MONTHLY *RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS*



November 2026 **37th Edition**

INSIDE:

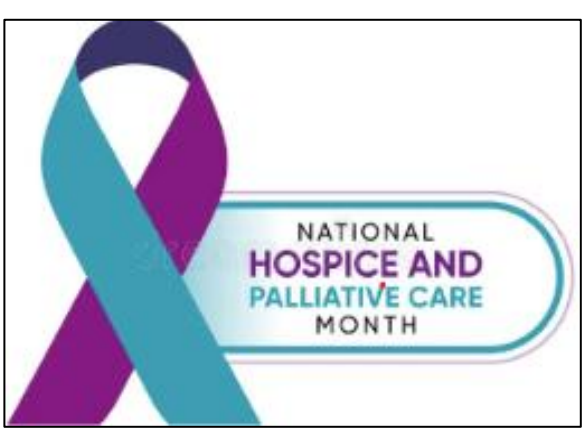
Date Specific Events For Caregivers

Support Groups For Caregivers

Caregiver Resources
- **Aging**
- **Disabilities**
- **Mental Health**
- **Military & Veterans**
- **Housing & Utilities**
- **General**
- **Medical**
- **Legal**
- **Grief Support**

NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH!





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 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

Medicare Annual Open Enrollment - The Medicare Part D & Advantage Plans Annual Open Enrollment Period runs from **October 15 through December 7**. Call your State Health Insurance Assistance Program (SHIP) Counselor at your local Division of Aging. Warren County's phone number is 908-475-6591.

Support Family Caregivers - Right now, 17 million Americans are part of the sandwich generation -- caring for both a child under 18 AND an adult family member. Not only are they juggling more hours of caregiving and doing more complex care, but they are also strained financially. **A bill in Congress** could give family caregivers some breathing room by allowing them to use their tax-free flexible spending or health savings accounts (FSAs or HSAs) to pay for their parents' and in-laws' medical expenses. **Email** your lawmakers and urge them to support this bill and save money for hardworking family caregivers.

Veterans Program
Wednesday, November 4 at 8:30am
Belvidere High School, 809 Oxford St., Belvidere
Stop by for bagels, coffee, classroom visits, all school assembly and lunch served by the advanced culinary class under the expert direction of Debra DePalma Koch. This event is free and open to all veteran and active-duty military. The guest speaker is Air Force veteran. Enjoy great music and videos and presentations from the Lehigh Valley Fleet Association. To RSVP call czetterstrom@belvideresd.org.

Navigating the Holidays with Compassion and Connection (virtual)
Wednesday, November 4 from 7-8pm
Join Dr. Angelica Caroline to explore practical ways to navigate the holidays while caring for someone living with dementia. Learn how to adapt traditions, reduce stress and over stimulation, and create meaningful moments of connection while honoring what feels manageable for everyone. Join this live, interactive session through Zoom or your telephone. For questions call 800-424-2494 or email Mary Catherine Click here to register.

2026 Care@Caregiver Annual Conference: Remembering Who I Am: Honoring Identity Through the Caregiver Journey (in-person and virtual)
Thursday, November 5 from 10:30am-1:30pm
Rutgers University Behavioral Health Care151 Centennial Ave, Piscataway
When we are for someone with dementia, our roles, routines, relationship, priorities, and sense of self can change. Caregiving can change many things, but it does not erase who you are. This National Family Caregivers Month, we pause to honor who we have been, recognize who we are today, and make room for who we are becoming**.** For questions call 800-424-2494 or email Mary Catherine Click here for **IN-PERSON** registration. Click here for **VIRTUAL** registration.

The Caregiver's Armor: Finding Strength, Support and Growth on the Dementia Care Journey (virtual)
Friday, November 6 from 1-2pm
Caring for someone with dementia is one of life's most meaningful and challenging journeys. This session will provide practical strategies for navigating caregiving while exploring how to build resilience, find support, and maintain your own well-being. We will discuss how caregivers can find strength, empowerment and growth amid the challenges of dementia Care. Presented by Christina Chen, MD Division of Community Internal Medicine, Geriatrics and Palliative Care, Mayo Clinic. Hosted by Alzheimer's Foundation of America. Click here to register. For questions call 866-232-8484.

Wills for Warriors
Wednesday, November 11 (Sussex) By Appointment ONLY
Askin & Hooker, LLC is please to present this program. If you are a Sussex County Veteran, you can have your Last Will and Testament prepared FREE of charge. For more information or to book an appointment call 973-729-7711

Hospice & Palliative Care: Understanding Your Options (in-person)
Thursday, November 12 at 1pm
Bentley Assisted Living at Branchville, 3 Phillips Rd., Branchville
This presentation by Karen Ann Quinlan Hospice will provide an easy-to-understand overview of hospice and palliative care, explaining the difference between the two, when each may be appropriate, and how these services support patients and their families. To register and for questions call 973-948-8884 or cbeckmann@wh.bentleyassistedliving.com

A Musical Afternoon with the Road Less Traveled (in-person)
Saturday, November 14 from 1:30-3pm
Habitat for Humanity Community Center, 31 Belvidere Ave., Washington
Brought to you by Center for Family Services. Registration is required and space is limited. This is designed for persons 65+ living in Warren County. For more information and to register email chelsa.salesman@centerffs.org or call 862-477-6075

Remembering Who I Am: Honoring Identity Through the Dementia Journey (virtual)
Tuesday, November 17 from 1-2pm
Caregiving can change many things—but it does not erase who you are. Sometimes, being a caregiver can become such a large part of life that we lose touch with the person we were before caregiving. At the same time, the person we care for is changing too. Dementia may affect their abilities, independence, communication, roles, and relationships. These changes can be difficult to witness and may leave both people wondering, "Who am I now?" and "Who are we now?" Join us to explore how to honor the past, make room for what is present and be open to what is becoming. Join this live, interactive session through Zoom or your telephone. For questions call 800-424-2494 or email Mary Catherine Click here to register.

Smartphone Confidence: Getting More from Your Phone (in-person) 65+
Thursday, November 19 from 1:30-3pm
Warren County Habitat for Humanity Community Center, 31 Belvidere Ave. Washington
Build confidence using your smartphone by exploring helpful everyday features, including accessibility settings, taking and sharing photos, texting, video calls, and managing contacts. Participants will also learn how to use QR codes and discover simple ways their phones can make daily tasks easier. For more information or to register call 862-477-6075 or email.

DATE SPECIFIC EVENTS & SUPPORT GROUPS FOR CAREGIVERS

Veterans Resource Fair (in-person)
Wednesday, November 18 from 10:30am-2:00pm
West Morris Area YMCA, 14 Dover Chester Road, Randolph
Join for a day of support, services and community. FREE and open to all veterans, active-duty military, and their families. For more information call 973 366 1120 ext.5064 or email

Are You Guilty of Feeling Caregiver Guilt? (virtual)
Tuesday, December 15 from 10-11am
Many emotions may surface when you take on the role of caregiving and guilt is one of the most common and challenging, and sometimes hard to admit. "Am I doing enough? Did I make the right decision? I hate to admit it, but I feel…." Let's talk about caregiver guilt, the root of this common emotion in caregiving, and ways to recognize it, accept it, and care for yourself. Presented by Laura Hawkins, MSW, LSW, Director, Community Health & Care Coordination Social Services with Atlantic Health. Click here to register. For questions email RobinEnnisLLC@gmail.com

Lock It Down: Passwords, Privacy & Account Security (in-person) 65+
Thursday, December 17 from 1:30-3pm
Warren County Habitat for Humanity Community Center, 31 Belvidere Ave. Washington
Learn how to create strong passwords and passphrases, avoid reusing passwords, and add extra protection to online accounts with two-factor authentication and login alerts. Participants will also explore basic privacy settings and learn what steps to take if they suspect an account has been hacked or compromised. For more information or to register call 862-477-6075 or email.

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

Stay Healthy at Home Webinar Series
Every Tuesday at 2:00pm
Created by the NJ 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 Tuesday of each month from 9 -10:30am
Caring for a loved one with a serious, chronic, or terminal illness can be both deeply meaningful and incredibly challenging. This free support group is designed to provide a compassionate space where 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, 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 & 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

Penn Med, Princeton Medical Center Events (virtual & in-person)

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. Or visit NAMI NJ Support Groups.

Brain Injury Alliance of NJ Support Groups

COPSA Institute for Alzheimer's Disease and Related Disorders Support Groups (virtual)
Mon, November 2 from 9:30–11:30am-Spouse Support Group
Tues, November 3 from 7:00-8:30pm-Adults Caring for Parents Group
Wed, November 4 from 11am-12pm–Spouse Transition Group
Mon, November 9 from 7–8pm-Adults Caring Transition Group
Tues, November 10 from 1-2pm-Caregiver Support Group
Wed., November 11 from 7:00–8:30pm-Caregiver Support Group
Mon, November 16 from 9:30-11:30am Spouse Support Group
Tues, November 17 from 7-8:30pm Adults Caring for Parents Group
Wed, November 18 from 7:00–8:30pm-Long Term Care Support Group
Thurs, November 19 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 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

Let's Chat: A Virtual Caregivers Circle (virtual)
Every 6 weeks. Wednesdays from 6-7pm (September 9, October 21 & December 2)
Join Abilities of Northwest Jersey for a welcoming virtual meet and greet designed for parents and caregivers of individuals with disabilities. This is a relaxed space to connect, share experiences, resources, build community with others who understand the journey, and hear from Abilities about current and future program services. Click here to register. For questions contact Jaya George jayageorge1114@gmail.com or 908-731-2423 or Sue Zukoski at Szukoski@abiliteisnw.com or 908-689-1118 x1016.

National Foundation of Swallowing Disorders – Caregiver Support Group (virtual)
Caring for someone with dysphagia can be rewarding—but also challenging, emotional, and at times overwhelming. The **NFOSD Virtual Caregiver Support Group** is a dedicated space for caregivers to connect, share experiences, and learn from others who understand the unique journey of supporting a loved one with swallowing difficulties Click here to learn more, get the meeting schedule and to register.

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 Connections at home

Live Online Classes for Older Adults

Family Connections – Older Adult Services

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.

Older Adult Meal at St. Lukes Anderson Campus Northampton County, PA **Click** here **for more information**

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

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. Here is a link to the program details.

Senior Blue Book Resource for Aging Well

Positive Aging Source Book

Advancing the Availability of Flexible and Accessible Respite Care for Family Caregivers Action Guide

ARCH National Respite Network

Courtyard Adult Medical Day Center
Monday-Friday 9am-2pm
111 West Main St., Clinton
Enjoy engaging activities and exercises, delicious meals, outings, wellness programs, and meaningful social connections. Transportation Available/Complimentary Trial Day Available. Private Pay and Medicaid Accepted. Call 908-735-5111

Courtyard Luxury Senior Living: Assisted Living and Memory Care Community
111 West Main St., Clinton, NJ
For more information or to schedule a tour call Elyssa Raucci at 908.736.4200

Chronic Disease and Self Management Program, Matter of Balance and Wellness Initiative for Senior Education (WISE)
Contact Diana Boesch at 908-835-2800

Center for Family Services Wellness in Bloom Program for Warren County Seniors

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

Veterans Resource Manual: A Guide to Legal Benefits and Resources for New Jersey Veterans

Fraud Alert: Beware the "Veterans Savings Program" Postcard Scam

CAREGIVER RESOURCES

MENTAL HEALTH

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

Treatment Advocacy Center Problem-solving Series: Innovative Approaches to Severe Mental Illness — Treatment Solutions

MENTAL HEALTH Cont'd

Recovery Management Checkup (RMC) Services through Prevention is Key (PIK) This program is specifically designed for individuals with substance use disorder (SUD) who have recently been discharged from licensed treatment facilities in New Jersey. The program aims to provide essential support for individuals transitioning to independent living, as well as connecting them with vital resources to aid in their recovery journey. 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

Abound Health provides caregiving services for adults with intellectual and/or development disabilities throughout NJ. If you are providing care for a family member or neighbor, you may be able to be compensated for your work with Abound Health! They offer additional caregiver support for a family member, provide individual supports, community supports, respite care, and transportation. Questions, contact Brian Schroeder at 856-746-8163 or brian.schroeder@aboundhealth.com.

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

Finaly 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 Warren County Division of Aging and Disability Services at 908-475-6591.

New Resource on Self-Direction and Supports Brokerage Now Available

Special Connections: Parents of Adult Children with Unique Needs 2025-2026

DAWN Center for Independent Living

Tender Care LLC is Empowering adults with developmental disabilities to live independent, joyful, and fulfilling lives.

DISABILITIES, Cont'd

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

Alliance Center for Independence

The Arc is proud to be part of **1 Million Care Conversations**, a national effort to listen to people across the country about what care looks like in their lives: what's working, what isn't, and what it would take to thrive. Take a short survey and share your experience.

CAREGIVER RESOURCES

DISABILITIES, Cont'd

NJ Commission for the Blind and Visually Impaired

NJ WorkAbility

The Arc of New Jersey Self Advocacy Project Newsletter

The Arc@School

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. 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

National Core Indicators® - Intellectual and Developmental Disabilities (NCI®-IDD) is a national effort to measure and improve the performance of public developmental disabilities agencies. For more information click here.

NJ ABLE Account
Eligible individuals with disabilities (and their families) can save money for disability related expenses in a tax-exempt account.

Have you experienced unusually long wait times when filing a **federal Office of Civil Rights complaint**? We are accepting feedback to share with The Arc of the United States Survey.

MEDICAL

Fox Rehab - In home PT/OT/ST under Medicare Part B. 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 PT 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 **C**all 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 973-586-2900 or 917-821-7758

Donated Dental Services (DDS) Program

Stroke Resource Guide

Dental Home Services **call 800.842.4663**

Message Box Messagebox reads the messages aloud and lets your loved one respond just by talking.

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

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.

Atlantic Health System Link to Help You Find Resources Near You

New Jersey Department of Health – Search for Long-Term Care Facilities by County

Dementia in New Jersey: Research and Resources

The American Heart Association and American Stroke Association have released the 2026 Guidelines for Adult Stroke Rehabilitation and Recovery— the first comprehensive update in ten years.

AARP Hearing Solutions

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:
Addiction & Recovery
Community Connections
Counseling & Behavioral Health
Early Childhood Education
Family Support & Prevention
Safe & Supportive Housing
Tauma & 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

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**
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

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

Power Chair Lifts Rosemary Tarof 484-895-1188. They refer to Medicaid/Waiver Programs and also work with Veterans.

Pennsylvania Assistive Technology Foundation

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

The Caregivers Voice

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 websitewww.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.

Stay informed by visiting the DFD Emergency/Disaster page for updates.

Rice University Research Study (Fully Remote)
The purpose of this research study is to investigate the role of emotion processing and coping in people who are serving as the **primary caregivers for a loved one with Alzheimer's (or other related dementias)**. Specifically, seeing how thinking about emotional situations in different ways may help in managing the stress of caregiving.

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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**

AARP Family Caregiver Guide

Senior Resource Center Chester, NJ 908-879-2202 State & County Resources

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.

Human Services Fully Reopens **Child Care Assistance Program**. Read NJDHS New Release Here.

National Research Study on the Biopsychosocial Impact on Spousal Caregiving

Guiding an Improved Dementia Experience Program

Transforming Rural Health in New Jersey

Messagebox lets your loved one send and receive voice messages and reminders with just one button — making it easy for them and bringing peace of mind to you.

Access to ENT Care is at Risk

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 – 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, September 14 for 13 weeks from 6-8pm
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

Center for the Heart

CAREGIVER RESOURCES

Medicare/Medicaid

Center for Medicare Advocacy Webinars

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

Medicare Telehealth Coverage Extended Through 2027

Center for Medicare Advocacy Quick Guide **on Ambulance Coverage in Medicare**

When Should Medicare Coverage be Available for Ambulance Transportation?

Physical Therapy Services – Medicare Coverage

Medicare and You Handbook