Commission for the Blind and Visually Impaired (CBVI)

732-308-4001

<https://www.state.nj.us/humanservices/cbvi/home/>



- Programs geared to seniors age 55 and older offer assistive technology and independent living training designed to help people who are blind and visually impaired gain the skills of daily living needed to lead a full and productive life.
- **Assistive technology includes:** Medication dispensers that provide audible medication reminders, writing guides to help write a check, a device that can identify color, a watch that announces the time, a talking audible device that can read certain grocery store labels, kitchen safety, meal preparation as well as recreation and leisure activities are also taught in the home.
- **Eye Health** offers education and adaptive devices such as talking glucometers and talking blood pressure machines. Low Vision individuals acquire visual aids.
- **SENIOR HANDS-ON RETREAT EXPERIENCE (SHORE)** is a retreat program for 55 and *better*, blind or visually impaired CBVI participants. Takes place in NJ Shore community. Participants will obtain information and skills in: independent living, coping with vision loss, assistive technology, self-advocacy, health and wellness, orientation and mobility, leisure activities and confidence building.

Eye Care America

655 Beach Street, PO.Box

429098 San Francisco, CA

94142-9098

1-877-887-6327

www.eyecareamerica.org

Email: eyecareamerica@aao.org

- The Seniors Program connects eligible senior 65 and older with local volunteer ophthalmologists who provide medical eye exam often at no out of pocket cost and up to 1 year follow up care for condition diagnosed during initial exam

VISTING MEDICAL SERVICES

Visiting Physician Services (VNA Health Group)

23 Main Street, Suite D1, Holmdel, NJ 07733

(732)571-1000

<https://www.visiting-physician.com/>

- Visiting Physician specializes in treating adult and geriatric homebound patients. House calls are made to private residences, senior housing buildings and assisted living facilities.
- Comprehensive home health care ranges from treating minor ailments to serious, chronic illnesses as well as diagnostic testing like bloodwork and x-rays.

Robert Wood Johnson Medical Group Home Visit Service

1-888-784-5773

- Robert Wood Johnson Medical Group Home Visit Service will provide primary care ranging from the routine physical to care of multiple complex and serious conditions, like congestive heart failure, chronic obstructive pulmonary disease (COPD), dementia, and Parkinson's disease.
- Services include: Medical examinations, X-rays, EKGs (electrocardiograms), blood tests, urinalysis and ultrasounds
- The Home Visit Service also works closely with area nursing agencies, therapists, social workers, podiatrists, and dentists to provide comprehensive care that includes managing medications, wound care, hospice care, and hospital follow-up.



RUTGERS HEALTH

IMPORTANT PHONE NUMBERS:

Town Hall: (732)634-4500

Tax Office: (732)602-6010

Department of Senior Services: (732) 726-2368

Woodbridge Health Department: (732)855-0600

Non-emergency Police: (732)634-7700

Division on Aging: (732)726-6262

Evergreen Senior Center: (732)726-6261

Five Branches Senior Center: (732)7266276

Hickory Senior Center: (732)726-6285

Maple Tree Senior Center: (732)259-0910

Oak Tree Senior Center: (732)259-2008

Sycamore Senior Center: (732)726-6272

Senior Transportation of Woodbridge (STOW): (732)726-2394

Meals on Wheels: (732)634-4141

Medicare: 1(800)633-4227

National Suicide Prevention Lifeline: 1(800)273-8255 (TTY 1-800-799-4889)

Public Works: (732)738-1311

Social Security Administration: 1(800)772-1213

The Club at Woodbridge: (732) 634-5000

Woodbridge Community Center (WCC): (732)596-4170

Woodbridge Public Library: (732) 634-4452

Woodbridge Housing Authority: (732)634-2750

**DISCLAIMER: This directory is for information and assistance purposes; designed to help older adults, caregivers and people with disabilities become more aware of the various types of services available.
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Scan QR Code with cell phone camera to view digital copy of the Woodbridge Township Senior Services Directory

John E. McCormac
Mayor

Michele Morgan, MSW
Director of Senior Services