

Woodbridge Township Senior Services Directory

Mayor John E. McCormac

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

Ten Small Towns. One Great Community!

John E. McCormac
Mayor

Michele Morgan, MSW
Director of Senior Services

Scan QR code to view digital copy of Senior Services Directory

Greetings Woodbridge Township Senior Resident:

We are pleased to offer the current edition of the Woodbridge Township Senior Services Directory - a complete compilation of all of the services and programs available to Woodbridge Township Senior residents from Township, County, State and Federal agencies.

The Department of Senior Services works tirelessly under the leadership of Director Michele Morgan, MSW and her professional staff, providing attentive services and programs via the Division on Aging that takes care of our frail, elderly and homebound Senior population. These seniors rarely see any Township employees except their Social Worker, but that does not stop them from telling us how happy they are through calls and emails.

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

Explore the Senior Services Directory and our Senior Centers, where senior residents experience a camaraderie of togetherness whether it be exercise programs, recreation activities, entertainment, informative seminars and themed-luncheons:

- Evergreen Senior Center in Colonia
- Sycamore Senior Center in Sewaren/Port Reading
- Five Branches Senior Center in Iselin
- Hickory Senior Center in Fords
- Maple Tree Senior Center in Avenel
- Oak Tree Senior Center in Iselin

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

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

Sincerely,



Mayor John E. McCormac
Woodbridge Township



REVISED: 4/2025

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A vibrant field of sunflowers under a blue sky with white clouds. The sunflowers are in full bloom, with bright yellow petals and dark brown centers. The field stretches far into the distance, creating a sense of depth. The sky is a clear, bright blue, dotted with fluffy white clouds. The overall scene is bright and cheerful, evoking a sense of warmth and positivity.

SECTION 1:
Woodbridge Township
Senior Services

DEPARTMENT OF SENIOR SERVICES

400 Inman Avenue, Colonia(732)726-2368

Every person deserves to age well. The Department of Senior Services aims to create meaningful connections so that older adults can live and age well with dignity, purpose, security and independence. The outstanding work and collaboration of the Division on Aging, Senior Transportation of Woodbridge and Senior Centers, deliver the resources, tools, best practices, and advocacy to ensure that our older adults can age with dignity and equity. We have collective responsibility to provide emotional, social, physical, intellectual, cultural, and financial wellness to Woodbridge Township residents 60 years of age and older.

We are committed to ensuring that older adults can easily access appropriate services they need to stay safe and healthy as they age in place. The Senior Services Directory has resources to help older adults and caregivers maintain and nurture their well-being and independence with numerous Township, County, State and Federal resources. We look to expand our brand and promote our services, highlight events and assist older adults navigate and maintain control of their lives throughout the aging process.

The Division on Aging has specialized Geriatric Licensed and Clinical Social Workers who respond to the psychosocial well-being of our senior residents, case manage and develop programs to support older adults to age with dignity and independence in their own home and make informed decisions about the *quality of life* they wish to achieve. The expertise of our team of social workers benefits seniors and their families enabling them to live fulfilling and meaningful lives by providing emotional support, ensuring access to necessary resources, managing crises, and advocating for their needs.

Senior Centers provide access to an array of opportunities for older adults to stay active, healthy and have greater life satisfaction. The centers host monthly luncheons where our seniors gather to break bread together, offer fitness and exercise programs, and provide a space for older adults to connect with peers, form friendships, and engage in meaningful conversations. These social interactions can improve mental health, reduce loneliness and depression, and boost overall well-being.

Senior Transportation (S.T.O.W) is the lifeline that connects all of us and helps to connect seniors to the community around them, shopping and medical care. Having access to transportation services is not just about independence-it is essential to maintaining overall health and well-being. Barriers to transportation mean missed appointments, which can lead to gaps in preventative medical care. Older adults who are not able to secure rides to social events can feel isolated from their communities, which puts them at risk for depression and cognitive decline. Transportation is a critical support to reduce social isolation and leads to better health outcomes for older adults.

We are lucky to be in a place called Woodbridge Township with the opportunities to demonstrate how diverse we are, how broad our reach, how critical to our community and how many lives Senior Services has impacted as part of authentic interactions with older adults and caregivers. Consider Woodbridge Township as aging in “the right place”.

We are committed to having a positive impact on the older adults we serve, we strive to achieve advocacy and excellence in everything we do, we communicate and collaborate, while protecting and maintaining confidentiality and privacy, and we ensure, to the greatest extent possible, an inclusive and equitable environment where older adults can age in place; to live in one’s home and community safely, independently, and comfortably. Contact information can be found in this Directory or visit www.twp.woodbridge.nj.us.

Gratefully,
Michele Morgan, MSW
Director of Senior Services

ENTERTAINMENT AND RECREATION

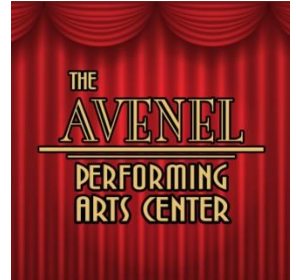
Avenel Performing Arts Center (APAC)

150 Avenel Street, Avenel

(732)314-0500

www.avenelarts.com

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



Mayor's Summer Concert Series

(732)596-4048 | concert weather hotline (732)602-6045

www.woodbridge.nj.us

Mondays	Oldies (50s/60s)	7:30PM	Woodbridge HS
Tuesdays	Tributes (70s/80s)	7:30PM	Woodbridge HS
Wednesdays	Eclectic	7:30PM	Parker Press Park
Thursdays	Local	7:30PM	Herbert Press Park
Fridays	Fun Night	7:30PM	Anchors Tiki Bar
Sundays	Country	7:00PM	Woodbridge HS



Barron Arts Center

582 Rahway Avenue, Woodbridge

(732)634-0413

www.woodbridge.nj.us

- Registered historic landmark that promotes arts, history and community activities through exhibitions, lectures and concerts.
- Special events include Senior Art Show, Poet Wednesdays and annual Model Train Exhibit in December.
- Annual Seniors Art Show is an exhibit to enhance the life of seniors 60 years of age and older.
 - Eligible Art: oils, acrylics, watercolors, pastels, printmaking, drawing, including pen, ink, chalk, charcoal, mixed media including collage, photography, sculpture and fine crafts.
 - Art must be officially registered at The Barron Arts Center and Evergreen, Five Branches, Hickory, Maple Tree, Oak Tree and Sycamore Senior Centers.



ENTERTAINMENT AND RECREATION

Woodbridge Township Annual Events

For more information, contact the Woodbridge Recreation Department at (732)596-4048

Chili Cook Off (1st Sunday in March)

Acacia Center, 95 Port Reading Avenue, Woodbridge

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



St. Patrick's Day Parade (2nd Sunday in March @ 1:30pm)

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

- Sponsored by the American Irish Association of Woodbridge.



Earth Day (3rd Saturday in April)

Acacia Center, 95 Port Reading Avenue, Woodbridge

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



Feria de Sevilla (dates vary)

Parker Press, 400 Rahway Avenue, Woodbridge

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

Woodbridge Township Annual Fire Works (dates vary)

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

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



St. James Street Fair and Hispanic Heritage Festival (3rd Saturday in September)

Main Street, Woodbridge and Town hall parking lot

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

National Public Lands Day (4th Saturday in September)

Ernie Oros Wildlife Preserve, Omar Avenue, Avenel

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



ENTERTAINMENT AND RECREATION

Ghost Walk (dates vary)

Parker Press Park, 400 Rahway Ave, Woodbridge

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



Veteran's Day Parade (2nd Sunday in November @ 1:30pm)

Ross Street School to Woodbridge Municipal Building

- Salute Woodbridge Township Veteran's and Military Personnel.

Turkey Trot

Saturday before Thanksgiving

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



Holiday Light Parade, Stroll and Tree Lighting (Saturday after Thanksgiving)

Main Street, Woodbridge

- Light Parade of vehicles, holiday stroll and official tree lighting on Main Street. Follow the Light Parade "Live" on TV-35 and YouTube as it travels through all 10 towns.



Holiday Parade (1st Sunday in December @ 1:30pm)

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

EMERGENCY SERVICES REGISTRIES



CodeRed

twp.woodbridge.nj.us

- Woodbridge Township residents can complete a Community Notification Enrollment form online to sign up to be notified in the event of emergency situations or to learn about community events.

Special Needs Assistance

twp.woodbridge.nj.us

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



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

Notify Me

www.woodbridge.nj.us

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

FOOD PANTRIES

Registration required along with proof of income and residency.



Fellowship Bible Church (732)636-7727
121 East Prospect Avenue, Woodbridge
Sunday 12noon-2pm

First Presbyterian Church (732)634-1024
600 Rahway Avenue, Woodbridge
1st & 2nd Monday of each month 9am-11am

First Presbyterian Church (732)283-1188
1295 Oak Tree Road, Iselin
2nd Monday of each month 9am-12noon

First Presbyterian Church (732)634-1631
621 East Woodbridge Avenue, Avenel
Last Tuesday of each month 10am-11:30pm

Heavens Helper's (732)501-7972
343 Pearl Street, Woodbridge
1st Wednesday of each month 12noon-3pm
1st Thursday of each month 11am-2pm

Evangel Church (732)283-3440
48 Berkeley Boulevard, Iselin
Last Thursday of each month 6pm-7:30pm

St. Anthony of Padua (732)634-1403
436-A Port Reading Avenue, Port Reading
3rd Wednesday of each month 10am - 12noon

St. Cecelia Church (732)283-0150
45 Wilus Way, Iselin
Every Tuesday 10am-1pm

St. James Church (732)636-4310
174 Grove Street, Woodbridge
Tuesday 11am-1pm
Wednesday & Thursday 9am-11am
Thursday Evenings 5:30pm-7pm

Trinity Episcopal Church (732)634-7422
650 Rahway Avenue at Trinity Lane, Woodbridge
Every Thursday 4pm-5:30pm
Every 1st Saturday of the month 10:30am-11:30am
Soup Kitchen Hours: Every Friday 10:45am-12:00pm

HOME DELIVERED MEALS

Meals on Wheels in Metuchen – Edison – Woodbridge

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

- Home delivered meals for Older Adults aged 60 and up; must be homebound. Call for more information.



WE FEED WOODBRIDGE

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



A network of 10 food pantries in Woodbridge Township which provide food to needy families and individuals, conduct community outreach to offer information on social service benefits and coordinates township wide Food Drive events throughout the year to replenish the food pantries. Donations can be made to: We Feed-Woodbridge, c/o Woodbridge Township Department of Health and Human Services, 2 George Frederick Plaza, Woodbridge, NJ 07095 or Town Hall, 1 Main Street, Woodbridge, NJ 07095.

HEALTH AND WELLNESS

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

Mayor's Senior Summit and Older Adults Expo

Division on Aging

Department of Senior Services

400 Inman Avenue, Colonia

(732)726-6262

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



**MAYOR'S SENIOR SUMMIT
AND OLDER ADULTS EXPO**

Woodbridge Community Center (WCC)

600 Main Street, Woodbridge

(732)596-4170

www.njwcc.com

- WCC offers a variety of classes tailored to senior citizen members, including Chair Yoga, Walk It Off, Zumba Gold, Core & More, Boom Move, Aqua Zumba, Silversneakers Classic, Silversneakers Circuit, and Silversneakers Tabata.
- Enrichment programs include rummikub, mahjong, scrabble and weekly “Brown Bag Senior Movies.”
- “Coffee and Bagel” Seminars are held monthly for senior citizen members about a variety of topics ranging from healthcare to financial planning.



The Club at Woodbridge

585 Main Street, Woodbridge

(732)634-5000

www.theclub.org

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



Senior Olympics (1st weekend after Labor Day)

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



HEALTH AND WELLNESS

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

Public Health Day/ Mayor's Health Expo

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



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

Woodbridge Township Mobile Health Services

Department of Health and Human Services
2 George Frederick Plaza, Woodbridge
(732)855-0600 ext. 5030
www.twp.woodbridge.nj.us
wdbghealthmobile@twp.woodbridge.nj.us



- Offers residents free health screening throughout the Township including: Blood pressure, Glucose, Cholesterol, Blood Oxygen, Heart rate, Height, Weight, Health Literature, and much more.
- Visit Mobile Health Services Unit tab under Health and Human Services section of Township website for calendars and updates.

Vaccinations for Adults and Children

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



- Administered by the Nursing Division
- Flu shot, shingles, pneumonia, Hepatitis B and Meningitis, PPD
- (aka Tuberculosis) skin testing also available.

Woodbridge Township Farmer's Market @ Parker Press Park

Woodbridge Recreation Department
(732)596-4048
www.twp.woodbridge.nj.us

- Every Saturday 9am-1pm opening in June to October. Offers fresh, locally grown produce, vendors, events and entertainment. Visit the township website for specific dates and location.



HEALTH AND WELLNESS



Woodbridge Behavioral Health Services, Mental Health, and Substance Abuse

Department of Health and Human Services

2 George Frederick Plaza, Woodbridge

(732)855-0600 ext. 5022

- **Substance Use and Mental Health Disorders**

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

- **Woodbridge Addiction Recovery mentors (WARM)**

A group of men and women who are recovering from the disease of addiction or have experienced addiction through a loved one; coming together to offer support/mentorship to each other and others seeking recovery. Meetings held Mondays 7:30PM-9:15PM | Wednesdays 8:15PM -9:30PM | Saturdays 12:30-2PM at Sycamore Senior Center, 290 Old Road, Port Reading. Wednesdays 7PM-8PM Virtual on Zoom. For more information, call Woodbridge Behavioral Health Services.

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

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

- **Connect and Protect- Woodbridge Inception Zero- Mental Health Hotline**

A 24/7 helpline that connects Woodbridge Residents to a trained mental health peer who has lived experience and is in Recovery. Residents can call (732)596-4199 and request to speak to a mental health peer. Peers offer support, guidance, and connections to valuable resources.

Behavioral Health Services Weekly Meeting Schedule Meetings are held weekly at Sycamore Senior Center 290 Old Road, Port Reading NJ 07064 Our Narcotics Anonymous meetings are open to anyone struggling with substance use disorder.	
Monday 7:30pm – 9:15pm Masks have to Go	NA MEETING Open Speaker Basic Text Discussion/Participation
Recovery Court First Monday of the month 7pm-8pm	Recovery Court Alumni Provides participants/graduates of Recovery Court support in dealing with the legal system.
Wednesday 8:15pm – 9:30pm Old Road New Life	NA MEETING Open Just for Today Study Speaker Discussion meeting
Wednesday 7pm – 8pm VIRTUAL ON ZOOM	SMART RECOVERY Self-Management And Recovery Training is an all recovery meeting. To log on you can sign up at: www.smartrecovery.org
Saturday 12:30pm – 2:00pm Youth Gone Wild	NA MEETING Just for today Book

HOME MODIFICATION PROGRAMS

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

Tommy Toolbox and ADA Ramp

1 Main Street, Woodbridge

(732)634-4500 ext. 6445

www.woodbridge.nj.us

- Tommy Toolbox is a home repair program for low-income, elderly and disabled Woodbridge Township homeowners. Depending on size of repair, homeowner may pay for materials and labor is at no-cost.
- ADA Ramp program provides assistance for exterior handicapped ramps and lifts in owner occupied single-family dwellings.



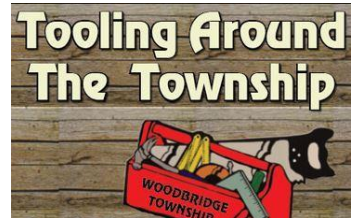
Tooling Around the Township (last weekend in April)

1 Main Street, Woodbridge

(732)634-4500 ext. 6496

www.woodbridge.nj.us

- Mayor's Office organizes teams of local community volunteers during the last weekend in April to make repairs to homes of senior citizens and disabled or low-income homeowners who are unable to do so themselves or residents presently facing financial hardship.
- Call for more information or visit website for an application.



Woodbridge Home Improvement Program

Sponsored by Woodbridge Township and Administered by CGP&H

1(609)366-9010

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

- Receive up to \$22,000.00 in repairs to your home including but not limited to roof, foundation, heating, electrical, windows, insulations and plumbing.
- Funds are provided at no interest, ten (10) year forgivable loan, a professional inspector oversees the process and no monthly payment. No cost to apply.
- Must be a Woodbridge Township resident, own your home and meet income eligibility guidelines.



HOME IMPROVEMENT PROGRAM

DOES YOUR HOME NEED REPAIRS?

The Township of Woodbridge invites you to apply to the Woodbridge **HOME IMPROVEMENT PROGRAM**

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

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

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

(income limits updated periodically)

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

Household size	1	2	3	4
Maximum Income	\$81,872	\$93,568	\$105,264	\$116,960
Household size	5	6	7	8
Maximum Income	\$126,317	\$135,674	\$145,030	\$154,387



Equal Housing Opportunity

This program is sponsored by Woodbridge Township



FIRST COME, FIRST SERVED
TAKE THE FIRST STEP!

www.hip.cgph.net

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

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

HOMELESSNESS PREVENTION

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

Coming Home of Middlesex County

www.cominghomemiddlesex.org

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



State Homeless Hotline:

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

Text: text your zip code to 898-211

Email: info@nj211

Website/Chat: www.nj211.org

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



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

392 Smith Street Perth Amboy, NJ 08861 | (732) 771-9910

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

Monday-Friday, 9am-5pm



Unity Square Community Center

81 Remsen Avenue, New Brunswick, NJ 08901 | (732) 545-0329

<https://www.ccdom.org/usq>

Monday-Friday, 8am-4pm

First Presbyterian Church of Metuchen

270 Woodbridge Avenue, Metuchen NJ 08840 | (732) 491-2300

Thursdays, 9am-11am



Findhelp.org

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

HOMELESSNESS PREVENTION



Middlesex County Board of Social Services: Emergency Assistance Services

181 How Lane, New Brunswick, NJ 08901

(732)745-3500 | <https://middlesexsocialservices.com/>

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

Office of Homelessness Prevention

New Jersey Department of Community Affairs

PO Box 800, Trenton, NJ 08625-0800

1(609)292-4080

<https://nj.gov/dca/> | <https://www.nj.gov/dca/dhcr/offices/dhcrohps.html>

- Provides the contact information to State agencies that provide assistance for the following homelessness prevention programs:
 - **Homelessness Prevention Program**- provides up to three months of assistance to pay past due rent to households in imminent danger of eviction due to temporary financial problems beyond their control. Contact Puerto Rican Association for Human Development, Inc. at (732)638-2814.
 - **Homeless Diversion Pilot** - deploys rapid housing stabilization case management paired with flexible funding to rapidly prevent and exit eligible households from risk of unsheltered homelessness and shelter placement. Contact Garden State Home at (732)532-6865
 - **Homelessness Prevention and Rapid Re-Housing Program**- provider assistance to households in imminent risk of homelessness due to an eviction summons and temporary rapid re-housing assistance to individuals and families living on the streets, in places not meant for human habitation (e.g., encampments and vehicles) and in emergency shelters (up to 90 days) to obtain permanent housing. Contact Catholic Charities at (732)826-6278.

Puerto Rican Association on Human Development (PRAHD)

100 First Street, Perth Amboy NJ 08861 | (732) 638-2800 | (732) 442-1081

100 Cooke Avenue, Carteret, 07008 | (732) 979-2465

Hotline for Rental Assistance: (732) 638-2870

- Homelessness Prevention Program – provides rental arrears and relocation assistance.

Garden State Home

141 Raritan Ave, Highland Park, NJ 08904

(732)532-6865

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

- Services include: Eviction Prevention, Housing Assistance and Homeless Services.



HOMELESSNESS PREVENTION

Catholic Charities

Edison Family Service Center - Multi Service Program
26 Safran Avenue, Edison, NJ 08837
(732)826-6278 | (732)738-1323 | www.ccdom.org



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



Project for Assistance in Transition from Homelessness (PATH)

University Behavioral Healthcare: Homeless Case Management

AccessCenter: 1(800)969-5300 | ubhc.rutgers.edu/clinical/community/community-based-programs.xml

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

Reformed Church of Highland Park Affordable Housing Corp (RCHP-AHC)

19-21 South Second Avenue, Highland Park, NJ 08904

(732) 249-7349 | email: reformedchurchhp@gmail.com

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

- Diversion program – offers problem solving with limited financial assistance.

Fish Inc. – Dunellen Area

456 New Market Road, Piscataway NJ 08854

(732) 356-0081

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

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



HOMELESSNESS PREVENTION

Homesharing INC

1(908)526-4663

<https://homesharing.org/>

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



NJSHARES Mortgage Assistance, Rent & Taxes (NJ SMART) Program

SHARES

APPLY ONLINE: <https://sharesnation.org/njsmart/>

- Provides assistance to eligible New Jersey residents who are in a temporary financial crisis and are facing housing emergencies. The NJ SMART Program will provide up to a \$5,000 grant for overdue rent, mortgage, or property tax payments. Rent, mortgage or property tax payments must be past due a minimum of one month. Payments will be made in a one-time, lump-sum payment directly to the landlord, mortgage company or tax collector on behalf of the applicant.
- Apply online ONLY. No paper applications will be accepted.



Housing Coalition of Central Jersey (HCCJ)

PRAB, 754 Rt. 18, Suite 202, East Brunswick, NJ 08816

(732) 832-7535

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

- ***Mortgage Counseling, Mortgage Assistance & Foreclosure Mediation***
Homeowners faced with mortgage delinquency and default receive counseling to determine the reasons for delinquency and can explore options to avoid foreclosure. This includes mortgage modification, mortgage assistance, and asset preservation.
- ***Landlord-Tenant Mediation***
Landlords and tenants are informed of their rights and responsibilities. Tenants who are summoned to court receive assistance with state, county, or local intervention.
- ***Homelessness Prevention***
Families and individuals who are housed in inadequate conditions, are at risk of eviction or foreclosure, or are homeless receive the appropriate support. They receive assistance while considering options, completing applications for subsidized housing, and locating financial resources for rent, security, and utility deposits.



Central Jersey Legal Services

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

313 State Street, Perth Amboy, NJ 08861 | (732) 324-1613

<https://centraljerseylegalservices.org/>

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



HOMELESSNESS PREVENTION

Homeless Veterans

Supportive Services for Veteran Families Program (SSVF)

1(855)483-8466

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

Soldier On

1(866)406-8449

www.wesoldieron.org

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



Community Hope

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

www.communityhope-nj.org

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



Hope for Veterans Program

1(908)647-5717

- Provides a safe, supportive environment where veterans can sustain their recovery and start on the path to rebuilding their lives by offering shelter- transitional housing and permanent supportive housing, homelessness prevention and essential mental health counseling. Transitional housing program is located at the VA New Jersey Healthcare Campus in Lyons, NJ-a safe place for veterans to address issues that lead to their homelessness. For more information, call Veterans Intake Coordinator (201)643-7799.

Middlesex County Veterans Housing Assistance Program (VHAP)

Division of Housing, Community Development, and Social Services

75 Bayard Street, 2nd floor, New Brunswick, NJ 08901

(732) 745-4051 or (732) 745-5918

www.middlesexcountynj.gov | search: veterans housing assistance program

- Temporary rental assistance program for at-risk or homeless veterans and their families.
- Assists with security deposit, first month's rent or rental arrears.

Operation Chill Out

1(908)509-1462

www.operationchillout.org

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



HOUSING

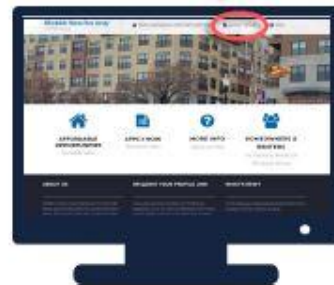
Affordable Homes New Jersey
a CGP&H service

AFFORDABLE HOUSING IN WOODBRIIDGE TOWNSHIP

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

On this website, you will be able to:

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



www.AffordableHomesNewJersey.com

APPLY ONLINE TODAY!



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



HOUSING

Additional contact information on the following pages: 25-26

Woodbridge Affordable Housing Rental Opportunities:

	Number of Units	Unit Mix	How To Apply?
CGP&H/ AffordableHomesNewJersey.com			
875 Port Reading	1	1 bedrooms	AffordableHomesNewJersey.com. Call 609-664-2769 ext. 5
The Grande at Metro Park	36	1 bedrooms; 2 bedrooms	
444 Lincoln Highway Apartments	7	1 bedrooms; 2 bedrooms; 3 bedrooms	
LUXE	10	1 bedrooms; 2 bedrooms; 3 bedrooms	
Quincy Heights	10	1 bedrooms; 2 bedrooms; 3 bedrooms	
414 Rahway Avenue	5	1 bedrooms; 2 bedrooms; 3 bedrooms	
Boulevard East	3	2 bedrooms; 3 bedrooms	
Cooper Towers (62 +)	75	studio, 1 bedrooms	
Avenue & Green	35	Studios; 1 bedrooms; 2 bedrooms; 3 bedrooms	
The Park at Woodbridge Station	22	Studios; 2 bedrooms; 3 bedrooms	
Ingerman			
Reinhard Manor	62	1 bedrooms; 2 bedrooms	livebirchwood.com/communities/reinhard-manor/ Call (732) 428-0300 <i>This is an age restricted community age 62 years of age or older.</i>
Dalina Manor	57	1 bedrooms; 2 bedrooms	livebirchwood.com/communities/dalina-manor/ Call (732) 486-7326 <i>This is a 55+ community.</i>
Jacobs Landing	204	1 bedrooms; 2 bedrooms; 3 bedrooms	Call (732) 352-4390
Maple Tree Manor	88	Studios; 1 bedrooms; 2 bedrooms	livebirchwood.com/communities/maple-tree-manor/ Call (833)752-6215 <i>This is an age restricted community age 62 years of age or older.</i>
Pennrose Properties			
Greens at Avenel	100	1 bedrooms; 2 bedrooms; 3 bedrooms	GreensAtAvenel@pennrose.com Call (732) 554-0862
Piazza and Associates			
Station Village at Avenel	50	1 bedrooms; 2 bedrooms; 3 bedrooms	Piazzanj.com/affordable-housing/ Call (609)786-1100.
Autumn Hills	24	1 bedrooms; 2 bedrooms; 3 bedrooms	
Village at Falcon Point	9	1 bedrooms; 2 bedrooms; 3 bedrooms	
Vermella Woodbridge	57	1 bedrooms; 2 bedrooms; 3 bedrooms	
Modera Woodbridge	42	1 bedrooms; 2 bedrooms; 3 bedrooms	
Sterling Properties			
Metro Woodbridge	4	1 bedrooms; 3 bedrooms	Sterling Properties Call (973) 535-1888.
Woodbridge Housing Authority			
Red Oaks Senior Housing	60	1 bedrooms	Woodbridgehousingauthority.org/senior-disabled-pre-application/ Call (732) 634-2750
Green Oak Towers	75	Studios; 1 bedrooms	
Adams Towers	65	Studios; 1 bedrooms	
Finn Towers	70	Studios; 1 bedrooms; 2 bedrooms	
Greiner Towers	70	Studios; 1 bedrooms; 2 bedrooms	

HOUSING

Senior Citizen Low-Income and Affordable Housing

WOODBIDGE HOUSING AUTHORITY

800 Bunns Lane, Woodbridge, NJ 07095

(732)634-2750 | fax (732)634-8421

HOW TO APPLY? Senior Citizen/Disabled Low Income Housing pre-application with instructions can be picked up at 800B Bunns Lane, Woodbridge or downloaded at www.woodbridgehousingauthority.org. Application may be returned in-person or by mail to 800B Bunns Lane, Woodbridge, NJ 07095.

LOCATIONS:

- **Adams Towers** 555 Rahway Avenue, Woodbridge, NJ 07095
- **Finn Towers** 19 Martin Terrace, Woodbridge, NJ 07095
- **Greiner Towers** 460 Inman Avenue, Colonia, NJ 07067
- **Green Oak Towers** 535-537 New Brunswick Avenue, Fords, NJ 08863
- **Red Oak Manor** 300 Old Road, Port Reading, NJ 07064
- **Cooper Towers** 1422 Oak Tree Road, Iselin, NJ 08830 (62yo+)
 - Apply online at: <http://affordablehomesnewjersey.com/preliminary-application>
 - For instructions on how to apply online, call 1(609) 664-2769, ext.5.

Senior Citizen Affordable Housing

INGERMAN

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

LOCATIONS:

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



HOUSING

Affordable Housing Rental Opportunities

CGP&H/ AffordableHomesNewJersey.com

HOW TO APPLY? Call CGP&H at 1(609)664-2769 Ext.5 or online at www.AffordableHomesNewJersey.com.

LOCATIONS:

- *875 Port Reading Avenue* 875 Port Reading Avenue, NJ 07064
- *The Grande at Metro Park* 3 Ronson Road, Iselin, NJ 08830
- *444 Lincoln Highway Apartments* 444 Lincoln Highway, Iselin, NJ 08830
- *LUXE One* Woodbridge Center Drive, Woodbridge, NJ 07095
- *Quincy Heights* 175 Quincy Court, Hopelawn, NJ 08861
- *414 Rahway Avenue* 414 Rahway Avenue, Woodbridge, NJ 07095
- *Boulevard East* 355 Edgerton Boulevard, Avenel, NJ 07001
- *Cooper Towers* (62+yo) 1422 Tree Road, Iselin, NJ 08830
- *Avenue & Green* 10 Green Street, Woodbridge, NJ 07095

PENNROSE PROPERTIES

HOW TO APPLY? Call (732)554-0862

Online at www.pennrose.com/apartments/new-jersey/greens-at-avenel

Email application to: GreensAtAvenel@pennrose.com or call

LOCATIONS:

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

PIAZZA AND ASSOCIATES

HOW TO APPLY? Call 1(609)786-1100 or online at www.piazzanj.com/affordable-housing

LOCATIONS:

- *Station Village at Avenel* 2000 Station Drive, Avenel, NJ 07001
- *Autumn Hills* 400 Hoover Way, Woodbridge, NJ 07095
- *Village at Falcon Point* 405 Falcon Point Way, Port Reading, NJ 07064
- *Vermella* Woodbridge 6000 Vermella Way, Woodbridge, NJ 07095
- *Modera* Woodbridge 10 Main Street, Woodbridge, NJ 07095
- *The Park at Woodbridge Station* 55 Brook Street, Woodbridge, NJ 07095

STERLING PROPERTIES

HOW TO APPLY? Call 1(973)535-1888

LOCATIONS:

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



HOUSING

ASSISTED LIVING, SKILLED NURSING & MEMORY CARE FACILITIES

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

ADULT DAY CARE

- Iselin Adult Day Care
477 NJ-27
Iselin
(732)283-1373
- Nirvana Adult Day Care
835 US-1 South
Iselin
(848)200-7343

55+ APARTMENT COMMUNITY

- Woodbridge Hills
400 Hampton Lane
Iselin
(732)889-7015
- Hyde Park Seniors
55 South Hyde Avenue
Iselin
(732)855-2999

SEARCH FOR NJ ASSISTED LIVING, NURSING HOMES/ SPECIALIZED CARE

- <https://www.nj.gov/health/healthfacilities/>
- <https://healthapps.nj.gov/Facilities/fsSearch.aspx>
- www.alzheimersupport.com/memory-care/new-jersey/
- <https://www.assistedliving.org/new-jersey/>
- <https://www.assistedliving.org/assisted-living-near-me/>
- <https://www.assistedliving.org/cost-of-assisted-living/>
- <https://www.assistedliving.org/senior-housing/>
- <https://www.findhelp.org>
- <https://www.medicare.gov/care-compare/?providerType=NursingHome>



IDENTIFICATION CARD

Senior Citizen ID

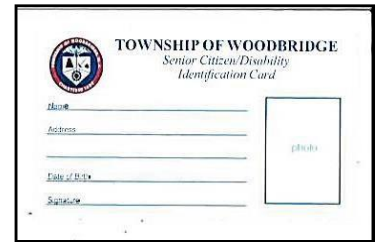
Division on Aging

Department of Senior Services

400 Inman Avenue, Colonia

(732)726-6262

- Free Identification Cards provided by appointment only to Woodbridge Township Senior Citizen residents 60 years of age or older; or residents who are on Social Security Disability.
- Must show proof of residency and/or Social Security Disability Award letter.



INCOME TAX PREPARATION

Division on Aging

Department of Senior Services

400 Inman Avenue, Colonia

(732)726-6262

- Free Tax preparation assistance program coordinated by Division on Aging.
- By appointment only. Space is limited.
- Program available to Woodbridge Township senior citizens age 60 or older with low or moderate income.
- Tax preparation provided by AARP Tax Volunteers.



Direct File- State of NJ Division of Taxation

1(800)323-4400 | 1(609)292-6400

<https://www.nj.gov/treasury/taxation/> | <https://directfile.irs.gov/>

- As a New Jersey resident, you may be eligible to file your federal and state taxes online directly with the government - and it is free. This convenient filing option is available in both English and Spanish, works on mobile devices as well as tablets and personal computers, and includes dedicated live chat support from IRS specialists in case you have questions.
- Direct File may be a good option for you if you: lived in New Jersey for all of 2024, earned all of your income in New Jersey in 2024 and plan to use the same filing status for both your federal and state tax returns.
- Benefits of Direct Filing:
 - No tax filing fee, easy to use.
 - It takes less than 15 minutes to complete.
 - Live support is available to answer any questions.
 - Available in English and Spanish.
 - Works on mobile devices, tablets and personal computers.
 - Safe and secure. Your data goes directly to the government and is never shared with third parties.
- Visit websites above for more information and to check filing eligibility.

LEAF BAGS

Leaf Bags

Public Works Complex
225 Smith Street, Keasbey
(732)738-1311

- Leaf bags are distributed at outreach events during the month of October with proof of residency
- Leaf bags are available Oct 1st until supplies last, usually until second week in December. Leaf bags may be also available at the DPW during the month of April (if supplies are available) for Spring Clean-up.
- Leaf bags will be distributed at multiple locations throughout the Township. Check your local senior centers for dates/times and locations of distributions.
- Only leaves in biodegradable bags will be collected. No plastic bags.



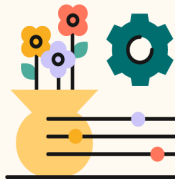
Top 5 Reasons Older Adults Want To Age In Place

1



Desire to be independent

2



Control of personal space

3



Confidence in mental health

4



Prefer a quiet residential area

5



Feel safer in neighborhood

MOST IMPORTANT CHALLENGES FOR OLDER ADULTS

1. Communication with Loved Ones



2. Staying Active

3. Financial Concerns



4. Living a Comfortable and Fulfilled Life

5. Living with Chronic Health Conditions



6. Access to Healthcare

7. Access to Nutritious Food



8. Safety and Security

9. Social Connection and Engagement



PASSPORT

Woodbridge Main Library

1 George Frederick Plaza, Woodbridge
(732)634-4450

www.twp.woodbridge.nj.us/1219/Passport-Services

- **Woodbridge Public Library is a designated Passport Acceptance Facility.**
- Schedule an appointment at <https://woodbridgelibrary.setmore.com/>.
- Visit <https://travel.state.gov/content/travel/en/passports.html> to know what documents to bring with you on the day of your appointment.
- Application must be made in person at a Passport Acceptance Facility and use Form DS-11 if at least one of the following is true:
 - You are applying for your first U.S. passport
 - You are under age 16
 - Your previous U.S. passport was issued when you were under age 16
 - Your previous U.S. passport was lost, stolen, or damaged
 - Your previous U.S. passport was issued more than 15 years ago
 - Your previous passport was issued before the age of 16 or if
 - Your passport is expired for more than five years
- Please bring your passport form filled out and a passport photo with you.
- Forms are available at the Main Library, or by visiting <https://travel.state.gov/content/travel/en/passports/how-apply/forms.html>.
- For questions about booking or for emergency passport needs, you can also call 1-877-487-2778/1-888-874-7793 (TDD/TTY)

Office of the County Clerk

Middlesex County Administration Building
4th Floor, 75 Bayard Street
New Brunswick, NJ 08901
(732)745-3405

www.middlesexcountynj.gov | search: passport services

- **Middlesex County is designated as an acceptance agent for U.S Passport applications.**
- Call (732) 745-3405 for more information and to schedule an appointment.
- Visit <https://travel.state.gov/content/travel/en/passports.html> to know what documents to bring with you on the day of your appointment.
- Forms are available at the Main Library, or by visiting <https://travel.state.gov/content/travel/en/passports/how-apply/forms.html>.



PETS “Furry Friends”

Pet Licensing

Department of Health and Human Services
2 George Frederick Plaza, Woodbridge
(732)855-0600 ext. 5004
www.twp.woodbridge.nj.us

- All pets must have current rabies vaccine to be licensed.
- Dog licensing begins January 1 annually.
- Cat licensing begins September 1 annually.
- License your pet via mail or in person. Applications can be found at Township website. Woodbridge Health Department, Animal License Division, 2 George Frederick Plaza Woodbridge.
- Discount applicable if pet is spayed/neutered with proof and/or if you are 65+years of age.



Free Rabies Clinic

Department of Health and Human Services
2 George Frederick Plaza, Woodbridge
(732)855-0600 ext. 5004
www.twp.woodbridge.nj.us

- Offered multiple times a year for dogs and cats five (5) months old or older, have a license with Township of Woodbridge and vaccinated.
- Requirements: Bring license, proof of prior year rabies vaccination, and spaying/neutering certificate.
- Pet licenses can be purchased at the clinic.

Rabies Clinics



Woodbridge Animal Shelter and Pet Adoption Center

Department of Health and Human Services
2 George Frederick Plaza, Woodbridge
(732)855-0600 ext. 2034

www.twp.woodbridge.nj.us | animalshelter@twp.woodbridge.nj.us

- If interested in adopting a cat or dog, visit the shelter or call. Applications to adopt can be found on Township website.
- Call or visit shelter for volunteer opportunities.
- If you are a resident who is unable to keep your pet, call the Woodbridge Animal Shelter for information and assistance.



PHARMACIES IN WOODBRIDGE TOWNSHIP

Ar-Ex Pharmacy
370 New Brunswick Avenue
Fords
(732) 738-1085

Avenel Pharmacy
994 Rahway Avenue
Avenel
(732) 634-1914

Colonia Pharmacy
515 Inman Avenue
Colonia
(732) 381-3400

CVS Pharmacy
107 Main Street
Woodbridge
(732) 634-6394

Iselin Pharmacy
1186 Green Street
Iselin
(732) 283-1111

ShopRite Pharmacy
877 St Georges Ave
Woodbridge
(732) 636-4151

Super Amboy Pharmacy
101 New Brunswick Avenue
Hopelawn
(732) 934-6134

The Medicine Shoppe Pharmacy
458 Amboy Avenue
Woodbridge
(732) 636-0011

Walgreens Pharmacy
1303 St Georges Ave, Colonia
(732) 827-2904
555 Inman Ave, Colonia
(732) 396-8701
17 Green St, Woodbridge
(732) 326-9782

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

Wegmans Pharmacy
15 Woodbridge Center Drive
Woodbridge
(732) 596-3245

Wellcare Pharmacy
517 Avenel Street
Avenel
(732) 874-5788



ScriptAbility

En-Vision America
825 4th Street W, Palmetto FL 34221
www.envisionamerica.com/scriptability | scriptability.com
1(800) 890-1180



- **ScriptAbility** is a suite of products designed to help pharmacists meet the needs of their blind, visually impaired, print impaired patients or those patients who speak English as a Second Language. It is one system offering multiple solutions: Talking Prescription Labels, Large Print Labels, Dual Language Labels, Controlled Substance Safety Labels and Braille Labels.
- Call your pharmacist to ask if they are a participating pharmacy or If your pharmacist does not participate with Scriptability, call 1(800) 890-1180 or visit <https://www.envisionamerica.com/participating-pharmacies> to find a participating ScriptAbility pharmacy near you.



PROPERTY TAX RELIEF PROGRAMS

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

Property Tax Relief Application (PAS-1)

State of NJ - Department of the Treasury - Division of Taxation
1(800)882-6597

www.nj.gov/treasury/taxation/ | To apply: propertytaxrelief.nj.gov

- One combined application (PAS-1) for Seniors aged 65 and older (tenants, homeowners and mobile homeowners) and disabled homeowners, disabled mobile homeowners and disabled tenants to apply for three State property tax relief programs – **Senior Freeze, ANCHOR, and StayNJ.**
- The PAS-1 combined application replaces the former Senior Freeze (PTR) and ANCHOR applications, meaning eligible taxpayers will no longer need to file separate applications for these programs. The application will also apply to the new forthcoming property tax relief program, StayNJ.
- Eligibility requirements, including income limits, and benefits available for all property tax relief programs are subject to change by the State Budget.
- For more information call 1(800)882-6597 or visit www.nj.gov/treasury/taxation/.



Senior Freeze (formerly PTR)

State of NJ - Department of the Treasury - Division of Taxation
1(800)882-6597

www.nj.gov/treasury/taxation/ | Apply with the PAS-1 application: propertytaxrelief.nj.gov

- The Senior Freeze Program reimburses eligible senior citizens and disabled persons for property tax or mobile home park site fee increases on their principal residence (main home). To qualify, you must meet all the eligibility requirements for each year from the base year through the application year. **You must apply every year.**
- The Senior Freeze application is now a combined application (PAS-1) for New Jersey's property tax relief programs for homeowners and renters, aged 65, or older or actually receiving Social Security Disability benefits.
- You have to meet certain income limits, which are subject to the current year state budget and residency requirements.
- For more information call 1(800)882-6597 or visit www.nj.gov/treasury/taxation/.

ANCHOR Program

State of NJ - Department of the Treasury - Division of Taxation
1(800)882-6597

www.nj.gov/treasury/taxation/ | Apply with the PAS-1 application: propertytaxrelief.nj.gov

- ANCHOR offers property tax relief to New Jersey residents who own or rent property in New Jersey as their main home and meet certain income limits.
- The ANCHOR application is now a combined application (PAS-1) for New Jersey's property tax relief programs for homeowners and renters, aged 65, or older or actually receiving Social Security Disability benefits.
- You have to meet certain income limits, which are subject to the current year State budget.
- For more information call 1(800)882-6597 or visit www.nj.gov/treasury/taxation/.

PROPERTY TAX RELIEF PROGRAMS

STAY NJ

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

1(800)882-6597

www.nj.gov/treasury/taxation/ | Apply with the PAS-1 application: propertytaxrelief.nj.gov

- Offers property tax benefits to eligible homeowners aged 65 and older. It reimburses applicants for 50% of their property tax bills, up to a maximum of \$13,000, with a 2024 benefit cap of \$6,500. To qualify, you must have owned and lived in your home for the full 12 months of 2024 and have an income below \$500,000. If you made P.I.L.O.T. (Payments-in-Lieu-of-Tax) payments to your municipality, you are eligible for the Stay NJ benefit. *Mobile homeowners are not eligible.*
- Applicants will submit a single application (PAS-1) to claim benefits from Senior Freeze, ANCHOR, and the new Stay NJ program. Eligibility for this benefit is based on residency, income, and age as of 2024. Eligibility is subject to the current year State budget.
- Stay NJ benefits are calculated after ANCHOR and Senior Freeze benefits are determined. Payments are expected to be issued in early 2026.
- For more information call 1(800)882-6597 or visit www.nj.gov/treasury/taxation/.

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

Administered by Woodbridge Township, Tax Assessor's Office, 1 Main Street,

Woodbridge (732)602-6002 | Website: www.twp.woodbridge.nj.us

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



Annual Deduction for Veterans and Widows of Veterans

Administered by Woodbridge Township, Tax Assessor's Office, 1 Main Street,

Woodbridge (732)602-6002 | Website: www.twp.woodbridge.nj.us

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



Property Tax Exemption for Disabled Veterans and Widows

Administered by Woodbridge Township, Tax Assessor's Office, 1 Main Street,

Woodbridge (732)602-6002 | Website: www.twp.woodbridge.nj.us

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

SENIOR CITIZEN CENTERS

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



Evergreen Senior Center

400 Inman Avenue, Colonia, NJ 07067

(732)726-6261

www.twp.woodbridge.nj.us

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

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

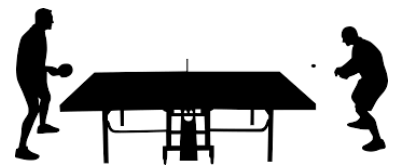
Evergreen Center is the longest standing senior center in Woodbridge Township for 40+ years. Evergreen provides social, recreational, educational, health and wellness programs and activities such as:

- Billiards
- Bingo
- Board & Card Games
- Bocce Ball
- Chair Yoga
- Computer Lab and Free Wi-Fi
- Crochet/Knitting
- Dance Class & Zumba
- Educational and Health Seminars
- Enrichment Program
- Exercise Classes
- Karaoke & Senior Choir
- Movies & Socials
- Mahjongg
- Monthly Luncheons
- Puzzles



Special Activities Include:

- Annual Summer Splash Party
- Atlantic City Bus Trips
- Ballroom Dancing
- Coffee with Councilwoman Meehan
- Outdoor Gazebo
- Ping Pong
- Recipe Club



“Evergreen’s Got Game”



Membership Requirements:

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



SENIOR CITIZEN CENTERS



Five Branches Senior Center

1 Brown Avenue, Iselin, NJ 08830

(732)726-6276

www.twp.woodbridge.nj.us

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

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

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

- Active Silver
- Billiards
- Bingo
- Canasta
- Card table
- Chair Yoga/Pilates
- Computer Stations & Free Wi-Fi
- Crochet/Knitting
- Darts
- Educational & Health Seminars
- Karaoke
- Piano
- Mahjongg
- Monthly Luncheons
- Movies
- Pinochle & Poker
- Rummikub
- Zumba

Special Activities Include:

- Art Class | Arts & Crafts
- Air Hockey
- Book Club
- Corn Hole
- Enrichment Programs
- “Fun with Jo”
- Garden Club
- Shuffleboard
- Social Hour

Membership Requirements:

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



SENIOR CITIZEN CENTERS



Hickory Senior Center

17 Corrielle Street, Fords, NJ 08863

(732)726-6285

www.twp.woodbridge.nj.us

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

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

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

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

Special Activities Include:

- Card Making, Yarn Art
- Chair Yoga
- Color by Pencil
- Enrichment Programs
- Jewelry and Beading
- Mayor's Trivia
- Movies
- Senior Exercise
- Socials
- Tai Chi



TAI CHI EXERCISES

Membership Requirements:

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



SENIOR CITIZEN CENTERS



Maple Tree Senior Center

109 Morrissey Avenue, Avenel, NJ 07001

(732) 259-0910

www.twp.woodbridge.nj.us

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

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

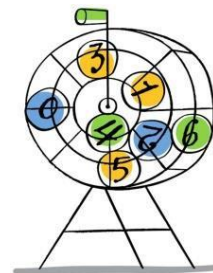
Maple Tree Senior Center is home to the Avenel Knights of Columbus Hall and host to the Golden Circle Avenel Senior Citizens Club, and provides social, recreational, educational, health and wellness programs and activities such as:

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



Special Activities Include:

- Book Club
- Enrichments Programs
- Line Dancing
- Monthly Luncheons
- Movies
- Senior Strengthening
- Pinochle
- Township Special Events
- Veterans Celebration



Membership Requirements:

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



SENIOR CITIZEN CENTERS



Oak Tree Senior Center

571 Lincoln Highway, Iselin, NJ 08830

(732) 259-2008

www.twp.woodbridge.nj.us

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

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

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

- Active Seniors
- Bingo
- Card Games
- Chair Yoga
- Chess
- Crochet/Knitting
- Educational and Health Seminars
- Line Dancing
- Mexican Dominoes
- Movies
- Puzzles
- Senior Exercise
- Strength & Stretch
- Tai Chi (Virtual)
- Yoga
- Zumba Gold

Special Activities Include:

- Carrom Board
- Color Creation
- Community Circle
- Enrichment Programs
- Mahjongg
- Monthly Luncheons
- Rummikub
- Socials

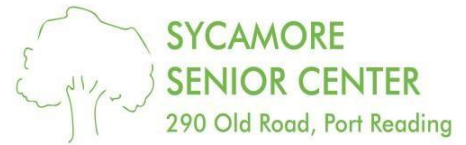


Membership Requirements:

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



SENIOR CITIZEN CENTERS



Sycamore Senior Center

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

www.twp.woodbridge.nj.us

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

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

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

- Billiards
- Bingo
- Card Games
- Crochet/Knitting
- Computers Stations and Free Wi-Fi
- Educational & Health Seminars
- Line Dancing
- Mahjongg
- Movies
- Monthly Luncheons
- Ping Pong

Special Activities Include:



- Art Class
- Bocce Ball & Horse Shoes
- Canasta
- Chair Pilates and Chair Yoga
- Cornhole
- Garden Club
- Puzzles
- Senior FIT
- Shuffle Board
- Socials
- Tea Time & Crafts



Membership Requirements:

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



SENIOR CITIZEN CLUBS



Avenel Golden Circle Senior Club

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

Colonia Senior Club

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

Fords-Keasbey Senior Club

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

Port Reading-Sewaren Senior Club

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

Woodbridge Senior Club

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

Woodbridge Township Senior Billiards Club

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

Strengthening Connection, Enriching Senior Lives

**Sense of Purpose
and Belonging**

FEELING PART OF A COMMUNITY GIVES YOU A SENSE OF BELONGING AND PURPOSE, WHICH CAN BE INCREDIBLY FULFILLING. WHETHER YOU ARE HELPING OTHERS THROUGH VOLUNTEER WORK OR SIMPLY PARTICIPATING IN SOCIAL ACTIVITIES, YOU WILL FEEL MORE CONNECTED TO THE WORLD AROUND YOU.



SENIOR TRANSPORTATION OF WOODBRIDGE (STOW)

S.T.O.W.

400 Inman Avenue, Colonia, NJ 07067

(732)726-2394

www.twp.woodbridge.nj.us

Hours: 8:00 am – 4:00 pm Monday –Friday

*Transportation to
Mayor's Summer
Concert Series!!*



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

How to Register, Schedule an Appointment and Cancellations:

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

Shopping Schedule:

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

Doctor and Medical Trips:

- Doctor appointments between 9am-2:30pm within Woodbridge Township*. Limited services to James Street, May Street and Progress Street in Edison available. Subject to availability. Must schedule medical appointments at least seven business days in advance. We accept appointments a couple months in advance.

***Times and dates subject to change and based upon availability.**

Call S.T.O.W at (732)726-2394 for more information.



SOCIAL WORK SENIOR SERVICES

400 Inman Avenue, Colonia, NJ 07067
Evergreen Senior Center
(732)726-6262
www.twp.woodbridge.nj.us
Hours: 8:30am – 4:30pm Monday – Friday



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



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

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

Support services include:

SHIP Counseling:

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



Nutrition:

Home Delivered Meals
Senior Farmers Market
NJSNAP (food stamps)



Emotional Supports:

Individual/ Family
Caregiver Concerns
Mental Health
Educational Seminars
Community Outreach



Home and Utility Assistance:

PAS-1 (PTR, ANCHOR, STAY NJ)
Senior/Veteran Property Tax
Deduction
Income Tax Assistance
Utility/Telephone Bill Assistance



Maintaining Independence:

Home Health Programs
Home Modification Programs
Additional Transportation Service



General Welfare:

Elder Abuse Concerns
Housing Referrals
Legal Service Referrals
Homelessness Prevention
Senior IDs



VFW ORGANIZATIONS

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

Contact for more information:

VETERANS ALLIANCE, George R Schnepf, Jr.,

(732)216-1767



American Legion

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

American Legion Post #87

314 Berry Street
Woodbridge, NJ 07095

American Legion Post #471

25 Brown Avenue
Iselin, NJ 08830

American Legion Post #248

806 Middlesex Avenue
Colonia, NJ 07067



Veterans of Foreign Wars (VFW)

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

VFW Post #4410

393 Pearl Street
Woodbridge, NJ 07095

VFW Post #2636

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

VFW Post #6061

606 Inman Avenue
Colonia, NJ 07067

VFW Post #7164

60 W. Park Avenue
Avenel, NJ 07001

VFW Post #1352

113 James Street
Hopelawn, NJ 08861

VFW Post #6090

411 New Brunswick
Fords, NJ 08863



VFW ORGANIZATIONS



Disabled American Veterans (DAV) Chapter #56

186 Winding Road, Iselin, NJ 08830

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



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

665 Rahway Avenue, Woodbridge, NJ 07095

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



North Jersey Young Marines

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

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



VOTING



Woodbridge Township Municipal Clerk

1 Main Street, Woodbridge, NJ 07095
(732)602-6007

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

New Jersey Division of Elections

<https://nj.gov/state/elections/vote.shtml>
1(877)658-6837

- **Online Voter Registration**

www.voter.svrs.nj.gov/register

- **Voter Registration Application**

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

- **Register To Vote**

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

- **Am I Registered?**

<https://voter.svrs.nj.gov/registration-check>

- **Search for My Voting Location?**

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

- **Vote-By-Mail**

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

- **Early Voting**

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

- **Track My Ballot**

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

- **Be A Poll Worker**

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



VOTING

FIRST WARD

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

2nd, 5th, 9th, & 14th District: Woodbridge Middle School (525 Barron Ave)

4th & 7th District: Mawbey Street School #1 (275 Mawbey St)

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

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

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

8th District: Iselin Middle School (900 Panther Way)

SECOND WARD

1st & 14th District: Keasbey Fire House (420 Smith St)

2nd & 10th District: Hopelawn Fire House (127 Loretta St)

3rd, 4th, 6th & 11th District: Fords Fire House (667 King Georges Rd)

5th & 12th District: Fords Library (211 Fords Ave)

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

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

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

VOTING

THIRD WARD

1st, 3rd, 4th & 7th District: Port Reading School #9 (77 Turner St)

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

9th, 11th & 13th District: Avenel Middle School (85 Woodbine Ave)

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

8th & 10th District: V.F.W. Post 7164 (60 W. Park Ave)

FOURTH WARD

1nd, 2nd & 9th District: Iselin Middle School (900 Panther Way)

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

4th District: First Presbyterian Church of Iselin (1295 Oak Tree Road)

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

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

6th & 13th District: Robert Mascenik School #26 (300 Benjamin Ave)

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

14th District: Lynn Crest School #22 (98 Ira Ave)

VOTING

FIFTH WARD

1st, 3rd and 4th District: Claremont Ave School #20 (90 Claremont Ave)

2nd District: Avenel Middle School (85 Woodbine Ave)

5th District: Lynn Crest School #22 (98 Ira Ave)

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

7th & 8th District: Evergreen Center (400 Inman Ave)

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

14th & 15th District: First Presbyterian Church of Iselin (1295 Oak Tree Road)

16th District: Reinhard Manor (401 Fairview Ave)

17th and 18th District: Iselin Middle School (900 Panther Way)

WOODBIDGE POLICE DEPARTMENT

National Public Safety Alliance for Individuals with Disabilities (A.I.D)

Woodbridge Township Police Department in partnership with Middlesex County Prosecutor
To Register: (732)745-3300 | Email: PSAID@co.middlesex.nj.us | www.twp.woodbridge.nj.us

- Assists individuals who are unable to communicate and who lose the ability to recognize familiar places or faces. Helps law enforcement and first responders better assist special needs residents in an emergency or a police encounter.
- It is the mission of the WPD to expedite the return of your loved one, which can reduce the stress on both the missing person as well as the caregiver. The registry gives officers direct access while on patrol to crucial information regarding a registrant's special needs including physical or mental impairment, emergency contact information, physical description, and current photograph.
- To register: call the number above, email, or visit:
<https://mcpo.opsnetwork.org/community-page/385>



Project Lockbox

Woodbridge Township Police Department
1 Main Street, Woodbridge
(732)726-2318
www.twp.woodbridge.nj.us

- Program designed for individuals who have a known medical condition, reside alone, or are elderly. Individuals are provided a free lockbox to place outside of their home containing a spare key to the home. Lockbox location and passcode to access the house key are kept confidential and will only be known to the First Responders.
- On many calls for service where an individual needs WPD assistance and resides alone, they are unable to open the door. Under these circumstances, WPD is forced to damage the structural integrity of the door to make entry. Sometimes insurance companies do not cover these damages leaving the homeowner with a large bill or an unsecured home.
- To register: Call (732)726-2318 or email: Donna.janocko@twp.woodbridge.nj.us OR Michael.Harris@twp.woodbridge.nj.us



Woodbridge Domestic Violence Response Team (DVRT)

1 Main Street, Woodbridge
(732)634-4500 ext. 2802
www.woodbridgedvrt.org | Email: dvteam@woodbridgedvrt.org

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



Prescription Drug Take Back Program

Woodbridge Police Department
1 Main Street, Woodbridge (lower level)
(732)634-7700 | www.twp.woodbridge.nj.us

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



WOODBIDGE POLICE DEPARTMENT

Senior Citizen's Police Academy

Woodbridge Township Police Department

1 Main Street, Woodbridge

(732)726-2318 | www.twp.woodbridge.nj.us

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



Handicap TEMPORARY Placard: How to Apply

Woodbridge Police Department- WPD

1 Main Street, Woodbridge

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

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

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

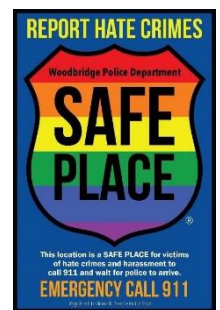


WPD Safe Place Program

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

SafePlace@twp.woodbridge.nj.us

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



WOODBRIIDGE PUBLIC LIBRARIES

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

View the online calendar of events and programs, visit <https://woodbridgelibrary.org>.
Woodbridge Public Library is a designated Passport Acceptance Facility



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



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



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



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

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

DIY Activities	Computer Skills Classes	Genealogy Information
Book Clubs	Cultural Events	Literacy ESL Classes
Board Game Saturdays	Educational & Health Seminars	Movie Matinees and Nights
Audio and eBooks	Art Exhibits Passport Services	History Programs

Homebound Delivery

(732) 634-4450 ext. 7133

<https://woodbridgelibrary.org>

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

The Talking Book and Braille Center (TBBC)

1(800) 792-8322

<https://www.loc.gov/nls/>

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

- TBBC provides no-cost, home-delivered services, on behalf of the National Library Service for the Blind and Print Disabled (NLS) to children, teens and adults who have difficulty reading standard print or trouble holding a book. NLS is a free braille and talking library for people with temporary or permanent low vision, blindness, or a physical, perceptual, or reading disability that prevents them from using regular print materials. Through a national network of cooperating libraries, NLS circulates books and magazines in braille and audio formats, that are instantly downloadable to a personal device or delivered by mail free of charge.

Sewaren Free Public Library

546 West Avenue, Sewaren

(732) 634-7571 | sewarenlibrary@gmail.com

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

- Independent library from Woodbridge Main Library.
- Visit website above for programming.



WOODBIDGE PUBLIC WORKS

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

Convenience and Recycling Center

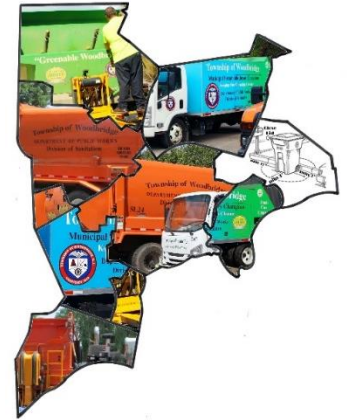
(732)738-1311 ext. 3035

225 Smith Street, Keasbey

www.woodbridge.nj.us

Monday-Saturday 8am-2pm

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



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

(732)738-1311

225 Smith Street, Keasbey

www.woodbridge.nj.us

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



Keep Your Trash and Recycling Carts Clean!

(732)732-1311 ext. 3600

Sanitation Department

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



Roads Department

(732)738-1311 ext. 3044

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



WOODBRIIDGE PUBLIC WORKS

ReUse It Center

(732)738-1311 ext. 3035

225 Smith Street, Keasbey

Hours: Monday-Friday from 10am to 2pm

www.woodbridge.nj.us

Reuse It Center!

Located at 225 Smith St, Keasbey



We Accept Usable
Goods and Items
That Can Be



Reused or Re-Purposed.

We Accept

- * Household items
- * Tools
- * Toys & Games
- * Sporting Equipment
- * Hardware
- * Bikes
- * Indoor/Outdoor Furniture
- * Records, Tapes, CD's, DVDs
- * Books
- * Craft Supplies
- * Plus Much More

We Do Not Accept

- * Clothing
- * Upholstered Furniture
- * Oversized Items



Unforeseen closures may occur
due to staffing or maintenance.

For more information or to
confirm hours please call
732-738-1311 x3035

Recycle Coach

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



WOODBRIIDGE PUBLIC WORKS

IN WOODBRIDGE I CAN RECYCLE



WHAT



WHERE

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

What Goes in the Blue Curbside Cart



Cans
Aluminum & Steel

Do Not Bag your recyclables



Cartons
Food & Beverage Cartons



Glass
Bottles & Jars



Plastic
Kitchen, Laundry, Bath:
Bottles & Containers

Please rinse your containers before Recycling them!



Paper & Cardboard
Cereal Boxes, Newspapers, Magazines, Mail,
& Flattened Cardboard

No plastic Bags

A vast field of sunflowers stretches across the horizon under a bright blue sky filled with fluffy white clouds. The sunflowers in the foreground are in sharp focus, showing their vibrant yellow petals and dark brown centers. The field recedes into the distance, creating a sense of depth and scale.

SECTION 2:
County, State and Federal
Senior Services

ALZHEIMER'S AND CAREGIVER RESOURCES



Alzheimer's New Jersey

1(888)280-6055
<https://www.alznj.org/>

- The Respite Care and Wellness Program - A \$1,000 scholarship is provided to help offset the expense associated with respite care services for family caregivers of a loved one with Alzheimer's.
- Family Support Groups for families and caregivers. <https://www.alznj.org/services/family-support-groups/>
- Webinars to provide caregivers, families and friends with the emotional support and education they need to better understand and manage Alzheimer's disease and other forms of dementia so they can have the best days possible. Visit <https://www.alznj.org/services/community-education-program>



Alzheimer's Association

1(800)272-3900
<https://www.alz.org>

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

A Place for Mom (Alzheimersupport.com)

Find Dementia & Alzheimer's facilities
1(888)595-9951
<https://www.alzheimersupport.com/>

- Locate Dementia and Memory care facilities.



Rutgers University Behavioral Healthcare, Care 2 Caregivers

151 Centennial Drive, Piscataway, NJ 08854
1(800)424-2494
www.care2caregivers.com

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

Comprehensive Services on Aging (COPSA) Program

Rutgers University Behavioral Healthcare Access Center
UBHC Memory Disorders Clinic
100 Metroplex Drive, Suite 200, Edison, NJ 08817
1(800)424-2494



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

- Provides mental health care, psychiatric & medication evaluation, support groups, case management and in-person/virtual appointments to elderly individuals dealing with memory loss, Alzheimer's disease and other dementias & their caregivers.

ALZHEIMER'S AND CAREGIVER RESOURCES

Geriatric Evaluation and Management Services (GEMS)

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



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

- Geriatric Evaluation and Management Services (GEMS), a comprehensive assessment tool that helps us diagnose and develop a plan of care for patients who suffer from Alzheimer's disease and other forms of Dementia.
- Integrated geriatric medicine program specializes in diagnosis, treatment and the maintenance of good health for older adults.

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

1(800)969-5300
<https://ubhc.rutgers.edu/clinical/community/community-based-programs.xml>

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

Wandering Resources

AngelSense

Middlesex County Office on Aging and Disabled Services
75 Bayard Street, New Brunswick, NJ 08901
(732)745-3295



www.middlesexcountynj.gov | search: angelsense

- Monitoring device and mobile app is the only GPS and monitoring solution designated specifically for individuals who have history of wandering due to illness or disability (for example: Alzheimer's, Autism) and require 24-hour supervision. This program in conjunction with Middlesex County Sheriff's Office is offered free to county residents.

Project Lifesaver Program

Middlesex County Office of the Sheriff
701 Livingston Ave, New Brunswick, NJ 08901
(732)745-3271



www.middlesexcountynj.gov | search: project lifesaver

- Assists Middlesex County Families using radio technology to help locate missing residents who have a history of wandering due to illness or disability (for example: Alzheimer's disease/dementias, Autism); and require 24 hour-supervision. If family member goes missing the Sheriff's office responds utilizing a custom tracking device that is capable of honing in on the missing family members location.



ALZHEIMER'S AND CAREGIVER RESOURCES

Wandering Resources (continued)

National Public Safety Alliance for Individuals with Disabilities (A.I.D)

Woodbridge Township Police Department in partnership with Middlesex County Prosecutor
To Register: (732)745-3300 | Email: PSAID@co.middlesex.nj.us | www.twp.woodbridge.nj.us

- Assists individuals who are unable to communicate and who lose the ability to recognize familiar places or faces. Helps law enforcement and first responders better assist special needs residents in an emergency or a police encounter.
- It is the mission of the WPD to expedite the return of your loved one, which can reduce the stress on both the missing person as well as the caregiver. The registry gives officers direct access while on patrol to crucial information regarding a registrant's special needs including physical or mental impairment, emergency contact information, physical description, and current photograph.
- To register: call the number above, email, or visit <https://mcpo.opsnetwork.org/community-page/385> .



New Jersey's Silver Alert System

NJ State Police

1(609)882-2000 ext. 2554

Email: missingpinformation@njsp.gov

- A public notification system to broadcast information about missing persons, especially senior citizens with Alzheimer's disease, dementia or other cognitive impairment in order to aide in their recovery.
- The local lead law enforcement agency requesting a Silver Alert activation shall contact the NJ State Police at (609)963-6900 for authentication and broadcast.



Help with Bill Pay

Representative Payee

Family and Children's Service

191 Bath Avenue, Long Branch, NJ 07740

(732)859-2586

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

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



ALZHEIMER’S AND CAREGIVER RESOURCES

Adult Day Care

Statewide Respite Care Program (SRCP)

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

www.middlesexcountynj.gov | <https://www.nj.gov/humanservices/doas/services/q-z/srcp>

- NJ Statewide Respite Care Program gives a short-term or periodic break to family (or other caregivers) from the demands of daily care for functionally impaired persons, including older adults. Slicing scale fee ranges based on care recipient’s (and spouse’s) income.
- Services include adult day care, home care, companion services, or a short stay in a facility allowing a caregiver to have a break “respite”, cover care when caregiver needs surgery, has an emergency or run errands.

Adult Day Care Centers in Woodbridge Township

- **Iselin Adult Day Care**

477 NJ-27, Iselin
(732)283-1373

- **Nirvana Adult Care**

835 US-1 South, Iselin
(848)200-7343



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

Caregiver Education & Support

Trialta Program

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

- Middlesex County Office of Aging & Disabled Services has partnered with Trialta for a web-based training platform built for family and self-directed caregivers. The goal is to develop confident and competent family caregivers that can manage care at home. Training is delivered via an informal and interactive online learning system tailored to each caregiver’s situation.
- Topics Covered Include: Communication changes, Behavior management, Transition from hospital to home, Personal care, Activities and recreation, Your own wellness, Heart and lung health, Mobility and fall prevention, Documents and decision-making, Meaningful activities, Grief and loss and Caring for kids
- For more information and to register, visit <https://middlesex.trialta.com/>.



ALZHEIMER'S AND CAREGIVER RESOURCES

Caregiver Education & Support

Middlesex County Office of Aging and Disabled Services

75 Bayard Street, 5th Floor, New Brunswick, NJ 08901
(732)745-3295

- **Caregiver Retreat**

Caregivers come together for this outdoor event designed to focus on self-care, mindfulness and learn tips on how to defeat caregiver burn out. This event is held in-person at Rutgers Gardens.

- **Caregiver Conference**

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

- **Elder Abuse & Exploitation Awareness Conference**

With a feature presenter, this event provides an opportunity to bring awareness to the types of elder abuse affecting older adults.



CONSUMER PROTECTION

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

1. File a report with your local police.
2. Place a fraud alert and a credit freeze on your credit reports by contacting the three credit reporting companies; Equifax.com 1(800)525-6285, Experian.com 1(888)397-3742, and TransUnion.com 1(800)680-7289
3. Report identity theft to Federal Trade Commission (FTC) www.ftc.gov (202)326-2222
4. Close accounts that you know, or believe have been tampered with.

Middlesex County Office of Inspections

Division of Consumer Affairs and Weights and Measures

Consumer Affairs: (732)398-2300 | Weights and Measures: (732)398- 2307

www.middlesexcountynj.gov | search: office of inspections

- The Division of Consumer Affairs protects consumers by making an effort to stop unfair, unconscionable and deceptive business practices and safeguard buyers of goods and services. Educates the public on how to be better consumers. Advises businesses how to comply with the Consumer Fraud Act to avoid consumer complaints and possible fines.
- To file a consumer complaint, call the number above.
- The Division of Weights and Measures is responsible for maintaining all regulatory standards, testing and inspection activity to set and enforce standards in the commercial trade within the county. Anything that is sold to the consumer by weight, volume, length, time or count falls under the Weights and Measures standards.



CONSUMER PROTECTION

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

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

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

- Register to sign up for e-mail alerts immediately if a document with your name or property description is recorded in the Middlesex County Clerk's Office for any type of land owned in Middlesex County, whether occupied or vacant. Visit website to register.
- Property and mortgage fraud is a fast growing scam with individuals recording fraudulent documents like fake deeds or fake liens against property owners.
- If you are victim of fraud, call the Middlesex County Office of Consumers Affairs at (732) 398-2300 or the Middlesex County Clerk's Office at (732)745-3364/3365.

New Jersey Division of Consumer Affairs

1(800)242-5846

www.njconsumeraffairs.gov

- Protects senior citizen consumers against identity theft, unlawful invasions of privacy and other computer-related violations.
- If you believe you have been cheated or scammed by a business, or wish to report a suspected incident of cyber fraud report it to NJ Division of Consumer Affairs (800) 242-5846 or the Middlesex County Division of Consumer Affairs (732)398-2300.

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

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

<https://oig.hhs.gov>

- Call the OIG hotline to report fraud, waste or abuse related to Social Security, disability, NJSNAP, housing, Medicare, Medicaid or the health insurance marketplace. You will be redirected to the appropriate agency.

Report Identity Theft to the Federal Trade Commission (FTC)

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

www.identitytheft.gov.

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

Federal Trade Commission (FTC) Consumer Response Center

1(877)382-4357

<https://reportfraud.ftc.gov/>

- FTC can guide you on how to protect yourself for scams/fraud not related to identity theft. Report a scam, a company, or an unwanted call.

CONSUMER PROTECTION

Better Business Bureau (BBB)

Local BBB: BBB Serving New Jersey

Building 1262, Suite A, Whitehorse Hamilton Sq. Rd, #202, Hamilton Township, NJ 08690
1(609) 588-0808

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

- Provides information about a company before doing business with it, helps to resolve a complaint you might have against a company, provides good consumer information so that you can make intelligent buying decisions.
- For information about national charitable organizations call the Better Business Bureau's Wise Giving Alliance at (703) 247-9321

Helpful resources and links:

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

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



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

The "Cyber Safe NJ" – NJ Division of Consumers Affairs

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

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

IdentityTheft.gov

- A federal government resource that provides streamlined checklists and guide through the recovery process.

How to Report Fraud?

Middlesex County Prosecutor's Office: (732) 745-3300

Consumer Affairs: 1(800)242-5846 | (732) 398-2300

NJ Better Business Bureau: 1(609) 588-0808

CONSUMER PROTECTION



Common Scams to be Aware Of:

Every day, thousands of people fall victim to scams that result in financial loss. By staying informed and cautious, we can all protect ourselves from these scams. Stay safe, and remember, if something feels off, it probably is. Here are some of the most common scams and tips on how to avoid them:

- **Sweepstakes and Lottery Scams:**
Scammers claim that you've won a prize but ask for money upfront to claim it. You will NEVER need to pay to claim a prize. Always ask for the company's name and contact information. Do your own research to verify the legitimacy of the claim.
- **Grandparent Scams:**
Scammers impersonate a grandchild or relative in urgent need of money. If you receive such a call, hang up and contact your family immediately to confirm the situation.
- **Robocalls:**
Scammers use automated calls to claim warranty expirations, lawsuits, or to impersonate government officials. Hang up immediately and do not engage.
- **Funeral or Charity Scams:**
Scammers may call asking for funeral arrangements or donations. Hang up and contact the organization directly if you wish to donate.
- **Government Impersonation Scams:**
Scammers may pretend to be from the IRS, Social Security, or Medicare, demanding immediate payment via bank transfer or gift cards. The government will NEVER ask for payment over the phone.
- **Investment Scams:**
Scammers offer huge returns with little risk, asking for money or your bank details. If something seems too good to be true, it probably is. Always research the company and never provide personal information or bank details over the phone.

CONSUMER PROTECTION

How to Prevent Scams and Fraud? If it sounds too good to be true, it probably isn't true.

- **Don't** send or pay anyone with gift cards. Never "pay" for a prize or give gift card PINs to others.
- **Don't** give personal information-including social security number, credit card, or bank number to people you don't know, even if they claim to be with a company you know, like your bank. **Resist.**
- If your bank or credit card company calls you and asks you to confirm or provide personal information, like account numbers, social security numbers, or your date of birth, **HANG UP** and call the company back at a phone number you obtained from a reputable source.
- If you get a call or email claiming that a loved one needs emergency money, call the loved one before sending money in case the request is a scam. **Slow Down.**
- **Don't** send money orders, prepaid cards, or gift cards to people you don't know. Legitimate companies and the government don't ask for payment this way.
- If a company tells you over the phone that your computer has a virus or needs protection, take your computer to trusted computer repair shop. **Beware of people on the internet.**
- **Walk away** from a "deal" if you are being pressured to make an immediate decision.
- **Review** bank/credit card statements, bills, medical explanation of benefits for accuracy. **Verify.**
- **Never** click on a link or download an attachment without verifying who it is from.
- **Don't** respond to texts/calls from people you don't know or emails you didn't expect. **Refuse.**

Additional Tips to Protect Yourself:

- **Verify Phone Calls:**
If you're unsure about a call, hang up and call the company directly using a verified number from their website. For bank calls, use the number on the back of your card.
- **Beware of Urgency:**
Scammers will often try to rush you, claiming your account is compromised or threatening legal action. Take a moment to pause and discuss with a trusted friend or family member before making any decisions.
- **Do Not Purchase Gift Cards:**
No legitimate business or government agency will ask you to pay using gift cards. Never share gift card numbers with anyone you don't know.
- **Avoid Unknown Numbers:**
Don't answer calls from unfamiliar numbers. If you think you've been scammed, contact your local police department immediately.

COUNSELING AND MENTAL HEALTH RESOURCES

Emergency Services

Rutgers Acute Psychiatric Services/Screening

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



- 27/7 access to emergency evaluations for individuals of all ages at imminent risk of harm to self or others due to a mental condition. Outreach evaluations in community settings including consumer home location. Referral and linkage to appropriate aftercare including outpatient treatment, partial hospitalization, and substance abuse treatment, voluntary hospitalization, and involuntary hospitalization. Linkage to case management and family support as appropriate.

Trinitas Crisis Assessment Response and Enhanced Services (CARES)

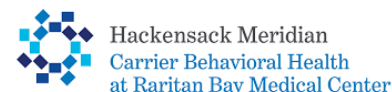
Trinitas Regional Medical Center – RWJ Barnabas Health
225 Williamson Street, Elizabeth, NJ 07202
1(888)393-3007, 24 hours a day, 7 days a week
<https://www.rwjbh.org>



- Mental Health and Behavioral Health-serves individuals in NJ with developmental disabilities in mental health or behavior crisis. Offers response and stabilization services for a period up to 120 days to adults (age 21 and older) with intellectual and developmental disabilities (I/DD).
- CARES can prevent unnecessary hospitalizations by helping manage behavioral crises in place, and assisting individuals, family members and mental health professionals. CARES works with individuals, friend, family member or staff to offer advise about next steps, including phone support and/or arranging a face to face meeting.

Carrier Behavioral Health at Raritan Bay Medical Center

530 New Brunswick Ave, 3rd floor, Perth Amboy NJ 08861
(732)324-5119
<https://hackensackmeridianhealth.org>



- Geriatric Psychiatric Treatment for older adults requiring admission for observation and treatment. Allows older individuals to thrive through social and group activities with peers, and interactions with our care team with unique expertise in the geriatric field.

NJ Hopeline - Suicide Prevention Hotline

1(855)654-6735
www.njhopeline.com

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

COUNSELING/MENTAL HEALTH RESOURCES

Emergency Services



988 for 24/7 Suicide and Crisis Lifeline

DIAL 988 or Text 988

www.988lifeline.org

- **For Deaf, Hard of Hearing or if have hearing loss:**
 - Call 988 Videophone
 - Online chat
 - 988 Text
- **For TTY Users:** Use preferred relay service or dial 711 then 988.
- **VETERAN or service member with hearing loss contact Veterans Crisis Line:**
 - Text with a Veterans Crisis Line responder – Send text message to 838255
- **For TTY Users:** Use your preferred relay service or dial 711 then 988.
- **Disaster Distress Helpline**
 - Call or Text (800)985-5990
- The 988 Lifeline is a national network of local crisis centers. Dialing 988 will connect you with the Suicide & Crisis Prevention Lifeline, which provides 24/ hours a day, 7 days a week in the US.
- Free and confidential support for people in emotional distress or suicidal crisis, prevention and crisis resources for you and loved ones. Calls, texts, or chats to 988 will connect you with a trained counselor who will listen, understand, and provide support and access to resources to address your immediate needs as well as our ongoing care.
- Para acceder al apoyo en español, marque 988 y presione 2. Escuchara un mensaje que le dice que ha llegado a la linea 988 de prevencion del suicidio y crisis. Luego, escuchara un poco de musica de espera mientras lo transferimos a una persona calificada. Esta persona le escuchara, le brindara apoyo y compartira cualquier recurso que le pueda ser util. Para iniciar una conversacion de mensaje de texto en español con el 988 Lifeline, envia la palabra AYUDA a 988. Quando envíes un mensaje el 988 Lifeline, veras un mensaje de tiempo de espera mientras lo conectamos con una persona calificada. Una vez conectado, el consejero lo escuchara, entendera y lo apoyara. Nuestros centros pueden responder a preguntas generales sobre la salud mental, depression, suicidio, recursos de salud comunitarios y mucho mas.

NJ Vet 2 Vet New Jersey “You answered the call of duty, We’re here to answer the call for you”

1(866)838-7654

<https://www.njvet2vet.com>

- 24-hour support to NJ National Guard members, active military personnel, veterans, their families, and caregivers, statewide. Coordinated by Rutgers University Behavioral Health Care and NJ Department of Military and Veterans Affairs.









































COUNSELING AND MENTAL HEALTH RESOURCES

Emergency Services

NJ Crisis Services: Who Should I Call?

There are many types of emergencies. What number is best to call during a crisis?

Someone to Call For...	988 SUICIDE & CRISIS LIFELINE Behavioral Health Crisis	9-1-1 Emergency Response	2-1-1 New Jersey Basic Needs
 24/7 services			
 Serves adults			
 Serves youth ¹			
 Overdose in progress or medical emergency			
 Fire			
 Immediate rescue required ²			
 Crime			
 Suicide attempt in progress			
 Someone is a threat to self or others			
 Mental health crisis			
 Substance use crisis			
 Suicidal thoughts			
 Crisis stabilization ³			
 Follow-up services			
 Referrals			

¹For children/youth under 21, contact PerformCare (877-652-7624) which provides a family-centered, community-focused, single point of entry to obtain services for behavioral health, intellectual/developmental disabilities, or substance use. Available 24/7. Parent/legal guardian consent required for youth under 18.

²Immediate rescue required for self-injury, serious threats of harm to self/others, severe disorientation, and/or agitation, etc.

³Crisis stabilization provides short-term care for an individual experiencing an acute mental health or substance use crisis.

Updated September 2024

COUNSELING/MENTAL HEALTH RESOURCES

Community based supportive services to optimize success in community settings.

Geriatric Outpatient Services



Integrated Case Management Services (ICMS)

Rutgers University Behavioral Healthcare
671 Hoes Lane, Piscataway, NJ 08855
1(800)969-5300 Access Center

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

- Case management services for severely and persistently mentally ill adults (ages 18 and over) residing in Middlesex County who have been discharged from a psychiatric hospital or are at risk of hospitalization. Referral sources from State or County Psychiatric Hospitals, Short Term Care Facilities, and Local Mental Health Service providers.

Specialized Case Management and Outreach Services (SCMOS)

Rutgers University Behavioral Healthcare
671 Hoes Lane, Piscataway, NJ 08855
1(800)969-5300 Access Center

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

- Services for elderly, adults and young adults who are unengaged and need mental health services in Middlesex County. Individuals or families seeking service can make referrals; including from outpatient/inpatient mental health providers, and social service agencies.



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

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

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

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

Division of Addictions & Mental Health Planning

Middlesex County Office of Human Services
75 Bayard Street, New Brunswick, NJ 08901
(732)745-4186 Front desk to Human Services

www.middlesexcountynj.gov

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



Jewish Family Services of Middlesex County

219C Blackhorse Lane, North Brunswick, NJ 08902
(732)777-1940

- Provides counseling, support groups and multi-services for older adults.



COUNSELING/MENTAL HEALTH RESOURCES

Geriatric Outpatient Services

Catholic Charities Counseling and Wellness Services

<https://ccdom.org/counseling>

(732)324-8200 Access Center

- Catholic Charities Family Service Center
 - Provides short-term, outpatient counseling and treatment to older adults and their caregivers, individuals, families, and couples who may be impacted by depression anxiety, the loss of a loved one, parenting difficulties and other common life stressors.
 - Locations available:
 - Maple Street Family Service Center, 319 Maple Street, Perth Amboy, NJ 08861
 - East Brunswick Family Service Center, 288 Rues Lane, East Brunswick, NJ 08816
 - Woodbridge Township Department of Health and Human Services
2 Frederick Plaza, Woodbridge, NJ 07095
- **Available only for Woodbridge Township residents with proof of address**

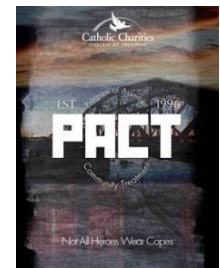


Program of Assertive Community Treatment (PACT)

<https://ccdom.org/middlesex-program-of-assertive-communitytreatment-pact>

(732)324-8200 Access Center

- Serves persons in the community with serious and persistent mental health illness.
- Locations available:
 - Maple Street Family Service Center, 319 Maple Street, Perth Amboy, NJ 08861
 - East Brunswick Family Service Center, 88 Rues Lane, East Brunswick, NJ 08816,
 - St. John of God Family Service Center, 24 Abeel Street, New Brunswick, NJ 08901



Princeton House Behavioral Health – Senior Link (Older Adult) Program

1(888)437-1610

<https://www.princetonhcs.org/care-services/princeton-house-behavioral-health>

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



Penn Medicine
Princeton House Behavioral Health

Carrier Clinic – Hackensack Meridian (Older Adult Program)

252 County Road 601, Belle Mead, NJ 08502

1(800)933-3579 available 24/7

www.carrierclinic.org

- Specialty treatment services for older adults suffering from psychiatric illness with acute behavioral changes, neurological and/or emotional conditions relating to major depression, bipolar or anxiety disorder, schizophrenia, Alzheimer's, and other types of dementia.



Hackensack Meridian
Carrier Clinic

COUNSELING/MENTAL HEALTH RESOURCES

Family Supports/Services

Intensive Family Support Services (IFSS)

Rutgers University Behavioral Healthcare
671 Hoes Lane, Piscataway, NJ 08855
1(800)969-5300 Access Center

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

- Family support, advocacy and education, multi-family groups, educational conferences, referral and linkage to family members of mentally ill adults (mentally ill member must be 18 or over) residing in Middlesex County.



NAMI NJ (National Alliance on Mental Illness)

1562 Route 130
North Brunswick, NJ 08902
(732)940-0991 | 1-866-626-4664
Email: info@naminj.org
<https://naminj.org/>



NAMI Middlesex (National Alliance on Mental Illness)

P. O. Box 726
East Brunswick, NJ 08816
(732) 745-0709
<https://namiofmiddlesex.org/>



- NAMI NJ and NAMI Middlesex provides education, support, multicultural programming, advocacy and public awareness for individuals and families affected by mental illness.

DENTAL

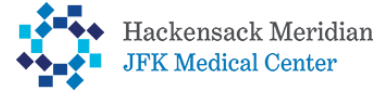
Dental status is an important contributing factor to health and adequate nutrition in elderly.

JFK University Medical Center - Dental Clinic

65 James Street, Edison, NJ 08820

(732)321-7608

- Services by appointment only. Most Medicaid plans accepted.



Jewish Renaissance Foundation- JRF Community Health Center

1931 Oak Tree Road, Lower Level, Edison, NJ 08820

(732)482-9600

jrfnj.org/health-center/

- Primary care, dental care and mental health services. Offers sliding fee discount dental program.



Eric B. Chandler Health Center - Dental Care

Rutgers, Robert Wood Johnson Medical School

(732)235-6700 for more information and office locations

www.rwjms.rutgers.edu

- Provides primary and preventive dental services that assess and treat tooth decay, oral cancers, and gum disease. Sliding scale fee and Medicaid insurance accepted.



Senior Dent Program - NJ Dental Association

1 Dental Plaza, North Brunswick, NJ 08902

(732)821-9400 | To apply call 1(800)792-9745

<https://www.njda.org/senior-dent>

- Eligible seniors receive a 15% courtesy discount on all dental services from participating dentists. The patient must have a PAAD card, which ensures eligibility into the program.



NJ Dental Association Homebound Program

(732) 821-9400

www.njda.org

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

Donated Dental Services (DDS) Program- Dental Lifeline Network

(732)821-3056 to apply

www.dentallifeline.org

- Dentists provide volunteer services for comprehensive treatment to those over 65 years of age and permanently disabled under 65 years of age who need medically necessary dental care. DDS program supports veterans.

Central Jersey Medical Center - Dental Clinic

275 Hobart Street, Perth Amboy, NJ 08861

(732)376-9333, Select option 2

www.cjmc.us/dental-services/

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



DISABILITY PLACARDS

Apply for Wheelchair Symbol Plates and Persons with Disability Placards



Options on how to apply:

1. Access application online at <https://www.nj.gov/mvc/pdf/vehicles/SP-41.pdf>
2. Retrieve application from a motor vehicle agency
3. Request application through the mail.

Send request and/or completed application to:

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

Reminders before submitting application:

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

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



DISABILITY SERVICES



NJ Division of Disability Services (DDS)

11A Quaker Bridge Plaza, PO BOX 705, Trenton, NJ 08625

1(888)285-3036

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

- DDS is a state agency that ensures people with disabilities receive quality services to assist in navigating and connecting to programs and services to support in living, working and participating in their communities based on individualized needs. DDS works in partnership with some benefit programs such as NJ WorkAbility and Managed Long Term Services and Supports (MLTSS) and community-based service provider agencies to expand opportunities for people with disabilities. Contact a DDS Community Resource Specialist to learn more.

1. Traumatic Brain Injury Fund

1(888)285-3036, press option 1

- The Traumatic Brain Injury (TBI) Fund provides NJ residents of any age, who have survived a TBI, the opportunity to access the brain injury related services and supports they need to live in the community. The Fund purchases supports and services to foster independence and maximize quality of life when insurance, personal resources, and/or public programs are unavailable to meet to needs. To apply call or download application from website.

2. Personal Assistance Services Program (PASP)

Alliance Center for Independence

629 Amboy Avenue, Edison, NJ 08837

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

www.adacil.org | Email: adacil@adacil.org



- Call the Alliance Center for Independence for PASP. A program that provides up to 40 hours per week of routine, non-medical personal care assistance to adults with permanent physical disabilities who are 18 years of age or older, who are employed, preparing for employment, attending school or involved in community volunteer work and who are able to self-direct their own services. Eligibility is not income based, but there is a cost share based on income. Participants choose who will provide the service of personal assistant to help with personal tasks, including driving or using public transportation.

3. NJ ABLE-Achieving A Better Life Experience

www.savewithable.com to open an account and begin saving!

- ABLE accounts are tax-advantaged saving accounts and investment account specifically for people with disabilities to encourage and assist individuals with disabilities and their families to save private funds to supplement benefits provided to them through Medicaid, Supplemental Security Income (SSI), employment, and other sources. With NJ ABLE, those qualifying disabilities can save money beyond the \$2,000 (a typical asset limit), maintain eligibility for programs such as Medicaid or SSI, and plan for their futures.

4. NJ WorkAbility

<https://www.nj.gov/humanservices/dds/programs/njworkability/>

- The NJ WorkAbility program offers full Medicaid coverage to working disabled individuals on Social Security Disability whose income/assets would otherwise make them ineligible for Medicaid. Visit NJ Department of Human Services-Division of Medical Assistance & Health Services to apply for NJ Family Care, Aged, Blind and Disabled Program online at <http://njfc.force.com/abd/abdstart> or in person at the Middlesex County Board of Social Services, New Brunswick (732)745-3500.

DISABILITY SERVICES

New Jersey Travel Independence Program @ Rutgers (NJTIP)

Rutgers, The State University of New Jersey

Alan M. Voorhees Transportation Center

Phone: 1(848)932-4499

Email: njtip_info@njtip.rutgers.edu

<https://vtc.rutgers.edu/njtip/>

- The mission of the NJTIP @ Rutgers is to increase the independence and self-sufficiency of people with disabilities, older adults, and others by empowering them to use the public transit system safely and independently.
- Travel Instruction is a spectrum of services meant to teach safe independent travel skills on public transit: the bus, train, light rail, county and private systems. NJTIP customers learn how to read bus and train schedules; plan their trips; pay their fares; and take safety precautions.
- After finishing training, our customers enjoy traveling on their own to go to work, school and medical appointments and to visit family and friends.
- NJTIP Travel Instructors are seasoned professionals with experience in teaching, special education and assisting individuals with special needs.
- Travel Instruction Services: One-on-One instruction, Group instruction, Connect-to-Transit Seminars and In-School Travel Instruction.
- Call phone number above for more information or to register.

NJ Division of Developmental Disabilities (DDD)

222 South Warren Street, 5th Floor, Trenton, NJ 08608

1(800)832-9173

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

- DDD is a state agency that ensures NJ adults with intellectual/developmental disabilities (I/DD) age 21 and older receive quality services to support in living, working and participating in their communities. DDD collaborates with community-based support coordination service provider agencies to expand opportunities for adults with I/DD to live as independently as possible, exercise their right to make choices and reach their goals. A wide array of day and residential services are available to eligible individuals who meet the functional criteria for an intellectual/developmental disability and are eligible for Medicaid. To talk with a DDD intake worker or request to have an application for eligibility mailed to you, contact the DDD Community Services Office that serves the county where the individual lives; for Middlesex County contact (609)292-1922.
- DDD Services Available (Based on Individual's Assessed Needs)



DISABILITY SERVICES

Disability Connections: An Information and Resource Fair

Middlesex County Office of Aging and Disabled Services

75 Bayard Street, New Brunswick, NJ 08901

(732)745-3295

www.middlesexcountynj.gov

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



Arc of Middlesex County

1100 Cornwall Road, Suite 100, Monmouth Junction, NJ 08852

(732)821-1199

<https://www.arc-middlesex.org>

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

Disability Rights NJ

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

1(609)292-9742 | (800)922-7233

TTY: 609-633-7106

<https://disabilityrightsnj.org/>

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

Easter Seal Society of NJ

241 Forsgate Drive, Suite 200, Jamesburg, NJ 08831

(732)257-6662

www.easterseals.com

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



DOMESTIC VIOLENCE

Domestic violence can affect anyone, regardless of age, race, ethnicity, gender, sexual orientation, or income. Domestic violence impacts all of us- individuals, families and communities. The law can be a valuable tool to help you regain control over your life and ensure your safety.

National Domestic Violence Hotline (24-Hour Hotline)

1(800)799-7233 | NJ Statewide Domestic Violence Hotline: 1(800)572-7233

www.thehotline.org/help/

Text “START” to 88788

Chat live now by visiting: thehotline.org

Multilingual staff, accessible to the deaf, and hearing impaired.

- Confidential access to domestic violence information/services, including crisis intervention, referral and advocacy.



Women Aware (24-Hour Hotline)

(732)249-4504

www.womenaware.net/

- Multilingual staff provide safety planning, crisis intervention, legal advocacy support group, community education, emergency shelter and resources for victims of abuse. All services are free and confidential.



Middlesex County Center for Empowerment

1(877)665-7273

<https://www.middlesexcountynj.gov/> | search: center for empowerment

- State designated sexual violence program for Middlesex County to support and empower survivors and significant other affected by sexual violence, and to eliminate all forms of sexual violence through community awareness and education. If you or someone you care about has been affected by sexual assault, sexual harassment, stalking, sexual abuse, or any other form of sexual violence, support is available 24-hours a day.
 - Free services/programs: counseling, arts & wellness program, advocacy, prevention education, volunteer program and Sexual Violence Prevention Coalition.

Central Jersey Legal Services – Legal Assistance for Victims of Domestic Violence

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

313 State Street, Suite 308, Perth Amboy 08861

(732)249-7600 | TDD (732)249-8167

(732)324-1613

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

- Provides legal assistance with restraining order, divorce, child custody, family reunification, housing, bankruptcy, credit access, wills, guardianship, SSI/SSD. and restraining orders for domestic violence survivors.



DOMESTIC VIOLENCE

If you believe, you are in immediate danger, call 911.

Partners (formerly Partners for Women and Justice)

1(973)233-0111 or (732)535-6318(Middlesex County)

Text: 732-535-6318

<https://partnersnj.org/>

Email: gethelp@partnersnj.org

- Non-profit public interest law firm that is dedicated to making a difference in the lives of domestic violence and sexual assault victims through legal representation, advice and counseling sessions, and by advocating for procedural and legislative change to benefit victims.



New Jersey Address Confidentiality Program (ACP) Hotline

New Jersey Department of Children and Families – Division on Women

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

Email: dcf.askacp@dcf.nj.gov



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

Woodbridge Township D.V.R.T

(732) 634 4500 ext. 2802

<https://woodbridgedvrt.org/>

Email: dvteam@woodbridgedvrt.org

- Domestic Violence Advocates trained in crisis intervention. Providing resource information and guidance to victims and survivors of domestic violence at Woodbridge Police Department. The team is available 24/ and provides talks to school and other community groups in an effort to combat domestic violence in our community.



ELDER ABUSE

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

Adult Protective Services

Family and Children's Services | Serving Monmouth and Middlesex Counties
191 Bath Avenue, Long Branch, NJ 07740
(732)745-3635
www.fcsmonmouth.org



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

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

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

The New Jersey Office of the Long Term Care Ombudsman (NJLTCO)

1(877)582-6995
www.nj.gov/ooie

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

NJ Department of Health Facilities, Evaluation and Licensing

Complaint Hotline: 1(800)792-9770
www.nj.gov/health/healthfacilities

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

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



EMERGENCY SERVICE REGISTRIES



New Jersey Office of Emergency Management

<https://www.nj.gov/njoem/plan-prepare/staying-informed.shtml> | <https://www.nj.gov/njoem/>

- OEM provides numerous ways for NJ residents to stay informed before, during and after emergencies. You can receive alerts and warnings.



NJ Register Ready

- Registry Ready is a free, secure, voluntary database designed to help emergency managers and first responders plan for and support people with disabilities and access and functional needs who may need help evacuating, sheltering in place or at a public shelter, or requiring emergency assistance should register.
- **How can I register?**
 - www.registerready.nj.gov
 - Call 2-1-1 or (877)652-1148 toll free (TTY/TDD and translation services available)

National Public Safety Alliance for Individuals with Disabilities (A.I.D)

Woodbridge Township Police Department in partnership with Middlesex County Prosecutor
To Register: (732)745-3300 | Email: PSAID@co.middlesex.nj.us | www.twp.woodbridge.nj.us

- Assists individuals who are unable to communicate and who lose the ability to recognize familiar places or faces. Helps law enforcement and first responders better assist special needs residents in an emergency or a police encounter.
- It is the mission of the WPD to expedite the return of your loved one, which can reduce the stress on both the missing person as well as the caregiver. The registry gives officers direct access while on patrol to crucial information regarding a registrant's special needs including physical or mental impairment, emergency contact information, physical description, and current photograph.
- To register: call the number above, email, or visit <https://mcpo.opsnetwork.org/community-page/385> .



NIXLE

www.nixle.com

- Stay safe and informed before, during, and after a critical event in your community. Receive alerts for severe weather, missing persons, severe traffic, criminal activities, or local events. Everbridge Nixle keeps you up-to-date with relevant information from your local public safety departments and schools.
- To opt-in to receive alerts-Text your ZIP code to 888777

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



FEMA

HELPFUL LINKS



- Federal Emergency Management Agency (FEMA): www.fema.gov | 1(800)480-2520
- Disaster Distress Helpline: www.cdc.gov | 1(800)985-5990
- New Jersey Department of Health (NJDOH): <https://www.nj.gov/health/> | 1(800)367-6543
- NJDOH Communicable Disease Services: <http://nj.gov/health/cd/> 1(609)826-5964
- New Jersey Poison Control Center: 1(800)222-1222
- U.S. Department of Health & Human Services - Centers for Disease Control and Prevention (CDC) 1(800)232-4636 OR visit: www.cdc.gov



ENERGY AND UTILITY ASSISTANCE

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



DCAid

New Jersey Department of Community Affairs

<https://dcaid.dca.nj.gov/>

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

Low Income Home Energy Assistance (LIHEAP)

PRAB

754 Route 18N, Suite 202, East Brunswick, NJ 08816 | 313 State Street, Ste. 301, Perth Amboy

(732)832-7535 | 1(800)510-3102

<https://www.prab.org> | <https://www.nj.gov/dca/dhcr/offices/energy.shtml>

- LIHEAP/ HEA helps low-income households pay for heating and cooling costs (includes electric, natural gas, oil and other deliverable fuels). Even if your heat is included in your rent, you may qualify.
- LIHEAP grants are in the form of a credit on utility bills or a check for tenant's/oil providers. LIHEAP benefits are also available for medically necessary cooling costs and may provide emergency assistance funds. LIHEAP provides grants in the winter so that eligible households can pay their heating bills and continue using heating equipment. Administered by the Department of Community Affairs.
- Apply online at <https://dcaid.dca.nj.gov/>
- Send LIHEAP Application via US Mail, drop off in-person or visit at outreach event. For paper application: <https://www.nj.gov/dca/dhcr/offices/hea.shtml>
- If you are over the income threshold for LIHEAP/USF, you may qualify for Payment Assistance for Gas and Electric (PAGE) grant.

Lifeline Utility Assistance Program

NJ Department of Human Services, Division of Aging Services

1(800)792-9745

www.aging.nj.gov

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



Universal Service Fund (USF)

PRAB

754 Route 18N, Suite 202, East Brunswick, NJ 08816

(732)832-7535 | 1(800)510-3102

<https://www.prab.org> | <https://www.nj.gov/dca/dhcr/offices/energy.shtml>

<https://www.nj.gov/dca/dhcr/offices/hea.shtml> (for paper application)

- The LIHEAP application is also an application for USF. USF can lower the amount you have to pay for natural gas and electricity for low income households by providing a monthly credit on your utility account. Check off USF when applying for LIHEAP. Administered by the Department of Community Affairs.
- Apply online at <https://dcaid.dca.nj.gov/>
- Send Application via US Mail, drop off in-person or visit at outreach event.



ENERGY AND UTILITY ASSISTANCE

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

SHARES Assistance Program

<https://sharesnation.org/energy>

1(866)657-4273

- Assists low to moderate-income households who are in need of temporary help paying their utility bills due to financial crisis. Some of the utility assistance programs include expanded income guidelines/assistance for senior citizens (65 years of age or older) and those receiving federal Social Security Disability (SSD).
- Apply online or download, print and mail application on their website.

• Payment Assistance for Gas and Electric (PAGE)

<https://sharesnation.org/energy>

1(866)657-4273

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

USF Fresh Start Program

Board of Public Utilities

1(800)624-0241

<https://www.nj.gov/bpu/assistance/programs/>

- Fresh Start is a partnership between the customer and USF to forgive past due balances and improve your payment record. Simply pay your current monthly charges on time and in full every month and after 12 months of full on-time payments, your pre-USF program overdue balance will be erased. **You cannot apply for Fresh Start**; if you are eligible for Fresh Start, you will be automatically enrolled by your energy company and will be sent additional information in the mail about how the Fresh Start program works.



ENERGY AND UTILITY ASSISTANCE

Winter Termination Program (WTP)

NJ Board of Public Utilities

1(800)624-0241

www.nj.gov/dca/

- NJ Department of Community Affairs implemented WTP to prevent service discontinuation for eligible residential customers receiving residential electric, sewer and water service between November 15 through March 15. Service cannot be disconnected during this period to residential customers receiving HEA, PAAD, SSI, TANF, USF, and Lifeline; including unemployment, illness, recent death of immediate family member and any other circumstances, which might cause financial hardship.
- Call your utility company to request WTP protections.

Reduce your heating and cooling costs with FREE

Energy upgrades to your home.



Comfort Partners

Board of Public Utilities-Clean Energy Program

1(866)378-4345

<https://www.njcleanenergy.com/residential/comfort-partners>

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

Weatherization Assistance Program (WAP)

PRAB

754 Route 18 North, Suite 202, East Brunswick, NJ 08816

(732)832-7535 | <https://www.nj.gov/dca/dhcr/offices/hea.shtml>

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



PARTNERS IN YOUR
LIFE'S JOURNEY

ENTERTAINMENT AND RECREATION

PNC Bank Arts Center

116 Garden State Pkwy, Holmdel, NJ 07733
Garden State Arts Foundation, Senior Citizen Performances
(732)442-9200
<https://gsafoundation.org/>



- Senior performances are presented FREE of charge by the Garden State Arts Foundation for New Jersey's senior citizens and residents with special needs.
- In order to obtain tickets, you must be on the mailing list. Call or register online.

Middlesex County Office of Aging and Disabled Services

75 Bayard Street, 5th Floor, New Brunswick, NJ 08901
(732)745-3295



- **90s Birthday Bash**
An annual luncheon and celebration to recognize county residents over the age of 90. There are four 90's Birthday Bash Luncheons held throughout the County during the month of May, which is National Older Americans Month.
- **Older Adult Art Contest & Show**
An annual juried contest and show that promotes the creative talents of seniors residing in Middlesex County. The art contest is held at Middlesex College during the months of July and August.
- **Senior Health & Fitness Walk**
An annual countywide event, which promotes the benefits of exercise and healthy living to Middlesex County seniors. Includes wellness information, health screenings, boxed lunches, raffles, t-shirts, and entertainment. The walk is held every September at Roosevelt Park in Edison.

Middlesex County Office of Parks and Recreation

1030 River Road, Piscataway, NJ 08854
(732)745-3900
www.middlesexcountynj.gov | search: parks and recreation



The Arts Institute of Middlesex County

9 Livingston Avenue, 3rd Floor, New Brunswick, NJ 08901
(732)745-4489
www.middlesexcountynj.gov | search: The Arts Institute of Middlesex County
Arts, History, and Cultural Public Events Website: <https://www.middlesexcountyculture.com/>



HEALTH CENTERS

Federally Qualified Health Centers (FQHCs) deliver high quality health care to all people regardless of their ability to pay. You don't need insurance to receive care at a health center. They serve the uninsured as well as patients with Medicaid, NJ Family Care, Medicare and private insurance. If you are uninsured, fees are charged based on income level using a sliding fee scale. No one is turned away for lack of funds.

Health Centers provide a wide range of services: Comprehensive Primary and Preventive Health Care, Pediatric Services, Dental Care, Women's Health, Behavioral/Mental Health, Lab Services, HIV/AIDS Counseling and Testing, and much more. To locate the health center nearest you, please visit: <https://www.nj.gov/health/fhs/primarycare/fqhc/>

Eric B. Chandler Health Center at Rutgers Robert Wood Johnson Medical School

277 George Street, New Brunswick, NJ 08901

(732)235-6700

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



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

Jewish Renaissance Foundation- Community Health Center

1931 Oak Tree Road, Edison NJ 08820

(732)482-9600

www.jrfnj.org/

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



HEALTH CENTERS

Central Jersey Medical Center

275 Hobart Street, Perth Amboy, NJ 08861

(732)376-9333

www.cjmc.us

Email: contactus@cjmc.us



- A Federally Qualified Health Center. Services include primary health care, dental and preventative services for seniors, adults, teens, children and infants; women's health, nutritional counseling, endocrinology care, onsite laboratory services, pharmacy services and physicals.
- Dental care includes primary dental care (exams, cleanings and fillings), crowns, dentures and replacements, fluoride treatments, gum disease treatments, simple extractions, radiographs, and non-molar root canal. Referrals for surgical care and complex diagnostic testing.
- Mental health services available.

Middlesex County Office of Health Services

444 Hoes Lane, Piscataway, NJ 08854 (administrative office)

(732)745-3100

<https://www.middlesexcountynj.gov/> | search: health services



- Offers a wide array of Public Health services such as food protection, disease surveillance, well infant classes, immunizations, and cancer screening and education; monitor air, water, waste, and streams to ensure County's natural resources provide opportunities for residents to enjoy; and respond to needs of residents during natural disasters.
 - Middlesex County Public Health Clinic
 - Call (732)745-3100 for location and appointment.
 - Services include Adult Health, Adult and Child Immunization Clinics, Blood Pressure Screening, Flu/Pneumococcal Vaccination Clinics, Health and Education Counseling, STD/HIV/TB Counseling and Testing Program, and Cancer Education and Early Education.
 - Middlesex County residents (proof of residency required) and income eligibility may apply.

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

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

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

HEARING

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

Hearing Aid Assistance to the Aged and Disabled (HAAAD)

NJ Department of Human Services – Division of Aging Services
1(800)792-9745

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

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



NEW JERSEY HUMAN SERVICES



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

1(800)792-8339

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

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

Clear Captions

1(866)868-8695

www.clearcaptions.com

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

CapTel

1(800)233-9130

www.captel.com

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

HOME CARE SUPPORT PROGRAMS

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

Middlesex County Office of Aging & Disabled Services

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

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

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



- **Who?** In-home care services and care management services are available to older adults (60+) and individuals with disabilities (18+) who qualify based on income and assets.
- **How?** Call the Middlesex County Office of Aging & Disabled Services for more information and applications for home care programs.
- **What is Home Care?** Home care provides assistance with activities of daily living such as:
 - Bathing, showering, and dressing
 - Light housekeeping, personal laundry, and meal preparation
 - Social and Medical Adult Day Care for those who require a safe, supervised environment outside the home.
 - Barrier Free Assistance-lifetime grant for home modifications to make the home safe and accessible.
 - Home Delivered Meal Service
 - Respite Care for caregivers in-home or at a facility.
 - Special Medical Equipment and Supplies and Personal Emergency Response System
- **Types of Home Care Programs:**
 1. **Jersey Assistance for Community Caregiving (JACC)**

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

Provides in-home health care support services to homebound/frail/elderly and disabled adults to help them remain safe in the community. Qualified individuals may have the opportunity to hire their own eligible family, friends, or neighbors to provide the care they need.
 3. **Statewide Respite Care Program (SRCP)**

Provides support and relief to family or other uncompensated caregivers in meeting the demands of the daily care of frail elderly and other functionally impaired persons. SRCP provides short-term, intermittent relief to a caregiver and may include adult day care, home care, companion services, or a short stay in a facility. Qualified individuals may have the opportunity to hire their own eligible family, friends, or neighbors to provide the care they need.
 4. **Managed Long Term Services and Supports (MLTSS)**

A Medicaid NJ Family Care program, which helps older adults and individuals with disabilities who require long-term care at home or in a nursing home. Call the Middlesex County Office of Aging & Disabled Services to start the process.



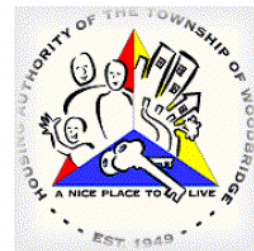
HOUSING RESOURCES

Housing Choice Voucher Program for Woodbridge Township ONLY

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

<https://woodbridgehousingauthority.org/>

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



NJ Department of Community Affairs

Division of Housing and Community Resources

PO Box 800, Trenton, NJ 08625-0800

www.state.nj.us/dca/

1(609) 292-4080

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

New Jersey Housing and Mortgage Finance Agency (NJHMFA)

NJ Department of Community Affairs

45 Kilmer Road, Edison, NJ 08817

1(609) 278-7400

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

- Programs include first-time homebuyer programs, foreclosure prevention support and foreclosure hardship relief, and housing assistance programs.
- Contact 1 (855) 647-7700 for information about the *Emergency Rescue Mortgage Assistance (ERMA)* Program or visit <https://njerma.com/>



New Jersey Housing Resource Center

Administered by the New Jersey Housing and Mortgage Finance Agency

1(877) 428-8844.

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

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



NJSHARES Mortgage Assistance, Rent & Taxes (NJ SMART) Program

SHARES

(866)657-4273

APPLY ONLINE: <https://sharesnation.org/njsmart/>

- Provides assistance to eligible New Jersey residents who are in a temporary financial crisis and are facing housing emergencies. The NJ SMART Program will provide up to a \$5,000 grant for overdue rent, mortgage, or property tax payments. Rent, mortgage or property tax payments must be past due a minimum of one month. Payments will be made in a one-time, lump-sum payment directly to the landlord, mortgage company or tax collector on behalf of the applicant.
- Apply online ONLY. No paper applications will be accepted.



HOUSING RESOURCES

Housing Coalition of Central Jersey (HCCJ)

PRAB

754 Rt. 18, Suite 202, East Brunswick, NJ 08816

(732) 832-7535

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

- ***Mortgage Counseling, Mortgage Assistance & Foreclosure Mediation***

Homeowners faced with mortgage delinquency and default receive counseling to determine the reasons for delinquency and can explore options to avoid foreclosure. This includes mortgage modification, mortgage assistance, and asset preservation.

- ***Landlord-Tenant Mediation***

Landlords and tenants are informed of their rights and responsibilities. Tenants who are summoned to court receive assistance with state, county, or local intervention.

- ***Homelessness Prevention***

Families and individuals who are housed in inadequate conditions, are at risk of eviction or foreclosure, or are homeless receive the appropriate support. They receive assistance while considering options, completing applications for subsidized housing, and locating financial resources for rent, security, and utility deposits.

Affordable Housing Online

<https://affordablehousingonline.com>

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

CGP&H/ AffordableHomesNewJersey.com

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

Homesharing INC.

1(908)526-4663

www.homesharing.org

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

Central Jersey Legal Services

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

313 State Street, Perth Amboy, NJ 08861 | (732) 324-1613

<https://centraljerseylegalservices.org/>

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



HOUSING RESOURCES

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

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

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

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

Browse Apartments for Rent

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

NJ Public Housing Authorities

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

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

FAQS:

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

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

Where do I find New Jersey Section 8 Housing?

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

How does HUD housing work in New Jersey?

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



HOUSING RESOURCES

Supportive Housing



Collaborative Support Programs of New Jersey (CSPNJ)

11 Spring Street, Freehold, NJ 07728

(732)780-1175 | For questions about Supportive Housing call (732) 637-5189

<https://cspnj.org/> | <https://cspnj.org/cause/supportive-services/> | <https://cspnj.org/cause/unhoused-services/>

- Supportive housing and homeless services.
- Services provided to adults 18 years of age, who are low-income, and living with a mental health or other co-occurring disorder.
- Supportive services are available to individuals living in CSPNJ leased-based affordable housing locations, overseen by Community Enterprise Corporation (CEC), CSPNJ's HUD approved Public Housing Agency.
- To apply for CSPNJ supportive housing, download the application at <https://cspnj.org/cause/supportive-services/> and email to amorales@cspnj.org, fax to (732)637-5187 or mail to Community Enterprises Corporation, P.O. Box 980, Freehold, NJ 07728.

SERV Behavioral Health System

Community Support Services (formerly Supportive Housing)

1(833)-CAN-SERV (226-7378) | Email: AccesstoCare@servbhs.org | <https://servbhs.org/>

- Provides supportive housing for individuals with serious mental illness needing support in order to live independently.

All referrals are placed through SERV's Access to Care Department. Call 1(833)-CAN-SERV (226-7378) or email AccesstoCare@servbhs.org

Bridgeway Behavioral Health Services

Residential Intensive Support Team

1 (877)692-5664

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



- An intensive residential support program designed to address the needs of individuals who may require intensive but varying degrees of residential support in the transition from hospital to community living. Bridgeway's RIST programs are comprehensive, flexible, mobile teams skilled in state of the art interventions that provides person centered recovery and wellness services to people re-entering the community from a psychiatric hospital.
- Eligibility: Presence of a major DSM Axis I psychiatric illness and need for intensive support in order to maintain independent living.
- Services include: Assistance in locating permanent housing utilizing state subsidized rental assistance vouchers, personal assistance approach with emphasis on education and development of living skills, including apartment management, nutrition, budgeting, personal hygiene, housekeeping, and medication management, intensive outreach to engage service recipients into mental health, substance abuse, and medical services, structured, on-going coordination with other service providers, 24 hours per day/7 days per week availability of staff when needed and 24 hour on-call rapid response, assistance in developing peer and community social supports, career counseling, job seeking skills training and ongoing support to workers and students.

HOUSING RESOURCES

Apartments for seniors and/or disabled have income eligibility guidelines and age restrictions apply.

<p>CARTERET <i>Carteret Housing Authority</i> 96 Roosevelt Avenue Carteret, NJ 07008 732-541-6800 TDD/TTY: 800-545-1833 ext. 845 www.ci.carteret.nj.us</p> <p><i>Jeanette Smith Village</i> A1 Edwin Street Carteret, NJ 07008 732-541-6800</p> <p><i>Joseph Hermann Gardens</i> Union Street Carteret, NJ 07008 732-541-6800</p> <p><i>Victoria Copeland Senior Home</i> Union Street Carteret, NJ 07008 732-541-6800</p> <p>CRANBURY <i>Cranbury Housing Associates, Inc.</i> 216 Rockingham Row Princeton, NJ 08540 609-786-1102 cranburyhousing.org</p> <p><i>Birchwood at Cranbury</i> 1 Justin Drive Cranbury, NJ 08512 Livebirchwood.com/communities/birchwood-at-cranbury/</p> <p>EAST BRUNSWICK <i>Halls Corner</i> 551 Cranbury Road East Brunswick, NJ 08816 732-257-1906 Liveathallscorner.com 62 and older only</p>	<p><i>Oak Creek Village</i> 401 New Brunswick Avenue East Brunswick, NJ 08816 732-254-4488 eastbrunswick.org</p> <p>EDISON <i>Edison Housing Authority</i> <i>Robert E. Holmes Gardens</i> 14 Rev. Samuel Carpenter Blvd. Edison, NJ 08820 732-549-3301 www.edisonha.org</p> <p><i>Inman Grove Senior Housing</i> 1061 Inman Avenue Edison, NJ 08820 908-561-2203</p> <p><i>Julius Engel Gardens</i> Willard Dunham Drive Edison, NJ 08837 732-549-3301</p> <p><i>Residence at Roosevelt</i> 1 Roosevelt Drive Edison, NJ 08837 732-844-8491 pennrose.com/apartments/new-jersey/residence-at-roosevelt-park</p> <p><i>St. Paul the Apostles Senior Residence</i> 635 Amboy Avenue Edison, NJ 08837 973-743-2300 or 732-540-5748</p> <p><i>Village Court Seniors</i> 32 North Reading Road Edison, NJ 08817 732-744-1464</p>	<p>HIGHLAND PARK <i>Highland Park Housing Authority</i> 242 South 6th Avenue Highland Park, NJ 08904 732-572-4420 highlandparkhousing.org</p> <p><i>AHEPA - Highland Apartments</i> 239 South 6th Avenue Highland Park, NJ 08904 732-572-0700</p> <p><i>Samuel J. Kronman Complex</i> 242 South 6th Avenue Highland Park, NJ 08904 732-572-4420</p> <p>JAMESBURG <i>Barclay Village</i> 20 Lake Street Jamesburg, NJ 08831 732-521-5003</p> <p>METUCHEN <i>Metuchen Senior Citizens Housing</i> 35 Lincoln Avenue Metuchen, NJ 08840 732-494-6700</p> <p>MIDDLESEX <i>Watchung Terrace</i> 100 Watchung Terrace Middlesex, NJ 08846 732-356-0681</p> <p>NEW BRUNSWICK <i>New Brunswick Housing Authority</i> 7 Van Dyke Avenue New Brunswick, NJ 08901 732-745-5157 newbrunswickhousing.org</p> <p><i>55 Harvey at Providence Square</i> 55 Harvey Street New Brunswick, NJ 08901 732-387-6548 TDD: 800-545-1833 ext. 648</p>
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HOUSING RESOURCES

<p><i>John P. Fricano Towers</i> 90 Neilson Street New Brunswick, NJ 08901 732-246-7681</p> <p><i>Livingston Manor</i> 116 Livingston Avenue New Brunswick, NJ 08901 732-246-7320</p> <p><i>Lord Stirling Senior Apts.</i> 40 Hassart Street New Brunswick, NJ 08901 732-214-9124 lordstirlingseniorhousing.com</p> <p><i>Providence Square</i> 217 Somerset Street New Brunswick, NJ 08901 732-828-4083</p> <p><i>St. Mary's Apartments</i> 260 Remsen Avenue New Brunswick, NJ 08901 732-247-8470</p> <p>NORTH BRUNSWICK <i>No. Brunswick Housing Authority</i> 710 Hermann Road North Brunswick, NJ 08902 732-549-3301</p> <p><i>Martin Gerber Apts.</i> 550 Remsen Avenue North Brunswick, NJ 08902 732-246-7788</p> <p><i>North Brunswick Senior Housing</i> 740 Hermann Road North Brunswick, NJ 08902 732-296-7122 nbseniorhousing.com</p>	<p>OLD BRIDGE <i>Old Bridge Housing Authority</i> 2000 Route 18 North Suite 100 Old Bridge, NJ 08857 732-607-6383 www.oldbridgehousing.com</p> <p><i>Birchwood at Old Bridge</i> 100 Mimi Road Old Bridge, NJ 08857 732-416-1400</p> <p><i>Chuck Costello Complex</i> 1998 Rt. 18 North Old Bridge, NJ 08857 732-679-0534 *For individuals with special needs.</p> <p><i>Rotary Senior Housing</i> 100 Ticetown Road Old Bridge, NJ 08857 732-679-9070</p> <p><i>Maher Manor</i> 2000 Rt. 18 North Old Bridge, NJ 08857 732-679-1763</p> <p>PERTH AMBOY <i>Perth Amboy Housing Authority</i> 881 Amboy Avenue Perth Amboy, NJ 08861 732-826-3110 perthamboyha.org</p> <p><i>High Street Apartments</i> 315 High Street Perth Amboy, NJ 08861 732-826-4222</p>	<p><i>Birchwood at Perth Amboy</i> 1618 New Brunswick Avenue Perth Amboy, NJ 08861 732-442-2428 Livebirchwood.com/communities/ Birchwood-at-perth-amboy</p> <p><i>The Parkview</i> 618 New Brunswick Avenue Perth Amboy, NJ 08861 732-324-1600</p> <p><i>Richard F. Stack Apartments</i> 333 Rector Street Perth Amboy, NJ 08861 732-826-3110 & 732-826-2250</p> <p><i>Wesley T. Hansen Apartments</i> 415 Fayette Street Perth Amboy, NJ 08861 732-826-3110 & 732-826-2250</p> <p>PISCATAWAY <i>Piscataway Affordable Housing</i> 505 Sidney Road Piscataway, NJ 08854 732-562-6570</p> <p><i>Sterling Village</i> 1 Sterling Village Drive Piscataway, NJ 08854 732-699-0033</p> <p>SAYREVILLE <i>Sayreville Housing Authority</i> <i>Gillette Manor</i> 650 Washington Road Sayreville, NJ 08872 732-316-0177 sayrevilleha.org</p> <p><i>Lakeview at Sayreville</i> 1 Kulas Lane Parlin, NJ 08859 201-592-9020</p>
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HOUSING RESOURCES

<p>SOUTH AMBOY <i>South Amboy Housing Authority</i> 250 South Broadway South Amboy, NJ 08879 732-721-1831 southamboyhousing.com</p> <p><i>Hillcrest Manor at South Amboy, LLC</i> 2097 Route 35 South Amboy, NJ 08879 732-721-5300</p> <p><i>Robert Noble Manor</i> 241 Gordon Street South Amboy, NJ 08879 732-721-7500</p> <p><i>Dohaney Homes Affordable Housing</i> 250 South Broadway South Amboy, NJ 08879 732-721-1831</p> <p><i>Woodrow McCarthy Towers</i> 250 South Broadway South Amboy, NJ 08879 732-721-1831</p>	<p>SOUTH BRUNSWICK <i>Citizens for Independent Living</i> 100 Woods Lane Monmouth Junction, NJ 08852 732-329-6027</p> <p><i>Charleston Place</i> 3424 Route 27 Kendall Park, NJ 08824 732-329-6027 sbseniorhousing.org</p> <p><i>Oak Woods Senior Residence</i> 700 Woods Lane Monmouth Junction, NJ 08852 732-355-9009 sbseniorhousing.org</p> <p><i>Woodhaven at South Brunswick</i> 1401 Jones Drive Princeton, NJ 08540 732-329-6807 www.emess.com</p>	<p>SOUTH PLAINFIELD <i>South Plainfield Senior Residence</i> 151 Morris Avenue South Plainfield, NJ 07080 908-755-6600 908-412-1517</p> <p>SOUTH RIVER <i>South River Landing</i> 20 Wojie Way South River, NJ 08882 732-238-3838</p> <p><i>Willett Manor</i> 340 Whitehead Avenue South River, NJ 08882 732-257-8221</p> <p>SPOTSWOOD <i>Woodmere Senior Housing</i> 250 Crescent Avenue Spotswood, NJ 08884 732-251-3242</p> <p>Crescent Park 1 Arlington Avenue Spotswood, NJ 08884 732-723-0008</p>
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IMMIGRATION/CITIZENSHIP

Office of New Americans

New Jersey Department of Human Services

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

www.nj.gov/humanservices/njnewamericans/

NJ State Refugee Coordinator: Patrick Barry 1(609)633-6594 / Email: ona@dhs.nj.gov

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

United States Department of Homeland Security: Citizenship & Immigration Services (USCIS)

New Jersey Central Field Office:

8 Cedar Brook Drive, Cranbury, NJ 08512

USCIS National Customer Service Center

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

The following agencies provide assistance in citizenship services:

<u>Catholic Charities</u> 319 Maple Street Perth Amboy, NJ 08861 (732)324-8200	<u>Puerto Rican Action Board (PRAB)</u> 754 Route 18, Suite 202 East Brunswick, NJ 08816 (732)832-7535	<u>El Centro Hispano Americano</u> 525 East Front Street Plainfield, NJ 07060 (908) 753-8730
<u>Catholic Charities</u> 56 Throop Avenue New Brunswick, NJ 08901 (732)324-8200	<u>Jewish Family Services of Middlesex County</u> 219 Blackhorse Lane North Brunswick, NJ 08902 (732)777-1940	<u>Casa Esperanza NJ</u> 213 West Union Avenue (Rt. 28) Bound Brook, NJ 08805 (732)748-1111

IMMIGRATION AND CITIZENSHIP

Office of Refugee Resettlement

New Jersey Department of Human Services

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

www.nj.gov/humanservices/njnewamericans/

NJ State Refugee Coordinator: Patrick Barry 1(609)633-6594

NJ State Refugee Health Coordinator: Norman Goldhecht 1(609)633-7720

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

For a list of Refugee Service Providers, please visit:

<https://www.nj.gov/humanservices/njnewamericans/programs/refugees/agencies/>

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



LEGAL SERVICES



Central Jersey Legal Services

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

(732)249-7600

313 State Street, Suite 308, Perth Amboy 08861

(732)324-1613

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

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

Legal Services of New Jersey

100 Metroplex Drive, Suite 101, Edison, NJ 08817

(732)572-9100

Hotline Tel: 1(888)576-5529

<https://www.lsnj.org>

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

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

100 Metroplex Drive, Suite 101, Edison, NJ 08817

1(877)576-5774

<https://www.lsnj.org>

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

Community Health Law Project

Central Jersey Main Office: 3635 Quakerbridge Road, Suite 14, Hamilton, NJ 08619

1(609) 392-5553 | email: Trenton@chlp.org

- Provides legal and advocacy services, training, education, and related activities to persons with disabilities and chronic health conditions and, in certain issues, to organizations representing their interests, with an emphasis on those who are low-income, live in the community and are most vulnerable and needy.
- Areas of expertise: Public entitlements (Supplemental Security Income, Social Security Disability benefits, county and municipal Welfare, emergency assistance, food stamps), Medicaid, Medicare and other health insurance benefits, as well as fee-for-service and managed health care disputes, Housing advocacy (habitability, landlord-tenant issues, foreclosure prevention), Consumer law (debt collection, bankruptcy, contracts), Family law (child support, visitation, domestic violence), Discrimination (housing, employment, education, and public accommodations), Barrier-free accessibility, Advance directives and living wills, and Outreach and support for persons with disabilities.



LEGAL SERVICES



Middlesex County Office of the Surrogate

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

www.middlesexcountynj.gov | search: surrogate

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

Middlesex County Bar Association

87 Bayard Street, New Brunswick, NJ 08901

(732)828-3433

Lawyer Referral Service (732)828-0053

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

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

Same-Sex Couples and Transgender Older Adults:

- Federal law protects you from discrimination based on sex-including sexual orientation and gender identity-by health entities or care providers who receive federal funds, either directly or indirectly. If you have experienced discrimination, you can file a complaint with the Office of Civil Rights at Department of Health and Human Services (HHS), www.hhs.gov/civil-rights. If you receive Medicare through a Medicare Advantage plan, you can also file a grievance.

- **RESOURCES**

- National Resource Center on LGBTQ+Aging: www.lgbtagingcenter.org
- GLBTQ Legal Advocates and Defenders: www.glad.org
- Justice in Aging: www.justiceinaging.org
- Lambda Legal: <https://www.lambdalegal.org>
- National Center for Lesbian Rights: www.nclrights.org
- Advocates for Trans Equality: www.transequality.org
- SAGE: www.sageusa.org
- Transgender Law Center: www.transgenderlawcenter.org

MEDICAID



Middlesex County Board of Social Services (MCBSS)

181 How Lane, New Brunswick, NJ 08901

(732)745-3500

<http://middlesexsocialservices.com/> | Apply for programs at <https://www.njhelps.gov/>

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

APPLICATION PROCESS:

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

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

MEDICARE

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

www.medicare.gov

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

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

1-800-Medicare (633-4227)

www.medicare.gov

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



Medicare.gov - Create an Account

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

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

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

NJ Medicare Savings Programs

NJ Department of Human Services – Division of Aging Services

1(800)792-9745

For eligibility guidelines: <https://www.nj.gov/humanservices/doas/services/l-p/msp/>.

Apply with the NJSave application at www.aging.nj.gov or print and mail.

- Qualified Medicare Beneficiary (OMB)
 - Program helps pay for Part A premiums, Part B premiums, and deductibles, coinsurance, and copayments for services and items Medicare covers.
- Specified Low Income Medicare Beneficiary (SLMB)
 - Program pays Medicare Part B premiums.
- Qualifying Individual (OI)
 - Program pays Medicare Part B premiums



Navigating Medicare

State Health Insurance Assistance Program (SHIP)

1(800)792-8820

<https://www.nj.gov/humanservices/doas/services/q-z/ship/>

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

MEDICARE

Medicare and Same-Sex Couples & Transgender Older Adults

- Medicare recognizes marriages performed in any state as well as marriages performed in other states. Couples considering marriage need to know what they can lose or gain through marriage. Contact a SHIP counselor.
- Gender does not appear on Medicare cards; however, Medicare records include a gender marker based on your Social Security record. If you have changed your gender identifier with the Social Security Administration, that change will also reflect in your Medicare records.
- Medicare covers medically necessary gender affirming surgeries to address gender dysphoria on a case-by-case basis. Medicare looks to guidelines contained in the World Professional Association for Transgender Health (WPATH) Standards of Care. When supporting your request for Medicare coverage, your provider should address how your case meets WPATH standards. You must use doctors who take Medicare. If in a Medicare Advantage plan, usually you need to use doctors in your network or get permission to go out of network. Medicare has a special billing code for such procedures for your provider to use to help avoid improper denials of coverage.
- Federal law protects you from discrimination based on sexual orientation and gender identity by health entities or care providers who receive federal funds, directly or indirectly. To file a complaint: Office of Civil Rights at Department of Health and Human Services (HHS), <https://www.hhs.gov/civil-rights/filing-a-complaint/index.html>
- State Assistance Program (SHIP) provides unbiased help to Medicare beneficiaries, their families, and caregivers. Contact www.shiphelp.org or call 1-877-839-2675 or Email info@shiphelp.org.

Medicare Rights Center

1(800)333-4114

www.medicarerights.org | www.medicareinteractive.org

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

Livanta, LLC

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

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

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

Senior Medicare Patrol of NJ (SMP)

(732)777-1940 ext. 1117

<http://seniormedicarepatrolnj.org>

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



MEDICARE FRAUD, WASTE AND ABUSE

Suspect Medicare Fraud, Waste or Abuse?

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

Tips to Protect • Detect • Report

DO'S:

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

DON'TS:

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

If You Suspect It, REPORT It!

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

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

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

MIDDLESEX COUNTY OFFICE OF AGING & DISABLED SERVICES

Middlesex County Administration Building
75 Bayard Street, 5th Floor, New Brunswick, NJ 08901
(732)745-3295 | www.middlesexcountynj.gov | search: aging and disabled services



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

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

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

Information and Assistance

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

Homecare and Care Management Services

- All home care programs have financial criteria which must be met to qualify and may include the following services:
 - Care Management
 - Chore service
 - Companion
 - Environmental modification/Barrier Free Assistance
 - Home delivered meals
 - Home Healthcare/Personal Care Assistance/Homemaker
 - Medical equipment and supplies
 - Medical or Social adult day care
 - Medical transportation
 - Personal care assistance
 - Personal emergency response system
 - Respite for Caregivers in home or in facility
- Care Managers assess individuals for community service needs, determine eligibility for various home care programs, and coordinate the ongoing services provided.

MIDDLESEX COUNTY OFFICE OF AGING & DISABLED SERVICES



Prescription Assistance

Middlesex County Multi Assistance Program (MCMAP)

- MCMAP provides prescription assistance, annual maximum of \$1,500, to eligible consumers who qualify for the program and who are financially ineligible for PAAD or Senior Gold and who have no other prescription coverage, including Medicare Part D. Contact Middlesex County Office of Aging & Disabled Services at (732)745-3295.

State Health Insurance Program (SHIP)

- SHIP provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Human Services with major funding from the Centers for Medicare & Medicaid Services, the federal Medicare agency. To contact a SHIP counselor, contact the Middlesex County Office of Aging and Disabled Services at 732-745-3295, Jewish Family Services at 732-777-1940, or if you are a Woodbridge Township resident, Division on Aging at 732-726-6262.

Other Office Initiatives

- **AngelSense Program** monitoring device and mobile app is the only GPS and monitoring solution designated specifically for individuals who have a history of eloping due to illness or disability (for example: Autism, Alzheimer's). This program in conjunction with the Middlesex County Sheriff's Office is offered free to county residents. To register, call the Middlesex County Office of Aging and Disabled Services at 732-745-3295.
- **Pyx Health** can help to support your mental and physical health by connecting you with compassionate people for a friendly chat and providing self-management tips and help with resources. Pyx Health is a wellness program that offers a trusted combination of people, mobile app, and health care resources. Together they help to reduce loneliness and improve health. Support calls with a staffed call center are available Monday through Friday 8:30 am to 5 pm Eastern (supporting all time zones) for both inbound support and outbound enrollment calls. Feel better each day with companionship and humor. To register, call the Middlesex County Office of Aging and Disabled Services at 732-745-3295.
- **File of Life** is a red magnetic reference card that captures vital health and emergency information, including doctors, medications, medical conditions and emergency contacts. Available to older adults and disabled adults in Middlesex County. To obtain a File of Life, contact the Middlesex County Office of Aging and Disabled Services at (732)745-3295.
- **Personal Medical Record – USB (PMR-USB) is a USB drive** that allows for medical information to be entered. It may be carried conveniently in a wallet and assists in relaying important medical history during an emergency. To obtain a PMR-USB, contact the Middlesex County Office of Aging and Disabled Services at (732)745-3295.

MIDDLESEX COUNTY OFFICE OF AGING & DISABLED SERVICES



Personal Assistance Services Program (PASP)

- To support individuals with physical disabilities so they can remain active in the community and life. The program provides 40 hours per week of routine non-medical personal care assistance to adults with permanent physical disabilities between 18 years of age and older. Eligibility is income based, no cost share. **Contact your County PASP coordinator, Alliance Center for Independence at (732)738-4388**

Trialta Program

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

- Middlesex County Office of Aging & Disabled Services has partnered with Trialta for a web-based training platform built for family and self-directed caregivers. The goal is to develop confident and competent family caregivers that can manage care at home. Training is delivered via an informal and interactive online learning system tailored to each caregiver's situation.
- Topics Covered Include: Communication changes, Behavior management, Transition from hospital to home, Personal care, Activities and recreation, Your own wellness, Heart and lung health, Mobility and fall prevention, Documents and decision-making, Meaningful activities, Grief and loss and Caring for kids
- For more information and to register, visit <https://middlesex.trialta.com/>.

Older Adult Art Contest & Show

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

Senior Health & Fitness Walk

- An annual countywide event, which promotes the benefits of exercise and healthy living to Middlesex County seniors. Includes wellness information, health screenings, boxed lunches, raffles, t-shirts, and entertainment. The walk is held every September at Roosevelt Park in Edison.

Disability Connections: An Information & Resource Fair

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

Caregiver Retreat

- Caregivers come together for this outdoor event designed to focus on self-care, mindfulness and learn tips on how to defeat caregiver burn out. This event is held in-person at Rutgers Gardens.

Caregiver Conference

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

MIDDLESEX COUNTY OFFICE OF AGING & DISABLED SERVICES



Senior Fraud Prevention Conference

- Partnership between County offices to learn more about common fraud schemes affecting older adults and resources available to them.

Elder Abuse & Exploitation Awareness Conference

- With a feature presenter, this event provides an opportunity to bring awareness to the types of elder abuse affecting older adults.

LGBTQ+ & Aging

- This event features LGBTQ+ related resources and presenters to discuss common topics related to the LGBTQ+ community and how to best support them.

90s Birthday Bash

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

NUTRITION SERVICES

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

- Senior Farmers' Market, Senior Meal Program, Home Delivered Meals. Call (732)745-3295 for more information.
- **Nutrition Congregate Meal sites:**
Each dining location sponsors guest lectures, holiday parties, health screenings, entertainment, and a unique social atmosphere. Transportation can be arranged to congregate meal sites. All sites are open Monday through Friday, except holidays. For locations and hours, see below.

Thomas J. Deverin Community Center 100 Cooke Avenue Carteret, NJ 07008 (732)541-6221 Hours: 8:30 a.m. - 2:30 p.m.	Sayreville Senior Center 423 Main Street Sayreville, NJ 08872 (732)254-4299 Hours: 8:30 a.m. - 2:30 p.m.	Alexander J. Jankowski Community Center. 1 Olive Street Perth Amboy, NJ 08861 (732)442-0930 Hours: 8:30 a.m. - 2:30 p.m.
Edison Senior Center 2963 Woodbridge Avenue Edison, NJ 08817 (732)452-0377 Hours: 8:30 a.m. - 2:30 p.m.	South Plainfield Senior Center 90 Maple Avenue South Plainfield, NJ 07080 (908)753-1040 Hours: 8:30 a.m. - 2:30 p.m.	Piscataway Senior Center 700 Buena Vista Avenue Piscataway, NJ 08854 (732)743-9844 Hours: 8:30 a.m. - 2:30 p.m.
Old Bridge Senior Center 1 Old Bridge Plaza Old Bridge, NJ 08857 (732)607-1582 Hours: 8:30 a.m. - 2:30 p.m.	South Brunswick Senior Center 540 Ridge Road Monmouth Junction, NJ 08852 (732)329-6171 Hours: 8:30 a.m. - 2:30 p.m.	

NUTRITION



Supplemental Nutrition Assistance Program (NJ SNAP)

Middlesex County Board of Social Services
181 How Lane, New Brunswick, NJ 08901
(732)745-3500

<https://www.nj.gov/humanservices/njsnap/>

To apply: www.mynjhelps.gov

- SNAP provides food assistance to help buy groceries through a benefits card accepted in most food retail stores and some farmers markets. Eligibility is set by several factors, such as income and resources. SNAP is formerly known as Food Stamps.

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

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

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

- Available to seniors aged 60 and over. Home Delivered Meals for isolated homebound seniors who do not have a caregiver and are unable to attend a congregate meal program.
- Congregate Sites: Available at eight locations around the County. Each dining location sponsors guest lectures, holiday parties, health screenings, entertainment, and a unique social atmosphere. Transportation can be arranged to congregate meal sites. All sites are open Monday through Friday, except holidays. See last page under Nutrition Services for locations.

Meals on Wheels in Metuchen – Edison - Woodbridge

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

- Offers nutritious, hot, midday home delivered meals.

Kosher Meals on Wheels (KMOW)

(732)777-1940

www.jfsmiddlesex.org

- Provides home delivered kosher meals. Offered by Jewish Family Services of Middlesex County.
- JFS hosts lunch programs for older adults (60+ years of age), where participants can enjoy a Glatt kosher meal and stimulating activities, such as musical performances, guest speakers, games, and more. For dates and locations contact JFS.



Mom's Meals

1(877) 508-6667

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

- Call to inquire about privately paying for home delivered meals.
- Some government programs cover the cost, to find out more call the Middlesex County Office of Aging and Disabled Services at 732-745-3295 or call your Medicaid or Medicare Advantage plan directly.

NUTRITION

Shopping from Home

Stop & Shop

1(800)767-7772

<https://stopandshop.com>

- Convenient online grocery shopping. Delivery or pick up at any Stop & Shop location.
- **Telegrocers**
1(888) 902-SHOP (7467)
<http://www.telegrocers.com/home.html>
- Place an order over the phone if you do not have a computer to order online. For Stop and Shop only.



Instacart

1(888) 246-7822

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

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



ShopRite from Home

For assistance with online grocery orders or accounts: 1(800)746-7748

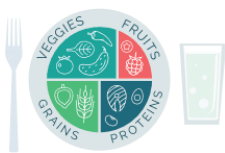
Woodbridge store: (732) 636-3500, ext. 2401

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

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



6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov



2

Look for important nutrients

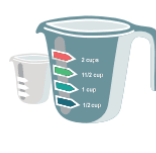
Eat enough protein, dietary fiber, potassium, calcium, Vitamin D, and Vitamin B12.



3

Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

Use recommended servings

Learn the daily servings that are right for you at www.myplate.gov/myplate-plan



5

Stay hydrated

Water is an important nutrient, too! Drink fluids consistently throughout the day.



6

Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org

PRESCRIPTION ASSISTANCE

Pharmaceutical Assistance to the Aged & Disabled (PAAD)

NJ Department of Human Services, Division of Aging Services

P.O. Box 715, Trenton, NJ 08625

1(800)792-9745 | <https://www.aging.nj.gov> | <https://www.nj.gov/humanservices/doas/>

- State funded program that helps eligible older adults and individuals with disabilities save money on prescription drug costs. Covers prescribed legend drugs, insulin and insulin supplies, and needles/syringes for injectable medicines. Eligibility requirements: NJ resident age 65 or older or between ages 18-24 receiving Social Security Disability benefits, income qualified and required to enroll in Medicare Part D.
- Apply with NJSave online application: <https://nj-dhsas.my.site.com/njsave/quickstart>. NJSave helps low-income older adults and individuals with disabilities save money on prescription costs, Medicare premiums and other living expenses.



Senior Gold Prescription Discount Program (SG)

NJ Department of Human Services, Division of Aging Services

P.O. Box 715, Trenton, NJ 08625

1(800)792-9745 | <https://www.aging.nj.gov> | <https://www.nj.gov/humanservices/doas/>

- State funded prescription program that helps to make Medicare prescription drug coverage more affordable by reducing any other out-of-pocket costs associated with that coverage, such as deductibles, co-insurance, and the coverage gap known as the “donut hole”. Eligibility requirements: NJ resident age 65 or older or between ages 18-24 receiving Social Security Disability benefits, income qualified and required to enroll in a Medicare Part D plan.
- Apply with NJSave online application: <https://nj-dhsas.my.site.com/njsave/quickstart>. NJSave helps low-income older adults and individuals with disabilities save money on prescription costs, Medicare premiums and other living expenses.



Extra Help with Medicare Prescription Drugs – Plan Costs - Low Income Subsidy (LIS) Program

Social Security Administration

190 Middlesex Turnpike, 3rd Floor, Iselin

1(800)772-1213 | www.ssa.gov | <https://www.ssa.gov/medicare/part-d-extra-help>

- Medicare Part D provides coverage. Extra Help-LIS is federal program that helps with the cost of your prescription drugs, like deductibles and copays. You can apply for Extra Help any time before or after you enroll in Part D. Must enroll in a Part D plan. Resource and income limits apply. Apply online or in person.

Good Rx Prescription Drug Saving Card

1(855)268-2822 | Goodrx.com

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



PRO ACT - Prescription Drug Savings Card Program for Middlesex County

1(855)702-7283 | www.proactmedsavings.com/proact

- Free to all NJ residents regardless of age, income, or current health coverage. Every Rx medication, including some pet medications, is eligible for a discount. Simply present your savings card at participating pharmacy when filling a new script. Search for lowest price on your Rx at the nearest participating pharmacy. Option for residents who do not have prescription coverage and/or whose current prescription plan does not cover a particular medication.



SOCIAL SECURITY



Social Security Administration

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

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

English: www.ssa.gov

Spanish: www.segurosocial.gov

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

Extra Help with Medicare Prescription Drugs – Plan Costs - Low Income Subsidy (LIS) Program

Social Security Administration

190 Middlesex Turnpike, 3rd Floor, Iselin

1(800)772-1213 | www.ssa.gov | <https://www.ssa.gov/medicare/part-d-extra-help>

- Medicare Part D provides coverage. Extra Help-LIS is federal program that helps with the cost of your prescription drugs, like deductibles and copays. You can apply for Extra Help any time before or after you enroll in Part D. Must enroll in a Part D plan. Resource and income limits apply. Apply online or in person.

Supplemental Security Income (SSI)

Social Security Administration

1(800)772-1213

<https://ssa.gov/ssi>

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

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

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

SOCIAL SECURITY



Replacement Social Security Card

- **Online.** Visit <https://www.ssa.gov/number-card/replace-card> and click “Answer a few questions”.
- **Visit a local office.** Complete form SS-5 (<https://www.ssa.gov/forms/ss-5.pdf>) and bring it to your local office along with unexpired identification. Documents must be original or have a signature, stamp, or raised seal from the issuing agency. **No photocopies accepted.**
 - See required documentation here: <https://www.ssa.gov/ssnumber/ss5doc.htm>
 - Closest SSA office: 190 Middlesex Turnpike, 3rd floor, Iselin, NJ 08830
- For assistance, call SSA at 1(800)772-1213 or go to your local SSA office.

Social Security Publications

English: <https://www.ssa.gov/pubs>

Spanish: www.ssa.gov/espanol/publicaciones/

- Find publications on popular topics such as retirement, disability, survivor’s benefits, Medicare, and Supplemental Security Income (SSI).

SOCIAL SECURITY FRAUD AND IDENTITY THEFT

Securing Today and Tomorrow

The Official Blog of Social Security –
Social Security Matters

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

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

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

REPORT SOCIAL SECURITY SCAMS
<https://oig.ssa.gov/scam-awareness/report-the-scam/>

**REPORT OTHER SOCIAL SECURITY FRAUD,
WASTE, AND ABUSE AT**
<https://oig.ssa.gov/report/>

OTHER WAYS TO REPORT FRAUD

U.S. MAIL:

SOCIAL SECURITY FRAUD HOTLINE
PO BOX 17785 BALTIMORE, MD 21235

FAX: 1(410) 597-0118
PHONE: 1(800) 269-0271
1(866) 501-2101 TTY

10:00 A.M. TO 4:00 P.M.
MONDAY TO FRIDAY,
EXCEPT FEDERAL HOLIDAYS



If You Suspect It, REPORT It

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

SSA Fraud Hotline: 1(800) 269-0271
<http://oig.ssa.gov/report>

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

Report Identity Theft to the Federal Trade Commission (FTC)

1(877)IDTHEFT (1(877)438-4338)
(TTY 1(866)653-4261)
www.identitytheft.gov

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

IdentityTheft.gov

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

SOCIAL SECURITY AND IDENTITY THEFT

For the most current scam updates and to learn how to protect yourself against Social Security Fraud and Scams, visit: <https://www.ssa.gov/scam/>

OIG Warning: Beware of Scam Emails Asking to Download Statements

The Social Security Administration (SSA) Office of the Inspector General (OIG) is cautioning the public to be aware of emails that appear to be from SSA and include a link to download their Social Security statement. This email is an attempt to lure individuals to fraudulent sites that are not associated with SSA. The first image closely resembles a legitimate Gov Delivery email, making it particularly deceptive.

THIS EMAIL IS NOT FROM SSA. This is NOT an official SSA notice, nor is it from an official government email address. It does NOT have “.gov” as part of the sender’s address.

Government agencies end with “.gov” as part of their official email address. The email states that your Social Security statement is available for download. **DO NOT CLICK THE LINK.** These emails are not from SSA and will compromise your personal data and likely damage your computer system once you allow access.

OIG Warning: Don’t Hand Off Your Assets for “Safe Keeping”

The Social Security Administration (SSA) Office of the Inspector General (OIG) continues to receive alarming reports of criminals impersonating SSA OIG agents and other federal law enforcement officials and requesting that their targets meet them in person to hand off cash, gold, or other forms of non-traceable currency. In some situations, scammers are providing copies of fraudulent government identification badges, which look genuine and may have names of actual government employees. Federal law enforcement officers will NEVER text or email photographs of credentials or badges to prove their identity, and neither will federal employees.

This is a SCAM! NEVER agree to meet with individuals to deliver cash, gold bars, or precious metals. The United States government will never request you send money via gift cards, wire transfer, or cryptocurrency, nor will it request you purchase gold bars or other precious metals. Handing cash or any kind of currency directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash, gift cards, or other currency that is hard to track. SSA OIG and other federal government agencies do NOT conduct business in this manner.

OIG Warning: Do Not Click the Link to Claim SSA Benefits!

The Social Security Administration (SSA) Office of the Inspector General (OIG) is warning the public of a new scam tactic by criminals trying to lure potential retirement applicants to their site. This recent scam email appears to be from SSA and has the subject line: “Claim Benefits!” It states “Important: Apply for Your Social Security Benefits Starting in 2025”. The link within the phony email is disguised as SSA’s official website, www.ssa.gov or www.socialsecurity.gov. **Clicking on the link within the email redirects individuals to a fraudulent site. *REMEMBER*** Government agencies always have “.gov” as part of their official email address.

SOCIAL SECURITY AND IDENTITY THEFT

Real Social Security employees will not:

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



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

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

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

TELEPHONE AND INTERNET ASSISTANCE

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

Safelink Wireless

1(800)SafeLink (1(800)723-3546)

<https://www.safelinkwireless.com>

- Eligible consumers can receive a free cell phone, minutes, mobile access to emergency services, and choice of cell phone plan. There are no contracts, no monthly charges or bills. Phone will be mailed to your home address. Residents of shelters and nursing homes can apply. A federal Lifeline-supported government benefit program provided by Tracfone Wireless Inc. Benefit limited to one per household.



Assurance Wireless

1(888)321-5880

<https://www.assurancewireless.com>

- Eligible consumers receive a free phone, unlimited texting and data, and free monthly minutes. One wireless or wireline account per household. Residents of shelters and nursing homes can apply. A federal Lifeline assistance program provided by T-Mobile.



Lifeline Program

<https://www.lifelinesupport.org>

1(800)234-9473

- A Federal Communications Commission (FCC) program that provides monthly phone or internet service discount for qualifying low-income consumers and participation in federal assistance programs: SNAP, Medicaid, SSI, VA pension/survivors benefit, Tribal Program. Verizon offers Lifeline plans for home phone service and Fios home internet service. Administered by USAC
- To apply visit Lifeline National Verifier at <https://nv.fcc.gov/lifeline>



TRANSPORTATION

Middlesex County RIDE

Middlesex County Department of Transportation
97 Apple Orchard Lane, North Brunswick, NJ 08902
1(800)221-3520 | (732)745-7456
www.middlesexcountynj.gov | search: ride



- Reservation based, curb-curb transportation service for persons 60 years of age and older and to persons with disabilities age 18 years and older.
- Transportation based on availability and is a shared ride service with other passengers.
- Vehicle operators are not permitted to assist passengers beyond the curb.
- Transportation is provided within Middlesex County and up to 5 miles outside the County, within NJ.
- Dialysis transportation provided to Middlesex County locations only.
- Ticket discounts for individuals on PAAD – Pharmaceutical Assistance Program.

Access Link-ADA Paratransit

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



- Transportation is available to senior citizens and the disabled who are unable to use the local bus service. Transportation is also available weekends and holidays.
- To apply, call NJ Transit to speak with a certification specialist who will schedule a telephone appointment. Applicant's doctor to fax NJ Transit letter indicating diagnosis and how diagnosis prevents person from using local bus service.

New Jersey Travel Independence Program @ Rutgers (NJ TIP)

Rutgers, The State University of New Jersey
Alan M. Voorhees Transportation Center
Phone: 1(848)932-4499
Email: njtip_info@njtip.rutgers.edu
<https://vtc.rutgers.edu/njtip/>



- The mission of the NJ TIP @ Rutgers is to increase the independence and self-sufficiency of people with disabilities, older adults, and others by empowering them to use the public transit system safely and independently.
- Travel Instruction is a spectrum of services meant to teach safe independent travel skills on public transit: the bus, train, light rail, county and private systems. NJ TIP customers learn how to read bus and train schedules; plan their trips; pay their fares; and take safety precautions.
- After finishing training, our customers enjoy traveling on their own to go to work, school and medical appointments and to visit family and friends.
- NJ TIP Travel Instructors are seasoned professionals with experience in teaching, special education and assisting individuals with special needs.
- Travel Instruction Services: One-on-One instruction, Group instruction, Connect-to-Transit Seminars and In-School Travel Instruction.
- Call phone number above for more information or to register.

VETERAN SERVICES

NJ Department of Military and Veterans Affairs

1(844)671-1019

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

- Assists veterans in applying for service connected disability claims.
- Links to veteran resources in your community/county.



Middlesex County Veteran Service Program

75 Bayard Street, 2nd floor, New Brunswick, NJ 08901

(732)745-4051

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

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



Middlesex County Veteran Service Card

Middlesex County Clerk, 75 Bayard Street, New Brunswick 08901

(732) 745-3827

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

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

Hotlines

NJ Veterans Benefits Hotline: 1(888) 865-8387

Veterans Crisis Line: Dial 988, press 1



NJ Vet 2 Vet New Jersey: 1(866) 838-7654

<https://www.njvet2vet.com> | Email: njvet2vet@ubhc.rutgers.edu

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

Vets4Warriors: 1(855) 838-8255

www.vets4warriors.com

- A military peer-support program staffed by veterans. Supported by the Wounded Warrior Project and housed at Rutgers University Behavioral Healthcare.
- Links veterans and their caregivers to community, state and federal services and supports.

Vet Center Call Center (Readjustment Counseling): 1(877) 927-8387

- 24/7 confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as families members of combat Veterans.

VETERAN SERVICES

Veterans Administration New Jersey Health Care System

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

- Provides in- and out-patient medical, psychiatric, and rehabilitation services at different locations.
 - **East Orange VA Medical Center** 385 Tremont Avenue, East Orange, NJ 07018 1(973)676-1000
 - **Lyons Outpatient VA Medical Center** 151 Knollcroft Road, Lyons, NJ 07939 1(908)647-0180
 - **Piscataway VA Clinic** 14 Wills Way, Building #5, Piscataway, NJ 08854 (732)981-8193 ext. 295481
 - **For more locations visit:** <https://www.va.gov/new-jersey-health-care/locations/>

Apply for VA Health Benefits

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

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



My healthVet

www.myhealth.va.gov

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

VA Health Connect

1(800)877-6976

VA Mental Health Care: 1(973)676-1000 ext. 201421

- VA Health Connect allows you to get your health care concerns answered at your convenience and if necessary be seen virtually by a VA provider.
- Call to: Talk to a provider, Ask questions about medications, Refill medications, Address mental health concerns, Receive lab test results, Schedule, verify, or reschedule appointments, Get assistance with referrals, and Receive patient education.
- A VA provider will review your medical records, give advice and treatment options, and follow up with your health care team.

Newark Regional Benefit Office

20 Washington Place, Newark, NJ 07102

1(800)827-1000

- Administers a variety of services, including Compensation, Education, Insurance, Loan Guaranty, Pension, and Veteran Readiness and Employment for Veterans, Service members, their families and survivors in New Jersey.
- Additional Services: Counseling about eligibility for VA benefits and how to apply, Information about VA health care and memorial benefits, Outreach to Veterans, including those who are homeless or at risk for homelessness and older, minority, and women Veterans and Public affairs

Apply for VA Pension and Survivors Pension

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

Over the phone assistance: 1(800)827-1000

VETERAN SERVICES

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

Middlesex County Veteran Services

(732)745-4051

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

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

Request Military Service Record including DD214

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

- Download and print a copy of Form SF-180 to Request Military Service Records.

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

Brigadier General William C. Doyle Veterans Memorial Cemetery

350 Provinceline Road, Wrightstown, NJ 08562

1(609)738-2400

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

Menlo Park Veterans Memorial Home

132 Evergreen Road, Edison, NJ 08837

(732)452-4100

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

Homeless Veteran Services

See Homelessness Prevention in Section 1 of Directory*



VISION



New Jersey State Library Talking Book and Braille Center (TBBC)

1(800)792-8322

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

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

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

(732)308-4001

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



- Offers **independent living training** designed to help people of any age who are blind or visually impaired gain the skills of daily living needed to lead a full and productive life. Through a joint partnership between the blind or visually impaired individual and the instructors, an assessment, and plan of instruction is developed. Areas of instruction include, rehabilitation teaching, orientation and mobility, eye health education, and low vision.
There are specific programs that are geared to seniors age 55 and older.
- **Senior Hands-On Retreat Experience (SHORE)** is a retreat program for 55 and *better*, blind or visually impaired CBVI participants. Takes place in NJ Shore community. Participants will obtain information and skills in: independent living, coping with vision loss, assistive technology, self-advocacy, health and wellness, orientation and mobility, leisure activities and confidence building.
- **Assistive Support Programs for Independence Renewal and Education (ASPIRE)** is a statewide network of peer support groups designed to provided individuals who are living with vision loss the opportunity to gain necessary coping skills, information and education needed to thrive.
- **Assistive technology includes:** Medication dispensers that provide audible medication reminders, writing guides to help write a check, a device that can identify color, a watch that announces the time, a talking audible device that can read certain grocery store labels, kitchen safety, meal preparation as well as recreation and leisure activities are also taught in the home.
- **Eye Health** offers education and adaptive devices such as talking glucometers and talking blood pressure machines. Low Vision individuals acquire visual aids.

Eye Care America Program

655 Beach Street, PO.Box 429098 San Francisco, CA 94142-9098

1(877)887-6327

www.eyecareamerica.org | Email: eyecareamerica@aao.org

- The Seniors Program connects eligible seniors 65 and older with local volunteer ophthalmologists who provide medical eye exams often at no out of pocket costs and up to 1 year follow up care for conditions diagnosed during initial exams.

VISION

ScriptAbility

En-Vision America

825 4th Street W, Palmetto FL 34221

www.envisionamerica.com/scriptability | scriptability.com

1(800) 890-1180 or 1(309)452-3088



- **ScriptAbility** is a suite of products designed to help pharmacists meet the needs of their blind, visually impaired, print impaired patients or those patients who speak English as a Second Language. It is one system offering multiple solutions: Talking Prescription Labels, Large Print Labels, Dual Language Labels, Controlled Substance Safety Labels and Braille Labels.

ScriptTalk Talking Labels

- All medication information is programmed by your pharmacist into a small electronic tag that fits on any size or shape containers. This prescription information can be read out loud with a FREE ScriptTalk iPhone or Android App or a ScriptTalk Station (similar in size to an old, portable CD player).

ScriptView Extended Content Labels

- Is the print on your prescription medication hard to read? ScriptView presents three different labeling options to assist you with your medication safety.
 - **Large Print Labels:** Your pharmacist attaches a large print, booklet-style label to your medication.
 - **Dual Language Labels:** Your pharmacist attaches a booklet style label that features an easy-to-read font and includes prescription information in both English and a second language. There are 25 languages available to choose from.
 - **CSSL:** Controlled Substance Safety Labels are attached to your prescription in a booklet-style form that clearly identifies the medication as a controlled substance and provides a link to a safety video to help ensure compliance and adherence.

BrailleRx Braille Labels

- A clear, Braille overlay is added on top of your existing prescription medication label. It features the label information in Grade 2 Braille. These labels let you quickly gather important information about your prescription, including: Patient Name, Drug Name and Instructions.
- **To find a participating ScriptAbility pharmacy near you, visit:**
<https://www.envisionamerica.com/participating-pharmacies> or call (800) 890-1180.

VISITING MEDICAL SERVICES

Visiting Physician Services' (Parker Advanced Institute at VNA Health Group)

23 Main Street, Suite D1, Holmdel, NJ 07733

(732) 571-1000

vnahg.org/visiting-physicians-services/

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



Rutgers Health Home Visit Service

1(888)784-5773 | (732)235-5801

<https://patientcare.rutgershealth.org/services/>

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



Clare Medical

137 High Street, Suite 2A, Mount Holly, NJ 08060

1(609)474-0120

www.getclare.com

- Provides comprehensive in-home medical care allowing patients to age in place.
- Services include: Primary Care , Annual Wellness Exams, Remote Patient Monitoring, Chronic Care Management, Behavioral Health Counseling, Telehealth, Post-Hospital and Skilled Nursing Discharge Visits, Medication Management, In-Home Diagnostic and Lab Services, Optometry, Fully HIPPA Compliant Patient Portal, and Coordination with All Other Healthcare Providers.
- Can coordinate: Laboratory services (blood draws), Heart monitoring and EKG testing, Home health services, On-site x-ray and ultrasound services, Post hospital discharge monitoring.



IMPORTANT PHONE NUMBERS

Town Hall: (732)634-4500

Tax Office: (732)602-6010

Department of Senior Services: (732) 726-2368

Woodbridge Health Department: (732)855-0600

Non-emergency Police: (732)634-7700

Division on Aging: (732)726-6262

Evergreen Senior Center: (732)726-6261

Five Branches Senior Center: (732)726-6276

Hickory Senior Center: (732)726-6285

Maple Tree Senior Center: (732)259-0910

Oak Tree Senior Center: (732)259-2008

Sycamore Senior Center: (732)726-6272

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

Meals on Wheels: (732)634-4141

Medicare: 1(800)633-4227

NJ 211

Suicide and Crisis Hotline: 988

PRAB: 732-832-7535

Public Works: (732)738-1311

Social Security Administration: 1(800)772-1213

The Club at Woodbridge: (732) 634-5000

Woodbridge Community Center (WCC): (732)596-4000

Woodbridge Public Library: (732) 634-4452

Woodbridge Housing Authority: (732)634-2750

**DISCLAIMER: This directory is for information and assistance purposes; designed to help older adults, caregivers and people with disabilities become more aware of the various types of services available.
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NOTES

MAYOR'S SOCIAL MEDIA CONTACT INFORMATION

Facebook: Mayor John E. McCormac

Instagram: MayorJohnEMcCormac Town

Website: www.twp.woodbridge.nj.us

Woodbridge Music Website: www.woodbridgenjmusic.com

Woodbridge Television YouTube: WoodbridgeTV

John E. McCormac
Mayor

Michele Morgan, MSW
Director of Senior Services

Ten Small Towns. One Great Community!

