

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



May 2025

19th Edition

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May is National
Stroke Awareness
Month

American Stroke Association

Learn to Act **F.A.S.T.**

Do you know the warning signs of a stroke? Learn how to recognize them:

F = Face drooping or twisting

A = Arm weakness

S = Speech difficulty

T = Time to call 911

Become a stroke hero by learning **F.A.S.T.** to help save lives and spread awareness.

Robin Ennis

**Caregiver Resource &
Information Specialist**

908.866.1333

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DEFINITION OF A CAREGIVER:

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

ARE YOU A CAREGIVER:

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

HOW CAN I ASSIST YOU

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

DATE SPECIFIC EVENTS FOR CAREGIVERS

Women's Health Event (in-person)

Saturday, May 3 from 11am – 1pm

Star Community Health Coventry, 755 Memorial Parkway Suite 300, Phillipsburg

A day of inspiration, health and support. Health talks, free breast exams and screenings*, lunch & giveaways, community vendors and health resources. Free event for women in Warren County, NJ ages 30-70. *uninsured women who qualify can receive a free breast screen. Registration is required by April 25 as space is limited. Call 908-387-9888.

Connecting Caregivers Conference: Where You Can Find Help & Hope (virtual)

Tuesday, May 6, Wednesday, May 7 and Thursday May 8

For more information or to register, click [here](#)

Stroke Recovery Open House (in-person)

Tuesday, May 6 from 12-2pm

West Morris YMCA, 14 Dover Chester Rd., Randolph

Free and open to the community. For questions or more information contact AnnMarie Peterson at annmarie@wmaymca.org

Overcoming Barriers to Healthcare: Reducing Anxiety and Enhancing Access to Routine Medical Procedures (virtual)

Wednesday, May 7 from 12-1pm

Join the Rutgers Community Living Education Project (CLEP) as we host the Rowan-Virtua Regional Integrated Special Needs (RISN) Center as they explore the barriers individuals with Intellectual and Developmental Disabilities (IDD) face in accessing routine medical care. Participants will learn how anxiety, fear, and past trauma affect healthcare compliance and gain practical strategies for addressing these challenges. Attendees will also learn how to adapt procedures and create supportive environments to improve healthcare experiences for individuals with IDD. Click [here](#) to register.

Nurturing Emotional Well-Being: Understanding Depression in Aging and Caregiving (virtual)

Wednesday, May 7 at 7pm

Depression can deeply impact both caregivers and those they support, especially within the aging community. Join Dr. Angelica Catusco in an insightful discussion on identifying the signs and symptoms of depression, exploring effective interventions, and discovering available support systems. Click [here](#) to register. For questions or more information contact Mary Catherine Lundquist at lundqumc@ubhc.Rutgers.edu

Nurturing Your Mental Health While Caregiving (virtual)

Thursday, May 15 from 1-2pm

Caregivers encounter many challenges that can impact mental health. The day to day strains and crisis encountered can lead to increased risk of anxiety and depression. This presentation discusses mental health concerns for caregivers and offers proactive strategies to nurture your mental health while supporting another. Click [here](#) to register. For questions or more information contact Mary Catherine Lundquist at lundqumc@ubhc.Rutgers.edu

Planning for Adult Life: Transitioning Your Child from School to After School Life (virtual)

Thursday, May 15 at 6:30 pm

Planning for Adult Life is a statewide project funded by the NJ Division of Developmental Disabilities (DDD) to assist your adults (between the ages of 16-21) with various developmental disabilities and their families in charting a life course for adulthood. Hosted by Newroads Financial Group.

Presented by: Jerisa Maseko, Director of Planning for Adult Life, Arc of New Jersey. RSVP to 908-713-0469 or epedersen@newroadfinancial.com

Free Dental Services & Resources for Veterans

Saturday, June 21 from 9am-3pm

Zufall Health, 49 Mount Pleasant Ave., West Orange

Dental exams & cleanings, oral cancer screenings, x-rays, fillings, dentures, extractions plus food, giveaways, health resources and medical services! Pre-registration is required for dental services. To register call Yanira at 973-325-2266 x1954 or complete a form [here](#).

SAVE THE DATE: Fall Caregivers Conference (in-person)

Saturday, September 13 from 9:30am – 1:30pm

St. Luke's Warren Hospital South Wing Conference Center. Workshop details to follow.

Caregiver TimeOut Group (virtual)

Monthly on the 3rd Tuesday

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

DATE SPECIFIC EVENTS & SUPPORT GROUPS FOR CAREGIVERS

Technology Webinar Series (Virtual)

2nd Wednesday of each month at 12pm

Click [here](#) for a list of program topics and dates. Participation is free but registration is required. [Register here](#)

Stay Healthy at Home Webinar Series

Every Tuesday at 2:00pm

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

American Society on Aging

[Webinar Series](#)

Center for Prevention & Counseling's Recovery Center Events

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

[RWJ Barnabas Health Events Calendar](#)

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

1st Wednesday of the month from 10 – 11am

Bentley Assisted Living, 3 Phillips Road, Branchville

Presented by Alzheimer's Association Greater New Jersey

To register contact Christine Beckmann at 973.948.8884 or cbeckmann@bentleyassistedliving.com

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

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

3rd Tuesday of the month from 6:30 -7:30pm

North County Branch Library, Clinton, NJ

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

Bereavement Group (in-person) **Warren**

5/17, 6/14, 7/12, 8/23, 9/20, 10/18, 11/15 and 12/13, 2025

Knoll-DeVoe Funeral Home & Cremation Service, 142 W Washington Ave, Washington Facilitated

By: Nicole Marie, Certified Grief/Life Coach through [Tears Life Coaching](#). For additional information please contact Nicole at 908-509-4772 (Call/Text) or thruthetears@gmail.com

Center for the Heart Support Group for Caregivers (virtual)

1st and 3rd Tuesday of each month at 7:00pm

Caring for a loved one with a serious or terminal illness can be both deeply meaningful and incredibly challenging. This support group is designed to provide a safe and compassionate space where primary caregivers can connect, share experiences, and find support from others who understand. Click [here](#) to register and receive your meeting link. For more information call 908.503.2484. Visit [Center for the Heart](#).

SUPPORT GROUPS FOR CAREGIVERS

Caregiver Support Group (in-person) **Warren**

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

Tuesday, May 6 Northeast Branch of Warren County Library, 40 Route 46, Hackettstown

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

Dementia Support Group (in-person and virtual option)

First Thursday of each month from 4:30pm – 5:30pm

Arbor Terrace Basking Ridge, 3066 Valley Rd, Basking Ridge

Call Leslie Yngojo-Bowes at 908-498-6677 for in-person registration or click [here](#) to register via Zoom

AlzNJ Support Groups (in person) **Somerset**

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

Franklin Library, 485 DeMott Lane, Somerset

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

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

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

Chatham Senior Center, 58 Meyersville Rd., Chatham Township

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

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

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

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

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. Visit www.alznj.org to register or call Siobhan Flynn-Higgins sflynn-higgins@jfsmetrowest.org or call 973.765.9050x1763

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

2nd Monday of every month beginning from 11:30am - 1:30pm

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

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

Stroke Support Group Meetings (in person) **Morris**

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

Morris County Library, 30 East Hanover Avenue, Whippany

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

Jewish Family Services Support Groups JFS MetroWest (in person)

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

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

JFS of Central NJ (virtual)

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

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

Contact Laura Weitzman, Weitzmanlaura@gmail.com for log in information. For questions contact Rebecca Wanatick, Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ phone (973) 929-3129 or email rwanatick@jfedgmw.org

NAMI Family Support Groups (virtual)

Every other Wednesday at 7pm

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

Brain Injury Alliance of NJ [Support Groups](#)

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

Mon, May 5 from 9:30–11:30am-Spouse Support Group

Mon, May 5 from 7:00-8:00pm-Adults Caring Transitions Group

Tues, May 6 from 7:00-8:30pm-Adults Caring for Parents Group

Tues, May 13 from 1:00-2:00pm-Caregiver Support Group

Wed, May 14 from 11:00am-12:00pm- Spouse Transition Group

Wed, May 14 from 7:00–8:30am-Caregiver Support Group

Mon, May 19 from 9:300–11:30am-Spouse Support Group

Tues, May 20 from 7:00-8:30pm-Adults Caring for Parents Group

Wed, May 21 from 7:00–8:30pm-Long Term Care Support Group

Thurs, May 29 from 10:00–11:00am-Transitions Bereavement Group

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

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

Montclair Caregiver Support Group (in-person) **Essex**

Monthly on Thursday beginning January 9 from 2-3pm

Montclair Edgemont House, 274 Valley Road, Montclair

Offered by Montclair Township and Jewish Family Services of MetroWest NJ. This group is for adults caring for a loved one over the age of 60. This group is free and open to spouses, adult children and siblings of older adults.

Pre-registration is required. For more information or to register call Michelle DeWitt at 973-744-3278. This group is facilitated by Renee Peters, MSW. She can be reached at 973-637-1763.

Caregiver Support Group (Virtual) **Sussex**

1st Friday of each month from 2-3pm

For more information and to register, please call Sussex County Office on Aging at 973-579-0555 ext. 1288

CAREGIVER RESOURCES

AGING

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

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

[Silver Sneakers](#)

[American Society on Aging](#)

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

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

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

[National Center on Law & Elder Rights \(NCLER\) and Resources & Webinar Links](#)

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

[NJ Advocates for Aging Well](#)

[Live Online Classes for Older Adults](#)

Family Connections – Older Adult Services

Support for older adults, individuals caring for older adults, & older adults who have become legal guardians to their grandchildren. The various services include assessments, case management, resource sharing, counseling, & disease self-management olderadults@familyconnectionsny.org

[Connections at home](#)

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

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

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

[Senior Freeze](#)

[Why Adult Daughters Face Large Financial Impacts from Being Caregivers for Their Elderly Parents](#)

Older Adult Meal at St. Lukes Warren Warren

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

NewBridge@Home: A Counseling Program of NewBridge Services Morris

This program is designed to provide an opportunity for our Morris County seniors and their caregivers to have counseling support right in their homes. Contact NB@Home manager Katie Skolsky at Kskolsky@newbridge.org

Caregiver Volunteers of Central Jersey Monmouth & Ocean

For more information call 732-505-2273 or visit cvcj.org

[Atlantic Adult Day Center](#)

200 Mt. Airy Road, Basking Ridge
Contact 908-766-2310 or

Mallory.Dubuisson@atlantichhealth.org

MILITARY/VETERANS

[Veteran Service Officers](#)

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

Veterans Crisis Line: Dial 988 and Press 1 [Program of General Caregiver Support Services \(PGCSS\)](#)

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

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

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

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

[Community Hope for Veterans](#)

National Call Center for Homeless Veterans 877-424-3838

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

National Coalition of Homeless Vets 800-838-4357

Veterans are encouraged to register with **211**.
Community Home Sharing Program for Veterans. General information can be found here. Contact info@homesharing.org or 908-526-4663 for more information.

[Social Security Administration: Information for Military & Veterans](#)

[Veterans Benefits Newsletter](#)

[U.S. Department of Veterans Affairs \(VA\)](#)

[NJ Veterans' Benefits Guide](#)

[Department of Military and Veterans Affairs](#)

[Federal Benefits for Veterans, Dependents, Survivors, and Caregivers](#)

[Warren County Veterans Website](#)

[Morris County Veterans Services Office Event](#)

[Welcome Home Vets of NJ](#)

Call 1-855-289-8527 or email njsosvets@gmail.com. Serving Bergen, Essex, Hudson, Morris, Passaic, Union, Middlesex, Warren & Somerset. Catholic Charities Veteran Services, David Pearson 973-818-3601.

CAREGIVER RESOURCES

MENTAL HEALTH

Mental Health Crisis Resources

988 Suicide and Crisis Lifeline

Children's Mobile Response and Stabilization

Services 24 hours, 7 days a week 1-877-652-7624

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

Parent to Parent Recovery Support Services 908-223-1951

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

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

211 provides callers with information about and referrals to social services for every day needs and in times of crisis

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

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

SAMHSA Treatment Locator:

<https://findtreatment.gov/>

National Council for Mental Wellbeing

Grow Your Mental Health Page

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

SELF-HELP CENTERS (SHC) /COMMUNITY WELLNESS CENTERS (CWC)

There are 30 DMHAS funded community-based self-help and wellness centers. These centers provide communities of hope and support for recovery and wellness for persons with mental health and/or co-occurring substance use and physical health challenges. For more information click [here](#).

<https://www.discoverynj.org/programs/addiction-therapy/family-support/>

<https://www.discoverynj.org/programs/addiction-therapy/family-support/>

988 Suicide & Crisis Hotline

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

MENTAL HEALTH Cont'd

Mental Health First Aide Training & Information

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

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

SUD Intensive Outpatient Program (Day and Evening)

Intensive Outpatient Program for individuals with primary diagnosis of substance use disorders as well as co-occurring mental health disorders.

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

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

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

MH Acute Partial Hospitalization Program (Day)

Acute Partial Hospitalization program for individuals with primary mental health diagnoses and co-occurring substance use disorders.

MH Intensive Outpatient Program (Day) Intensive

Outpatient Program for individuals with primary mental health diagnoses and co-occurring substance use disorders. They are in-network with most insurances, and take Medicaid and Medicare. Contact Beth Schulaka at 908-441-1586 or Beth.Schulaka@atlantichealth.org

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

SUSSEX SPECIFIC:

Wellness Hub

83 Spring St., Suite 303, Newton
973-840-1850 or wellnessHUB@mhainspire.org
Early intervention support services, a mental health urgent care and drop-in support center.

WARREN SPECIFIC:

Warren County Stigma Free Initiative, For more info. email humanservices@co.warren.nj.us

Stigma Free Newsletter

Center for Family Services Designated Crisis

Screening & Intervention Services 24 hour

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

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

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

Parent to Parent Addiction Services (Warren)

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

CAREGIVER RESOURCES

DISABILITIES

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

Gold Medal Home Health

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

Increase Understanding & Acceptance of Autism

Autism New Jersey invites individuals with autism and their caregivers to become Autism Ambassadors for 2025. These Ambassadors advocate, educate, and promote autism awareness and acceptance through various events and outreach activities across the state. This program is open to anyone committed to promoting understanding, acceptance, and inclusion for individuals on the autism spectrum! Participants can order a variety of free printed materials such as posters and bookmarks. Remember, April is National Autism Acceptance Month. [Learn about becoming an Autism Ambassador](#)

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

Coordinated Care of MetroWest

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

Services include:

- -Free phone consultation to connect you to local resources and provide emotional support
 - -Short term fee for service case management to assist with more specific needs and research
 - -Long term fee for service case management to ensure a thorough care plan for future planning that is forever evolving and changing.
- For more information, call [\(973\) 765-9050](tel:9737659050) or email coordinatedcare@jfsmetrowest.org

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

[Finally Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

DAWNcil Consumer Satisfaction Survey: Traumatic Brain Injury Program
Take survey [here](#)

Warren County Advisory Council on Disabilities **2nd Thursday of each month**

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

DISABILITIES, Cont'd

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

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

[Brain Injury Alliance Educational Programs](#)

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

[Equal Opportunity Support Services](#)

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

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

[Tri County Care Management Organization](#)

By working effectively with schools, the Juvenile Justice System, and mental health and behavioral health providers, as well as advocating for family voice, choice and community support, CMOs help youth succeed at home, in school, and in the community.

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

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

[NJ Disabilities 101](#)

[An Enhanced Family Crisis Handbook](#)

The purpose of this expanded version (4th edition) of the Toolkit is to empower individuals with disabilities and their family and professional caregivers by providing information to more effectively advocate for persons with complex severe behavioral health conditions (which we formerly referred to as "dual diagnosis") for treatments, supports, services and the conditions that promote mental wellness.

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

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

AT&T, The Arc, and The Arc San Francisco have teamed up to produce digital skills training specifically for people with intellectual and developmental disabilities. Sign up to learn about: Getting started with computers, mobile devices, and video conferencing. Navigating websites and search engines, Online safety, passwords, fraud, scams, and more.

[Disability Benefits 101: Working with a Disability](#)

Discover how NJ DB101 provides New Jersey specific information and tools to support employment and community inclusion.

[Personal Assistance Service Program \(PASP\)](#)

[Center for Medicare Updates](#) ["Quick Guide" to Identifying Coverable Hospice Care](#)

[Center for Medicare Advocacy Webinars](#)

[Davis Phinney Foundation for Parkinson's Every Victory Counts Manual for Care Partners](#)

CAREGIVER RESOURCES

DISABILITIES, Cont'd

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

[NJ WorkAbility](#)

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

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

[The Arc - Get Free Access to Online Special Education Training](#)

[The Arc of New Jersey Program](#)

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

[Medicaid Transportation Coverage Guide](#)

NJSAVE Navigators by [County](#).

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

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

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

Medicaid for Health and Long-Term Care
According to [Justice in Aging](#), Medicaid "reform" proposals will lead towards taking federal funding away from states or restrict eligibility. Nearly 80 million (including 13 million seniors and people with disabilities) rely on Medicaid for health and long-term care.

It is important for disability advocates to be prepared with the knowledge and tools to defend Medicaid. We need to tell Congress and the new administration the importance Medicaid is for us, for our independence, and of course our healthcare. Please read the [Medicaid Threats Fact Sheet](#) for more info on these proposed cuts. [Cutting Medicaid Harms Older Adults No Matter How It's Sliced](#)

[Disability Information Hub](#)

[Center for Communication Disorders \(Free\)](#)

[Speech-Language Clinic](#)

Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress & Grief
By [Pauline Boss](#) (Author)

[Training seeks to improve police encounters with people with autism](#)

Autism Communication Disorder Form from [NJ Motor Vehicle Commission](#)

[SPAN Parent Advocacy Network](#)

[Abilities of Northwest Jersey – Residential Services @ The Village at Hawk Point](#)

For more information contact Brian Cook, Residential Services Manager, 908-689-7460 or bcook@abilitiesnw.com

MEDICAL

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

Travel Podiatrist

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

Gentle Hands Mobile Phlebotomy

For appointment call 862.279.3418 or gentlehandsmps@gmail.com

[Visiting Physician Services](#)

[No Need for a Script for PT](#) in New Jersey, you get direct access to Physical Therapy and don't need doctor's prescription/referral to start treatment. However, some insurance plans may require a referral from a Medical Doctor to reimburse for Physical Therapy services.

[Kessler Institute for Rehabilitation](#) –Chester [Neurological Rehabilitation](#)

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

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

[Tinash Homecare Services](#)

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

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

[New Observation Status Appeals Webinar Recording](#)

[Ennoble Care Primary Care House Call Services](#) For more information call 973-879-4034

St. Joseph's Pharmacy

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

[Discount Ramps: Modular Wheelchair Ramp Systems](#)

[Life Force Senior Care: 24 Hour In-Home Care](#)

Jason Byers, Regional Account Manager
973-586-2900 or 917-821-7758 or jason@lifeforceseniorcare.com



CAREGIVER RESOURCES

MEDICAL, Cont'd

Zufall Health Medical, Dental & Behavioral Health

Services are provided to patients of all ages regardless of income, health insurance, immigration status, or language spoken. Their board-certified staff are committed to providing care. They provide services in **Essex, Hunterdon, Middlesex, Morris, Somerset, Sussex, and Warren Counties** as well as on their mobile medical and dental vans. For more information visit their [website](#).

[Glaucoma Screenings: Medicare Coverage](#)

HOUSING & UTILITIES

Housing Assistance in Warren County
- **Temporary Assistance and Social Services (TASS)** at 908-475-6218 (Social Services Unit)
- **211** after hours for emergency assistance
- **Family Promise** at 908-453-2194 for assistance with homelessness prevention and other housing programs.

Tri-County Continuum of Care is a group of agencies and partners working to end homelessness in Warren, Sussex & Hunterdon County utilizing Housing & Urban Development (HUD) funding. [Family Promise of Sussex County](#) is the lead agency for this collective.

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

[Water and Sewer Bill Assistance Available](#)

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

[Division of Housing and Community Resources](#)

[Housing Counseling and Legal Services Program](#)

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

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

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

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

HUD Makes Finding Housing Resources on the Web Easier

The U.S. Department of Housing and Urban Development (HUD) is the federal government agency that administers the country's housing and urban development laws. HUD recently streamlined its information for each state, including New Jersey. Sections offer information on the following topics: Rental assistance, Rent and eviction relief, Affordable places to live, How to report housing discrimination, Housing quality and living conditions, Homelessness, and Disaster relief. Go to the New Jersey [HUD](#) web page

Financial Assistance Available for Home Repairs in Warren County

If you are a low or moderate-income homeowner in Warren County and your home is in need of repairs, the Warren County Housing Rehabilitation Program may be able to help. To learn more about the program and eligibility requirements or to request an application or for any questions about call 908-475-3989 ext. 229 or email info@warrenhousing.com

[Habitat for Humanity Home Repair Program](#) for more information or to download an application. For questions call 908-835-1300 or email office@habitatnwnj.org

CAREGIVER RESOURCES

GENERAL

[Insurance Covered Incontinence Supplies](#)

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

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

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

[New Jersey Human Services Newsletter](#)

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

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

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

[American Cancer Society Taking Care of Yourself When You're a Cancer Caregiver](#)

[I Choose Home New Jersey](#)

[NJ 2.1.1](#)

[Smart 9-1-1](#)

[NJ Silver Alert](#)

[NJ Register Ready](#) – New Jersey’s Special Needs Registry for Disasters” allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. The information collected here is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning.

[American Cancer Society Caregiver Resource Guide](#)

[National Alliance for Caregivers Guide Book](#)

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

[Advocates for Children of NJ](#)

[Goals of Care Coalition of NJ](#)

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

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

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

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

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

GENERAL, Cont’d

Tessie’s Touch – Essex & Morris County

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

[Lasagna Love](#)

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

[Get Help with SNAP Food Assistance](#)

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

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

Become a [Disaster Response Crisis Counselor](#)

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

[Beware of Scammers Impersonating Charities](#)

[Unpaid Road Toll SMiShing Scams Resurface](#)

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

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

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

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

CAREGIVER RESOURCES

GENERAL, Cont'd

Center For Family Services (CFFS)

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

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

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

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

[Do I Have To Pay New Jersey Inheritance Tax? Pros and Cons of Putting Your Home in a Trust Can Medicaid Take My Home? Understanding Estate Recovery Program in New Jersey CDC Complete Care Form](#)

Information for People Helping Others

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

Physical Therapy Services – [Medicare Coverage](#)

[New Jerseys' Parent Caucus](#)

[Parent to Parent Coalition](#)

For Families and Children Struggling with Alcohol and Drug Addiction

[National Domestic Violence Hotline](#) click on "Chat Now"; or text LOVEIS to 22522. 24-Hour Helpline & Referral: [1.877.782.2873](tel:18777822873)
Hablamos Español Interpreters Available
JBWS text/chat is now available.
Deaf/Hard of Hearing: Text (973) 314-4192
Visit the Website [here](#).

MORRIS

Social Adult Day Center - Morris

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

[Morris Museum Launches Digital Guide](#)

Explore [Morris Museum](#) with a new digital guide on Bloomberg Connects, the free arts and culture app. You can plan your visit, access helpful on-site information, and dive deeper into your favorite works from home – or

GENERAL, Cont'd

anywhere. Morris Museum joins more than 500 cultural institutions around the globe as a Bloomberg Connects partner.

[This Week in Morris County Newsletter](#)

SUSSEX

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

Dinner: Thursdays, 5:30-7:30

Lunch: Fridays, 11:30 am–1:30 pm

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

Utility Assistance

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

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

WARREN

Warren County Transportation Advisory Council (TAC)

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

[Greenwich Autism Alliance](#)

Warren County Community Senior Center Congregate Meals has a new caterer. Chef's from Columbia, NJ has partnered with the Division of Aging and Disability Services to provide healthy, home-cooked meals to the senior community. This includes the home delivered meals. For questions contact 908-475-6591.

CAREGIVER RESOURCES

GENERAL, Cont'd

Free Cancer Screenings

Breast Cancer – Breast exam & mammogram
Cervical Cancer – Pap Test
Postage Cancer – Physical exam & PSA test
Colorectal Cancer – Colonoscopy
If you are an insured resident of Warren County, please contact the Cancer Education and Early Detection Program (NJCEED) for eligibility requirements. 908-387-9888 or CEED@norwescap.org

Legal Services of Northwest Jersey

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

LSNWJ's priority is to provide equal access to justice to protect its clients' basic needs that are critical for self-sufficiency: income, safe and affordable housing, access to quality health care, family stability and personal safety, and life with dignity in the community.

APPLY FOR HELP

Hunterdon residents: 908-782-7979
Morris residents: 973-285-6911
Somerset residents: 908-231-0840
Sussex residents: 973-383-7400
Warren residents: 908-475-2010

GET HELP WITH:

Public Benefits: Homelessness Assistance, Welfare (TANF & GA), Food Stamps (NJ SNAP), Medicaid, Charity Care Health Care Access, and Social Security Disability SSI/SSD

Family: Domestic Abuse, Child Support or Parenting Time and Support for you or your child

Consumer: You are being sued to collect a debt, You have a Wage Garnishment or Bank Levy, You need to file for bankruptcy protection or You need help clearing your credit

Housing: Tenants' Rights, Evictions, Home Ownership Issues

Individual Rights: Do you need a Will or Powers of Attorney?, Expungement or Driver's License Restoration

Sign up for our newsletter
<https://www.lsnwj.org/newsletter>

TRUALTA Resource for Caregivers: We've received word that a new service is available for residents of Monmouth and Middlesex Counties. Trualta is an extensive online library featuring caregiver training, articles of interest, support groups and chat rooms. It is accessible 24/7 from a person's phone, tablet or computer. Most of the videos and articles are short (5-7 minutes). This is an EXCELLENT resource. You have to register to access the platform. In addition to all the info in the library, you can attend live webinars and support groups. If you miss a webinar, you still have access to the recording. I've watched a few and found them to be excellent. I highly encourage you if you live in Monmouth or Middlesex to sign up. We are hoping that in the near future more counties will be offering this resource and will let you know as soon as we do.

Monmouth County Residents the website can be accessed from the county website www.monmouthadvoc.com in the Caregiver Section or directly on www.monmouth.trualta.com.

Middlesex County Residents the website can be accessed at <https://middlesex.trualta.com/>.

GENERAL, Cont'd

United Way Offers Free Tax Prep

United Way of Northern New Jersey is offering free, secure virtual tax preparation for ALICE individuals, families, and those in poverty. Check the guidelines for eligibility. [N.J. offers free tax help on state returns](#) [Read More](#)

IRS Direct File

The State of New Jersey has kicked off IRS Direct File, an innovative program that provides residents with a free, easy-to-use, secure way to file taxes online, with live support to answer any questions. IRS Direct File is available in English and Spanish, and works on mobile devices, tablets and personal computers. Learn more about it at DirectFile.NJ.gov.

File your federal tax return online for free with the [IRS Direct File tool](#), then use [FileYourStateTaxes](#) for your N.J. return.

Direct File is ideal if you:

- Lived and earned all income in N.J. in 2024
- Use the same filing status for both federal and state returns

Note: Direct File is not available for gig economy, rental, or business income

[Latest on Senior Freeze, ANCHOR and Stay NJ](#)

Combined Applications for NJ Property Tax Relief Program

New Jersey is introducing its first-ever combined application form for three separate relief programs. The combined application will allow seniors and disabled homeowners to apply for ANCHOR and Senior Freeze programs, as well as the upcoming Stay NJ program, without having to fill out separate applications for each program. And by early March, paper copies of the combined application — dubbed "PAS-1" — will be mailed to more than 1 million households. The PAS-1 form can be accessed here: [PAS-1 form](#). To read the full story from NJ Spotlight News, click: [here](#)

EMPLOYMENT Warren County PART TIME CONTRACTED POSITIONS AVAILABLE

SITE MANAGER – Senior Nutrition Center In Warren County. Monday – Friday, 25 hours per week. 8:30am-1:30pm

DESK CLERK – Senior Nutrition Center In Warren County. Monday – Friday, 20 hours per week

KITCHEN AIDE - Senior Nutrition Center In Warren County. Monday – Friday. 20 hours per week

PACKER / DRIVER – Senior Nutrition Center In Warren County. Monday – Friday, 10 hours per week

If interested in applying please contact Sharon Green at sgreen@co.warren.nj.us



Every year, almost 800,000 people in the US have a stroke, happening every 40 seconds. Nearly one in four of these strokes happens to someone who has already had a stroke. And sadly, every 3 minutes and 14 seconds, someone dies of a stroke.

National Stroke Awareness Month is here to improve public knowledge with the hope of preventing stroke or responding quickly enough to help with quick recovery.

History of [National Stroke Awareness Month](#)

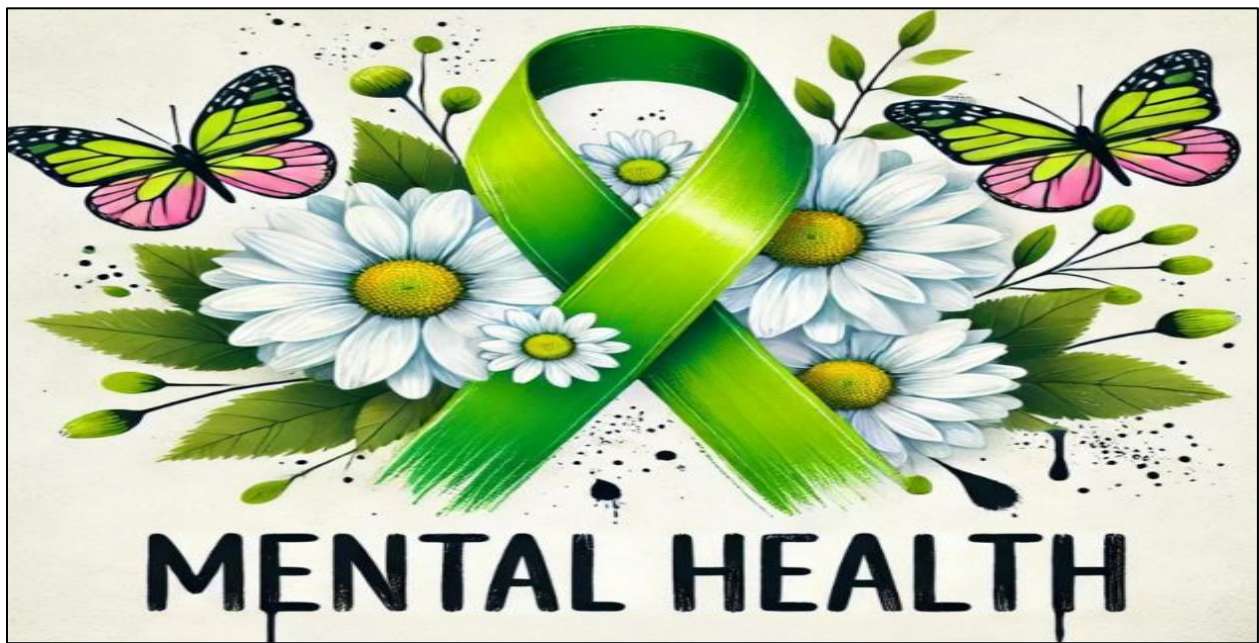
National Stroke Awareness Month was first officially celebrated in 1989 when it was signed into presidential proclamation by US President George H. W. Bush. But the event was unofficially observed many years prior, with the same purpose of raising public awareness and educating Americans about the warning signs and symptoms of stroke, prevention of stroke, and the impact that stroke can have on the survivors, families and those who are caregivers.

In addition to official recognition by the US government, National Stroke Awareness Month is also supported and celebrated by the National Stroke Association, the American Heart Association, the Centers for Disease Control and other non-profit organizations as well as various hospitals, doctor's offices and other medical professionals. All of these groups and organizations work together to provide education and resources to all of the people who can learn from it.

Learn Stroke Signs and Symptoms

One of the most important ways to participate in National Stroke Awareness Month is the process of educating individuals about the ways to spot the possibility of a stroke in a family member, coworker or friend. According to the [Centers for Disease Control \(CDC\)](#), there are a number of different signs that a person may be having a stroke, including these:

- Sudden numbness or weakness on one side of the face, arm or leg
- Sudden difficulty seeing, in one or both eyes, possibly accompanied by headache
- Sudden confusion that might include trouble speaking or difficulty understanding speech
- Sudden difficulty with walking including loss of balance, dizziness or loss of coordination
- To help people remember the signs and symptoms, people can use the acronym F.A.S.T., which stands for Face (drooping), Arm (weakness), Speech (slurred), Time. In this case, the Time represents the idea of calling 9-1-1 immediately if any of these signs are observed.



[National Mental Health Awareness Month](#)

Mental Health Awareness Month focuses on the critical role mental health plays in our lives. It encourages individuals to prioritize their mental well-being and recognizes the significance of seeking help when needed.

This month creates space for open conversations around mental health, helping to break down the stigma that often prevents people from reaching out. As we acknowledge the importance of mental health, we also remind ourselves that caring for it is essential for everyone, not just those already facing challenges.

Raising awareness fosters empathy and understanding within communities, making mental health struggles more visible and accepted.

By normalizing discussions about mental well-being, this month works toward reducing the shame often associated with mental health issues.

History of Mental Health Awareness Month

Mental Health Awareness Month began in 1949, thanks to the advocacy efforts of Mental Health America (formerly known as the National Association for Mental Health).

Clifford Beers, a mental health advocate who had experienced mental illness firsthand, helped inspire the movement behind it. The goal was to increase awareness, educate the public, and reduce the stigma surrounding mental health challenges.

Since its start every May, this month-long campaign has grown to include various activities, from community events to educational outreach.

It encourages people to prioritize their mental well-being and offers resources to help those struggling.

The idea is to make mental health as important as physical health, ensuring everyone feels supported.

RESOURCES:

[National Alliance on Mental Illness \(NAMI\)](#)

The NAMI Helpline provides the one-on-one help and information necessary to tackle tough challenges that you, your family or friends are facing. [Call 1-800-950-6264](#)

Call, Text or Chat with the Helpline M-F, 10am-10pmET. [Chat](#) or [Text](#) "helpline" to [62640](#)

In Crisis? [Call](#) or [Text 988](#) 988 crisis service available 24/7