

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



April 2026

30th Edition

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**Caregiver Resource &
Information Specialist**

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DEFINITION OF A CAREGIVER:

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

ARE YOU A CAREGIVER:

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

HOW CAN I ASSIST YOU

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



DATE SPECIFIC EVENTS FOR CAREGIVERS

Medication Management & Pill Safety in Dementia: What Caregiver Need to Know (vrtual)

Wednesday, April 1 at 7pm

Join Dr. Angelica Catusco to learn about how changes in memory and swallowing can make taking medications challenging and potentially risky. Pills may be forgotten, held in the mouth, swallowed incorrectly, or refused. Learn practical strategies to improve safety and support quality of life. For questions call 800-424-2494 or email [Mary Catherine](mailto:MaryCatherine) Click [here](#) to register.

Evidence-Based Treatment for Stimulant Use Disorder (virtual)

Tuesday, April 7 from 1-2pm

This session will highlight practical, evidence-based strategies for organizations to effectively treat stimulant use disorder and improve patient outcomes. Click [here](#) to register. Questions call 202-684-7457 or visit the [website](#).

2nd Annual Military Family Expo (in-person)

Thursday, April 16 from 2-6:30pm

Belvidere Manor, 289 Water St., Belvidere

This event brings together resources, services, and community partners to support veterans and their families. Last year, more than 70 vendors participated, offering assistance with employment, healthcare, VA Claims, mental health services, and more-along with local veteran organizations and veteran-owned businesses. For more information contact Jacquie Petersen, Msgt (ret) at 908-475-6591 x6590 or jpetersen@co.warren.nj.us

Guardianship (virtual)

Thursday, April 23 at 6:30pm

Offered by Newroads Financial Group. Presented by SCARC Guardianship team. For more information or questions contact epedersen@newroadsfinancial.com or call 908-713-0469. Click [here](#) to register.

North Warren High School's National Honor Society presents Tech for Seniors (in-person)

Thursday, April 23 from 2:30-4:00pm

North Warren Media Center, 10 Noe Road, Blirstown

If you are a senior citizen with questions about how to use your electronic devices, North Warren High School students are here to help! Please bring your cell phone, laptop, or tablet. Students will work with you one-on-one to answer your specific questions and troubleshoot issues. Click [here](#) to register. Registration is required to attend. For questions, call 908-362-8211.

Legacy & Lattes: Funerals of the Rich & Famous (in-person)

Thursday, April 30 from 9:00-10:30 AM

Bradley, Brough & Dangler Funeral Home, 299 Morris Avenue, Summit

Featured Funeral: Princess Diana. Click [here](#) to register or for more information. Questions contact connect@centerfortheheart.org or call 908-503-2484

Dementia Event for Caregivers and Providers (in-person)

Saturday, May 9 from 9:30am – 12:30pm

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

Virtual Dementia Tour (VDT) sessions are approximately 30 minutes long. Step into the shoes of someone living with dementia during this 30-minute Virtual Dementia Tour. This evidence-based program helps participants build greater understanding, awareness, and empathy for people living with dementia. Guided by certified facilitators, participants will be outfitted with patented sensory tools that temporarily alter their physical and sensory abilities. While completing everyday tasks, you will experience how dementia can affect perception and behavior. This unique, hands-on experience offers valuable insight for caregivers, families, and professionals, helping them provide more compassion, person-centered support. Space is limited. Click [here](#) to register. For information contact RobinEnnisLLC@gmail.com

Hackettstown High School Computer Science Club presents Tech for Seniors (in-person)

Tuesday, May 19 from 3:15-4:15pm

Hackettstown High School, 599 Warren St., Hackettstown

If you are a senior citizen with questions about how to use your electronic devices, Hackettstown High School students are here to help! Please bring your cell phone, laptop, or tablet. Students will work with you one-on-one to answer your specific questions and troubleshoot issues. They can help with phones, Google, social media, passwords, settings, Bluetooth devices and Wi-Fi connections. Registration is required to attend. Email Sloan@hackettstown.org or call 908-852-8150 x2235 for questions and to register.

Virtual Programs

To register or for more information: www.parkerlife.org/events or [email](#)

Caregiver Action Network Plug Into Care Webinar Series. For more information and to register for the webinars, click [here](#).

[Powerful Tools for Caregivers](#) Caregiver Classes and Events

DATE SPECIFIC EVENTS & SUPPORT GROUPS FOR CAREGIVERS

Caregiver TimeOut Group (virtual)

Monthly on the 3rd Tuesday

If you are an unpaid caregiver and wish to sign up to receive invitations to this event email RobinEnnisLLC@gmail.com

Technology Webinar Series (Virtual)

2nd Wednesday of each month at 12pm

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

Stay Healthy at Home Webinar Series

Every Tuesday at 2:00pm

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

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 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
To further extend your network of support, visit [ALZ connected](#)

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

[Center for the Heart Support Group for Caregivers \(virtual\)](#)

2nd and 4th Wednesday of each month from 12-1pm

Caring for a loved one with a serious, chronic, 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.

[Alzheimer's New Jersey Family Support Groups](#)

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

1st Tuesday of most months from 1:30-3:00pm

Tuesday, April 7, Warren County Library, Southwest Branch, 404 CR519, Phillipsburg

Tuesday, May 5, Warren County Library, Northeast Branch, 40 US 46, Hackettstown

Tuesday, June 2, Warren County Library, R.D. Gardner Branch, 2 Shotwell Dr., Belvidere

Tuesday, July 7, Warren County Library, Catherine Dickson Hofman Branch, 4 Lambert Rd., Blairstown

Tuesday, August 4, Warren County Library, Southwest Branch, 404 CR519, Phillipsburg

Tuesday, September 1, Warren County Library, Northeast Branch, 40 US 46, Hackettstown

Tuesday, October 5, Warren County Library, R.D. Gardner Branch, 2 Shotwell Dr., Belvidere

Tuesday, November 3, Knowlton Lions Club, 505 Route 94, Columbia

Tuesday, December 1, Warren County Library, Southwest Branch, 404 CR519, Phillipsburg

Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for a 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. To RSVP or questions 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 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. For more information contact [Denise Goldstein](#) R.N., Certified Holistic Health Coach 732-563-9056

SUPPORT GROUPS FOR CAREGIVERS

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. To register for this group visit or call the Helpline: 888-280-6055

West Morris YMCA Parkinson's Support Groups, Support Group for Caregivers, and Support Group for Caregivers of People with Alzheimer's Disease and Support Group for Widows (in-person) Click [here](#) for more information.

Stroke Support Group Meetings (in person) Morris

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

Morris County Library, 30 East Hanover Avenue, Whippany

Support, resources and occasional speakers on topics related to stroke survivors, caregivers and their families. Contact [Lois Firzlaff](#) 908-578-0812 or [Rich Coulther](#) 201-230-8204

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 973- 929-3129

NAMI Family Support Groups (virtual)

Every other Wednesday from 7-8pm

This is a 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.

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

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

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

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

Wed, April 8 from 11am-12pm-Spouse Transition Group

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

Mon, April 13 from 7:00-8:00pm-Adults Caring Transitions Group

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

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

Mon, April 20 from 9:30–11:30am-Spouse Support Group

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

Thurs, April 23 from 10:00–11:00am-Transitions Bereavement Group

To register or find out more about services call 800-424-2494 or email [Mary Catherine](#)

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 Allison Joseph, MSW. She can be reached at 973-637-1740.

Caregiver Support Group (Virtual) Sussex

3rd Thursday 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

SMART Recovery Self-Management and Recovery Training (in-person)

Wednesdays from 12-1:30pm

Washington Public Library, 20 Carlton Ave., Washington

SMART Recovery is a scientific, non-faith-based addiction recovery support group. A weekly self-help program for people wanting to change from ANY addiction. An alternative to 12 step programs. For more information contact [Ken](#) 908-310-5660

CAREGIVER RESOURCES

AGING

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

A voluntary nationwide model test that aims to support people with dementia and their unpaid caregivers. July 1, 2024-2032..

[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](#)

Alzheimer's New Jersey Helpline. If you are a caregiver for someone with Alzheimer's disease or other type of Dementia, call the Helpline at **888 280-6055**

[Alzheimer's Disease Reference Guide](#) and [Webinar Library](#)

[Alzheimer's NJ Caregiver Education](#)

[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](#)

[Connections at home](#)

[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

Older Adult Meal at St. Lukes Warren Warren

For Warren County adults 65+ weekdays from 4-6pm. \$3.99 dinner includes entrée. Credit & debit cards only. NO CASH. Call 1-866-785-8537.

NewBridge@Home: A Counseling Program Morris

For homebound seniors and their caregivers. Contact [Katie Skolsky](#)

Decoding Dementia and Alzheimer's for those caring for a loved one with Alzheimer's disease or other forms of dementia, understanding the condition is essential. **New Bridge Services** offers a comprehensive one-hour course that provides valuable insights into these diseases, their progression, and effective caregiving strategies. Contact Kskolsky@newbridge.org

Caregiver Volunteers of Central Jersey Monmouth & Ocean

For details call 732-505-2273 or visit

Atlantic Adult Day Center

200 Mt. Airy Road, Basking Ridge, Contact 908-766-2310 or Mallory.Dubuisson@atlantichhealth.org

Center for Medicare Updates "Quick Guide" to Identifying Coverable Hospice Care

Center for Medicare Advocacy Webinars

Age Friendly NJ

Virtual Programs for Seniors

Seniors Helping Seniors of Northwest NJ

For more information click [here](#). Contact Vinny Marino, Owner at vinny@shsnorthwestnj.com or 908.987.2100 or 908.334.1552.

PACE (Program of All-Inclusive Care for the Elderly) Guide to the **PACE** provides individuals aged 55 years and older who meet clinical eligibility with comprehensive medical and social services to help them remain in their homes and continue living in the community. Each PACE participant receives customized care that is planned and delivered by a coordinated, interdisciplinary team of professionals. The care is provided in both home- and community-based settings. Here is a [link](#) to the program details.

Senior Blue Book Resource for Aging Well

MILITARY/VETERANS

[Veteran Service Officers](#)

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 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

[Community Hope for Veterans](#)

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.** Contact info@homesharing.org or 908-526-4663

[Bringing Veterans Home initiative in Cooperation with Community Hope](#)

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

[Veterans Benefits Newsletter](#)

[NJ Guide](#)

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

[Department of Military and Veterans Affairs](#)

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

[Warren County Veterans Website](#)

[Welcome Home Vets of NJ](#)

Call 1-855-289-8527 or Catholic Charities Veteran Services, [David Pearson](#) 973-818-3601.

[National Resource Directory](#)

[VA Health Services in NJ](#) [VA Mental Health Services](#)

True North Behavioral Health Services for Veterans and Families call 1-888-247-1400

[\\$250 Veterans Property Tax Deduction](#)

ASK VA- Get answers to your questions about VA benefits and service.

Morris County Office of Veterans Services – Representation at Morris County College (MCC) (Vet Resource Center) Open 1st and 3rd Thursday of the Month from 8:30am – 3:30pm

Warrior UH20 at West Morris Area YMCA. This is an aquatic exercise class offered for FREE to active-duty military and veterans on Wednesdays from 11:30am-12:15pm in our warm water pool. Membership not required. Proof of veteran status & program registration required.

[NJ Veterans Transportation Guide](#)

[NJ Veterans Handbook 2026](#)

CAREGIVER RESOURCES

MENTAL HEALTH

MENTAL HEALTH Cont'd

Mental Health Crisis Resources:

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

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.

e 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. 100% confidential and 100% free. 1-866-488-7386

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

[National Council for Mental Wellbeing](#)

[Grow Your Mental Health Page](#)

[Collaborative Support Programs of New Jersey \(CSPNJ\)](#)

[SELF-HELP CENTERS \(SHC\) /COMMUNITY WELLNESS CENTERS \(CWC\)](#)

To find one near you, click [here](#) and go to page 105

<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

NAMI (National Alliance on Mental Illness) Helpline call 800-950-6264 or text 62640

The Gathering Place Community Wellness Center (Morris & Sussex) For more information contact Mental Health Assoc. Morris-973-334-3496x531 Al Shurdom or Sussex-862-946-6544 Kait Barone

Mental Health Association Social Club
Call Christina Binetti at 973-334-3496x509.

Mental Health Association [In-Home Therapy for Seniors](#) (Morris)

Mental Health Association [Resource Directory](#) (Essex, Morris, Passaic, Hudson, and Sussex)

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

[Mental Health First Aide](#) Training & Information

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

[Mental Health First Aid](#) [Newsletter](#)

[The State of Mental Health in America 2025 Report](#)

[NJ Division of Mental Health & Addiction Services](#)

[NJ Directory of Mental Health Services](#)

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. Contact [Noah Deutsch](#) at (973) 303-3790

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

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.

[Willow Tree Therapy Services](#)

Are You Struggling with Life? Do you feel depressed and anxious? Are you in constant conflict with your spouse, kids, or your work colleagues? Do you have a hard time aren't in daily living activities? Have you lost your ability to focus and concentrate? Services Include [Trauma Focused Therapy](#), [Substance Use Disorders](#), [Individual and Family Therapy](#), [Marriage Counseling](#), [Emerging Adolescent Concerns](#), [DUI Mandated Treatment](#), [Mental Health Treatment](#) and [Child Therapy](#) 50 Wilson Dr., Sparta New Clients: 973-903-5431

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

CAREGIVER RESOURCES

DISABILITIES

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

Increase Understanding & Acceptance of Autism

Autism New Jersey invites individuals with autism and their caregivers to become Autism Ambassadors. [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 or email coordinatedcare@jfsmetrowest.org

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

[Finally Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

Warren County Advisory Council on Disabilities **2nd Thursday of every other 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.

[New Resource on Self-Direction and Supports Brokerage Now Available](#)

[Special Connections: Parents of Adult Children with Unique Needs 2025-2026](#)

DISABILITIES, Cont'd

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

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

[Brain Injury Alliance Video Resource Hub](#)

[Brain Injury Alliance Educational Programs](#)

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

[Equal Opportunity Support Services](#)

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](#)

[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 \(PASP\)](#)

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

[The Boggs Center on Disability and Human Development Online Program Registration System](#)

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@School](#)

[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](#)

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](#)

[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

Hunterdon Health & Wellness Center Clinton
[Rock Steady Boxing](#) for People with Parkinson's

[Caregivers of NJ – Family Resource Network](#)

[Alliance Scholarships for Students with Special Needs](#)

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.

Traveling Podiatrist

[Paul J. Lafergola](#), DPM, 973.366.7676

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.

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

[New Observation Status Appeals Webinar Recording](#)

[Observation Status Appeal Results in Hospital Coverage](#)

[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](#) 973-586-2900 or 917-821-7758

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

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.

[Glaucoma Screenings: Medicare Coverage](#)

Therapist specializing in Families, Couples & Caregivers

[Advanced Behavioral Counseling](#) 973-579-9394

(Medicare and Private Pay)

[Lakeside Counseling](#) 972-726-4533 (multiple insurance in network including Medicare)

[NJ Hearing Aid Programs](#)

Hearing loss is more than a matter of increasing volume. Studies show that hearing loss increases loneliness, isolation and can mimic signs of dementia. In one recent study, *The Direct and Indirect Effects of Hearing Loss on Loneliness in Older Adults*, authors found “direct and indirect pathways through which hearing loss contributes to loneliness in older adults. Poor hearing exacerbates functional limitations, depression, and cognitive decline, all of which can further increase the risk of loneliness.”

Fortunately, New Jersey has two programs to help residents afford hearing aids!

[The Hearing Aid Assistance to the Aged and Disabled \(HAAAD\)](#) program offers reimbursement for the purchase of hearing aids, for eligible residents age 65+. The *New Jersey Hearing Aid Project* offers free refurbished hearing aids for individuals that meet program eligibility. You can also see details at <https://nj.gov/humanservices/ddhh/services/hearingaid/haaad/> or by calling 1-800-792-9745

[Medicare Telehealth Coverage Extended Through 2027](#)

Alzheimer’s New Jersey Clinical Trial Connections Program helps locate trials for those interested in trial participation. For more information and a list of some of the currently available clinical trials in New Jersey call the **Helpline** at **(888) 280-6055** or visit [Clinical Trial Connections](#) on the website.

Center for Medicare Advocacy Quick [Guide](#) on **Ambulance Coverage in Medicare**

Atlantic Health System [Link](#) to Help You Find Resources Near You\

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

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](#)

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

For 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](#)

For information on Rental assistance, Rent and eviction relief, Affordable places to live, How to report housing discrimination, Housing quality and living conditions, Homelessness, and Disaster relief.

Financial Assistance Available for Home Repairs in Warren County If you are a low or moderate-income homeowner and your home is in need of repairs contact Warren County Housing Rehabilitation Program. For eligibility requirements, an application or questions call 908-475-3989 ext. 229 or [email](#)

[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

NOTICE OF THE OPENING OF THE PUBLIC HOUSING. TWO (2) & FOUR (4) BEDROOM WAITLISTS. THE THREE (3) BEDROOM WAITLIST REMAINS OPEN. THE ELDERLY & ONE (1) BEDROOM PUBLIC HOUSING WAITLISTS WILL REMAIN CLOSED.

Executive Director Thomas McGuire and the Phillipsburg Housing Authority (PHA) are pleased to announce the opening of PHA’s Public Housing 2 & 4 Bedroom Waitlist on Monday, February 2, 2026. Electronic applications are no longer accepted. Paper Applications will be available for pick-up at the Phillipsburg Housing Authority Main Office, 530 Heckman Street, Phillipsburg, NJ Mondays through Thursdays beginning February 2, 2026, from 10:00AM to 12:00 PM & 12:30PM to 2:00PM until 100 Two (2) Bedroom applications and Twenty-five (25) Four Bedroom applications have been distributed. Current ID is required to receive an application. Applications may not be duplicated. Only original applications with the PHA seal may be returned. Applications will not be accepted by mail. All required documentation must accompany application. Persons applying must meet all income and eligibility requirements. Applicants must be eighteen (18) years of age or older to apply. The waitlist is processed according to HUD regulations with regional preferences.

CAREGIVER RESOURCES

GENERAL

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

[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](#) helpline is available 24/7. You can dial 2-1-1, text your zip code to 898-211, or chat online at www.nj211.org for assistance at any time. The service is free, confidential, and multilingual. It connects you to resources for various needs, including housing, food, healthcare, and more.

[Smart 9-1-1](#) [NJ Silver Alert](#)

[NJ Register Ready](#) – 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. Information is confidential and 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. 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 973-637-1742 or 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. 877-922-2377 access@centerffs.org

[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](#)

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 or visit the [website](#)

[The Care Center of New Jersey](#)

National Consumer Voice Report Evaluates 3 New Jersey Nursing Home Chains Click [here](#) to access "Where Does the Money Go?"

[How do I Explain Dementia to Kids](#) with Teepa Snow

Governor-Elect Mikie Sherrill Seeks Public Input from Older Adults and People with Disabilities. [Complete the Public Input Survey](#)

Are you still waiting for your Anchor Benefit. It so, click [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.

Operation Fix It – Morris

Offers minor repairs relating to health & safety, plumbing, carpentry, masonry, electrical and weatherization to seniors, people with disabilities and disabled veterans. Call 973-361-5555 x3036 for full details

GENERAL, Cont'd

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 or email pkraemer@cfp-mnh.org

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

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 meeting in the 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 Transportation Customer Guide](#)

[Warren County Warming & Cooling Shelters](#)

CAREGIVER RESOURCES

GENERAL, Cont'd

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.monmouthadvs.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/>.

The New Jersey Department of Health & the NJ State Cancer Coalition are conducting a [survey](#) for cancer survivors and their caregivers. For more information call Katie Stewart at 908-203-6077

Envision Center Open Computer Lab (Free)
Envision Center, Phillipsburg Housing Authority Community Building. No appointment needed. For more information contact Sara at 908-859-0122x112 or sboehmdavis@phillipsburgha.com

[Guiding An Improved Dementia Experience](#)

[\(GUIDE\) Model](#)

[Fraud Prevention](#)

[RAZ Memory Cell Phone](#) Groundbreaking cell phone for seniors with Dementia, cognitive decline, vision loss, or seniors who prefer an easy-to-use experience.

Hunterdon Help-Line (Hunterdon & Morris County)

Telephone Reassurance – Calls for Seniors & Persons with Disabilities, 7 days a week, 365 days of the year. Call 908-782-4357.

[Ruth Gilbert Alzheimer's Accessibility Act](#)

[Jersey Center Power & Light](#) Simple Ways to Save Energy

NJ SNAP Information

Suggestions prior to visiting the grocery store:
- Check your EBT balance at NJFamiliesFirst.com or call (800) 997-3333.
- Be aware that eligibility notices or MyNJHelps case summaries may show you're eligible for November benefits, but no new funds will be posted unless federal funding resumes.

Stay informed by visiting the [DFD Emergency/Disaster page](#) for updates.

Find Food Resources Near You

If you're concerned about food access, New Jersey offers a Resource Directory with over 500 food programs statewide. These include: Fresh groceries, Prepared meals, Baby food, Pantries and distribution centers

GENERAL, Cont'd

How to get help:

- Visit the [NJ Food Resource Directory](#).
- Enter your ZIP code to find programs near you.
- Explore listings to learn about eligibility, locations, and contact information.
- Bring your SNAP card if requested by the pantry or distribution center.

Where to Find Help

- SNAP Updates: njsnap.gov
- EBT Balance Check: NJFamiliesFirst.com or call 1-800-997-3333
- WIC Info: nj.gov/health/fhs/wic
- Local Food Resources: Dial 211 or visit nj211.org

New Support from DoorDash

In a unique public-private partnership, DoorDash has launched a national initiative to support SNAP households during the funding gap:

- 1 Million Free Meals: Delivered through Project DASH food bank partners
- Waived Fees: No delivery or service fees for ~300,000 grocery orders placed by SNAP recipients at participating retailers
- DashMart Donations: Food donations to local food banks
- Click here for more information: [Project DASH](#)

How You Can Help

If you're in a position to support others, consider donating food to local pantries. Use the [NJ 211 Food Pantries & Soup Kitchens directory](#) to find drop-off sites near you

Food Pantries: [Morris](#), [Somerset](#), [Sussex](#) and [Warren](#)

The National Alliance for Caregiving announces the launch of the new [Caregiving in the US \(CGUS\) Data Hub](#)

Other Referral Resources for Unemployment, Workers' Rights

[NJ Department of Labor & Workforce Development](#) - File or follow up on an Unemployment Insurance Benefit claim; learn your rights

[US Equal Employment Opportunity Commission](#) - File a "Charge of Discrimination"
[NJ Division on Civil Rights](#) - File a complaint

[AARP Family Caregiver Guide](#)

[Senior Resource Center](#) Chester, NJ 908-879-2202 [State & County Resources](#)

[Volunteer Income Tax Assistance Program \(VITA\)](#)

[Home Care & Hospice Association of NJ](#) is conducting a [survey](#). For questions, contact nancy@homecarenj.org.

[New Jersey Once Again Demonstrates How Nursing Home Enforcement Should Be Done](#)

[Research Study](#) for Caregivers of Persons with Alzheimer's or Other Related Dementias (virtual) For more information visit or contact caregivers.tscan@gmail.com or 713-348-3528.

CAREGIVER RESOURCES

Legal

[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 the [newsletter](#)

[Legal Services and Unemployment: Legal Services of Northwest Jersey](#) Now accepts cases to help with Unemployment Insurance Benefits. Unemployment Insurance Benefits are government benefits that give financial support to people who lose their job through no fault of their own. When a person tries to claim unemployment benefits and receives an adverse action notice, they should: make a timely request for hearing as directed in the notice; apply for legal services. They offer consultation and advice, brief or extended service in meritorious claims in the following matters: Denials, Terminations, Overpayments, and in certain circumstances, Deputy Fact-Finding Claims.

[NELA \(National Employment Lawyer's Association\)](#) - Find a lawyer

Grief Support

Bereavement Group (in-person) Warren

2026 Dates – 4/4, 5/2, 6/13, 7/11, 8/8, 9/5, 10/3, 11/7, 12/12

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)

GriefShare Series (in-person) Warren

Beginning Monday, January 26 for 13 weeks from 6-8pm (ending April 20)

Knowlton Presbyterian Church, 3 Knowlton Road, Knowlton. More info and registration can be found at [griefshare.org](#).

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

Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress & Grief

By [Pauline Boss](#) (Author)

[Woodland Grief Counseling](#) (in-person or virtual)

Jeffrey Findlay, Certified Grief Counselor/ Certified Pet Loss Support Specialist. For more information contact 862-226-1342 or woodlandgriefcounselingnj@gmail.com

Grief Reading Room

Sometimes support begins with learning, reflection, and seeing your experience reflected in the words of others. Our Grief Reading Room was created as a resource for individuals and families navigating loss, offering a carefully curated collection of grief related books and resources. These recommendations are meant to offer comfort, understanding, and companionship during moments when grief feels heavy or hard to name. For more information contact [Holly](#) @ Heart at 908-503-2484

Growing Through Loss: Bereavement Support Group (in-person)

2nd & 4th Thursday of each month* from 6:30-8pm

HMC Education Center, 215 Route 31, Flemington. To register call 908-788-6600

*November & December will be on 1st & 3rd Thursday due to holidays

APRIL OBSERVANCES

PARKINSON'S AWARENESS MONTH

[National Parkinson's Awareness](#) Month in April encourages us to participate in one or more events near you supporting further research bringing us closer to a cure.

Parkinson's is a neurodegenerative disorder. Over time, this slowly progressing condition causes tremors, gait and balance issues, limb stiffness or rigidity, and a slow muscle movement. While each person responds differently to the disease, complications often become serious.

According to the Parkinson's Foundation, approximately 60,000 Americans are diagnosed with the disease each year. While young adults are rarely diagnosed with Parkinson's, the risks increase with age. Beyond age, other risk factors include:

- If a close relative has been diagnosed with Parkinson's, your risk increases.
- Men are more likely than women to be diagnosed with Parkinson's.
- Herbicides and pesticides may pose a slight risk for Parkinson's.

There is no cure, and more research is needed. Awareness, treatments, and education go a long way to supporting those affected by the disease, but they are not a cure.

Visit parkinson.org to learn more about Parkinson's and get involved.

NATIONAL VOLUNTEER MONTH

April recognizes all those who give their time and energy during [National Volunteer Month](#). In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.

#NationalVolunteerMonth

Rural fire and ambulance departments remain staffed due to the efforts of volunteers. The underprivileged receive much needed medical care thanks to volunteers. Long overdue repairs and upgrades are made to a senior women's home thanks to an organization's annual call for donations and skilled workers. A woman answers a call on a suicide hotline because she cared enough to give up a few hours to train and listen to someone desperate and alone. A team sets up tables at a soup kitchen every week. Another group delivers meals to men and women who can no longer cook for themselves. Boys and girls sell ice cream sandwiches during a fair to raise money for a homeless shelter.

Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life. Sometimes the difference a drop in the bucket. Other times it creates a tidal wave of change. From the anonymous volunteers who donate their resources to those whose efforts are part of larger national organizations like 4-H, Boy and Girl Scouts of America, or American Red Cross or a local grassroots group, their missions provide valuable support to communities in times of need.

STRESS AWARENESS MONTH

[Stress Awareness Month](#) is an annual designation observed in April. Have you ever been in a situation that was a little (or a lot) overwhelming, you had deadlines approaching and a mile-long to-do list, and you were just in way over your head?! Well, you're definitely not alone. Everyone feels stressed from time to time, especially as we get older and the responsibilities really pile onto our plate. The thing about stress is, a little bit of it isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find a healthy balance is the best way to live a productive, happy life.

A small amount of stress once in a while is a good thing because it means you're working hard and you care about what you're doing. If you were never stressed, that would probably mean you're living a lethargic lifestyle without a whole lot of work involved. However, too much stress doesn't allow us to think straight and is overbearing and counterproductive. Prolonged stress leads to real physical problems and can cause strokes, IBS, ulcers, diabetes, muscle and joint pain, miscarriages, etc.

This month, recognize the difference between good and bad stress and try to find your happy place within the madness.

HOW TO OBSERVE #StressAwarenessMonth

Use #NationalStressAwarenessMonth or #StressAwarenessMonth to post on social media. This month, we are all challenged to keep our stress levels low, and our peace levels high. Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed.

Exercise. You've probably heard this one before, and even though it's probably not exactly what you want to do when you're feeling stressed (because laying on the couch and watching movies sounds more appealing), exercising gets endorphins pumping through your brain, which triggers a happy feeling. Exercise lowers your body's stress hormones like cortisol, and releases chemicals that make you feel more at peace.

Think about taking **natural supplements** to help you feel more at ease. Natural remedies like lemon balm, omega-3 fatty acids, ashwagandha, green tea, and essential oils are very helpful.

Light a candle or turn on the oil diffusers, put on some soft, soothing **music** and **dim the lights**. Take a **deep breath** and count your blessings.

Caffeine intake reduction can help (even though it's tough to kick the coffee!) because caffeine tends to make us jittery, which can cause stress and anxiety.

Spend time laughing with friends and family. Let yourself have a good time and get your mind off the busyness of the real world.