

# **SENIOR SERVICES**

## **RESOURCE DIRECTORY**



County of Sussex  
Department of Health and Human Services  
**DIVISION OF SENIOR SERVICES**  
One Spring Street, 2<sup>nd</sup> Floor  
Newton, NJ 07860  
973-579-0555  
[www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices)

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Lorraine Hentz

**County of Sussex  
Department of Health and Human Services  
DIVISION OF SENIOR SERVICES**

**OUR MISSION**

The mission of the Sussex County Division of Senior Services is to empower older individuals, those 18 and older who are disabled, and/or their caregivers to choose from a coordinated system of services that enable seniors to live as independently as possible in their homes and in their communities while enjoying a dignified quality of life.

**RESOURCE DIRECTORY FOR THE ELDERLY AND THEIR CAREGIVERS**

We are pleased to provide this comprehensive “Senior Services Resource Directory” as just one of our mission-driven initiatives. This guide includes the most current information regarding a wealth of resources and support services available to seniors and their caregivers. This directory is also available at our web-site: [www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices)

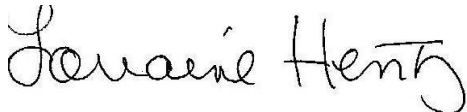
Those who are 60+ years of age may be eligible for a variety of these services that are funded by federal, state and county funds as well as private foundations and charities. Many services coordinated by the Sussex County Division of Senior Services are funded through Title III of the Older Americans Act.

Sussex County Division of Senior Services number: 973-579-0555  
e-mail: [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us)

Our hours are Monday thru Friday, 8:30 am to 4:30 pm. Please feel free to contact us if we can be of further assistance. Our professional staff will be able to provide information, and referrals will be made to the appropriate programs or agencies if we are unable to provide the service needed directly through our office. We are also available to speak to community groups regarding the services provided through the Division of Senior Services.

We look forward to serving you!

Very truly yours,



Lorraine Hentz,  
Director

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### DISCLAIMER

Inclusion in this directory does not imply endorsement by the Sussex County Division of Senior Services.

## ADVOCACY

### **Lawyers Referral Service**

973-267-5882 (9:00 a.m. – 3:00 p.m.)

Fax: 973-605-8325

Email: [www.morriscountybar.com](http://www.morriscountybar.com)

*Provides a complete lawyer referral service for Sussex and Morris Counties. \$25.00 ½ hour consultation fee.*

### **Legal Services of Northwest Jersey**

18 Church Street, Suite 120

Newton, NJ 07860

973-383-7400

Fax: 973-383-3469

Website: [www.lsnj.org/lsnwj](http://www.lsnj.org/lsnwj)

*Provides legal assistance including welfare and social security issues, utility problems and shutoffs. Available for seniors age 60+, based on eligibility.*

### **NJ Division on Civil Rights**

973-648-2700

TTY: 973-648-4678

Website: [www.nj.gov/lps/dcr](http://www.nj.gov/lps/dcr)

*Provides information on retirement and age discrimination.*

### **NJ Office of the Ombudsman**

1-877-582-6995

Website: [www.nj.dog/ooie](http://www.nj.dog/ooie)

Email: [ombudsman@advocate.state.nj.us](mailto:ombudsman@advocate.state.nj.us)

*For the Institutionalized Elderly.*

### **Disability Rights New Jersey**

210 So. Broad St, 3<sup>rd</sup> Floor

Trenton, NJ 08608

1-609-292-9742

In NJ only 1-800-922-7233

TTY: 1-609-633-7106

Fax: 609-777-0187

Website: [www.drnj.org](http://www.drnj.org)

*Provides protection and advocacy for people with disabilities in NJ.*

### **Project Self-Sufficiency**

127 Mill Street

Newton, NJ 07860

973-940-3500

973-940-3501

Email: [pss@projectselfsufficiency.org](mailto:pss@projectselfsufficiency.org)

*Offers a free 45-minute consultation with an attorney based on income guidelines.*

**Prosecutor's Office**

19-21 High Street  
Newton, NJ 07860  
973-383-1570  
Fax: 973-383-4929

*Provides information and assistance under the Criminal Act for victims of crime who are 60 years old or older.*

**Public Defenders**

20 East Clinton Street  
Newton, NJ 07860  
973- 383-9445  
Fax: 973-383-9949

**Public Guardian for Elderly**

P.O. Box 812  
Trenton, NJ 08625-0812  
1-609-588-6500 – Fax: 1-609-588-7173  
Website: [www.state.nj.us/humanservices/doas/services](http://www.state.nj.us/humanservices/doas/services)

*Adults serves as guardian or conservator for seniors who are unable to act on their own behalf and who have no family/friends willing to accept this responsibility.*

**Sussex County Surrogate**

3 High Street, Suite 1  
Newton, New Jersey 07860  
973-579-0920  
Fax: 973-579-0909

Website: [www.sussex.nj.us](http://www.sussex.nj.us)  
Email: [surrogate@sussex.nj.us](mailto:surrogate@sussex.nj.us)

*Provides assistance in appointing Executors, Administrators and Guardians. Outreach program available for in-home and office visits.*

## ALCOHOLISM/ADDICTIONS

### **Addiction Hot Line (24 HOURS)**

TOLL FREE: 1-844-276-2666

### **Alcoholics & Drug Hotline (National)**

TOLL FREE: 1-800-662-4357

*Provides information, referral, short-term counseling, educational material, a self-help directory, a lending library and FOCUS, a co-dependency educational support group.*

### **Center for Prevention and Counseling**

61 Spring Street, 3<sup>rd</sup> Floor

Newton, NJ 07860

973-383-4787

Fax: 973-383-6576

Email: [info@centerforprevention.org](mailto:info@centerforprevention.org)

*Provides literature and counseling. Speakers are available to senior citizen groups for information on Senior Sense Programs.*

## ALZHEIMER'S INFORMATION & SUPPORT GROUPS

### **Alzheimer's Helpline**

1-800-272-3900

*Offers information, counseling, referrals and support.*

### **Alzheimer's New Jersey**

400 Morris Avenue, Suite 251

Denville, NJ 07834

973-586-4300

Fax: 973-586-4342

1-800-883-1180 Multiple languages capability, 24/7

Website: [www.alznj.org](http://www.alznj.org)

*Provides telephone helpline, information and referrals, locator program for lost patients, caregiver support groups, education and respite program.*

### **Alzheimer's Project Lifesaver**

973-579-0850 (Sussex County)

1-888-572-8566 (Alzheimer's Safe Return)

*A program of the Division of Senior Services and the Sussex County Sheriff's Office. An Alzheimer's patient wears a bracelet that enables the Sheriff's Office to track a lost and wandering person quickly.*

### **Caregiver Support Groups**

#### **Andover Sub-Acute & Rehab Center**

99 Mulford Road, Bldg. 2, Andover, NJ 07821

973-383-6200 Ext. 211      Fax: 973-383-0359

#### **Knoll Heights Village Senior Center**

40 Trapasso Drive, Sparta, NJ

973-729-4311

Meets on the 3<sup>rd</sup> Tuesday of each month at 5:30 P.M.

#### **United Methodist Homes at Bristol Glen**

200 Bristol Glen Drive, Newton, NJ 07860

973-940-6310 Ext. 1112      Fax: 973-579-2351

*Meets on the 2<sup>nd</sup> Friday of the month.*

### **AveCare at Newton – Alzheimer's/Dementia Home**

85-1/2 Trinity Street, Newton, NJ 07860

(973) 362-1408      Fax: (973) 362-4528

Website: [www.avecareatnewton.com](http://www.avecareatnewton.com)

24 hour care and supervision, group daily activities, laundry and housekeeping.



## ASSOCIATIONS/SOCIETIES

### **American Cancer Society (Sussex Unit)**

Northwest NJ Region - Cedar Knolls

7 Ridgedale Ave, Suite 103

Cedar Knolls, NJ07927

Phone: (973) 285-8010

Fax: (973)285-8140

National Center: 1-800-227-2345 24/7

Website: [www.cancer.org](http://www.cancer.org)

*Offers visitation programs, transportation and financial assistance.*

### **American Diabetes Association**

1701 North Beauregard Street, Alexandria VA 23311

1-800-342-2383

Website: [www.diabetes.org](http://www.diabetes.org)

Email: AskADA@Diabetes.org

### **American Heart Association**

1 Union Street, Suite 301, Robbinsville, NJ 08691

1-609-208-0020

Website: [www.heart.org](http://www.heart.org)

### **American Red Cross (Local Chapter)**

93 Spring Street, Newton, N J 07860

973-579-1600

Website: [www.sussexredcross.org](http://www.sussexredcross.org)

### **Arthritis Foundation**

555 U.S. 1, Iselin, NJ 08830

Toll Free: 888-467-3112

732-283-4300

Website: [www.arthritis.org](http://www.arthritis.org)

## CLUBS, ASSOCIATIONS and RECREATION

### **American Association of Retired Persons (AARP)**

601 E Street, NW  
Washington, DC 20049  
Toll Free: 1-888-687-2277  
202-434-2277  
Website: [www.aarp.org](http://www.aarp.org)

*Offers travel service, discount privileges on car rentals, hotels and motels. Publishes monthly magazine. Lobbying group for older persons. Provides many more services for nominal annual dues.*

### **NJ Division of Fish & Wildlife**

501 East State Street, 3<sup>rd</sup> Floor  
PO Box 420, Trenton, NJ 08625-0420  
609-292-2965  
Website: [www.njfishandwildlife.com](http://www.njfishandwildlife.com)

*Provides discounts for seniors on fishing and hunting licenses.*

### **NJ Division of Parks & Forestry**

800-843-6420  
Website: [www.njparksandforests.org](http://www.njparksandforests.org)

*State Parks, Forests and Historic Sites provide free entry to individuals 62+. Apply at a State Park for a Senior Citizen Pass for free entry and free parking. Or come to Division of Senior Services in Newton for an application.*

### **Clubs for Senior Citizens**

*Contact your own municipality for information or call Senior Services at 973-579-0555.*

*Call your travel agent or individual airline for availability of senior discounts, coupon books, wheelchairs and special meals when traveling by plane.*

## CRISIS INTERVENTION

### **2-1-1 of Sussex County**

NORWESCAP, Inc.  
350 Marshall Street, Phillipsburg, NJ 08865  
908-454-7000

Website: [www.nj211.org](http://www.nj211.org)

*Free service providing easy access to the health, human services community resources, and government assistance people need every day as well as in times of crisis. Available 24 hours a day, 7 days a week.*

### **Adult Protective Services**

Sussex County Division of Social Services  
83 Spring Street, Newton, NJ 07860  
973-383-3600  
Fax: 973-383-3627

After hours, call 911 or local police

Email: [scdss@oel.state.nj.us](mailto:scdss@oel.state.nj.us)

*Senior citizens who are unable to act on their own behalf, and are the victims of abuse and/or neglect, may receive assistance through this program. Anyone who has information on possible abuse may call the Division of Social Services.*

### **Domestic Abuse Services, Inc. (DASI)**

P O Box 805, Newton, NJ 07860  
973-875-1211 or 973-579-2386  
Fax: 973-579-3277

Website: [www.dasi.org](http://www.dasi.org)

Email: [info@dasi.org](mailto:info@dasi.org)

*Provides shelter for battered women*

### **Interfaith Hospitality Network – Family Promise**

19 Church Street, Newton, NJ 07860  
973-579-1180 Fax: 973-579-1307

Website: [www.scihn.org](http://www.scihn.org)

*Provides emergency shelter and food for a short period.*

### **Samaritan Inn**

901 Swartwood Road, Newton, NJ 07860  
973-940-8872

Website: [www.samaritaninn.org](http://www.samaritaninn.org)

Email: [Samaritaninndir@gmail.com](mailto:Samaritaninndir@gmail.com)

*Provides emergency housing and food. Provides referrals for housing.*

### **Sussex County Division of Social Services**

83 Spring Street, Newton, NJ 07860  
973-383-3600 x 5123 or 5124

Fax: 973-383-3627

Email: [scdss@oel.state.nj.us](mailto:scdss@oel.state.nj.us)

*Provides Medicaid, food stamps and emergency assistance.*

## DISABILITY SERVICES

### **Zufall Health Center (Dental and Medical Clinic)**

238 Spring Street, Newton, NJ 07860

973-862-6650

Website: [www.zufallhealth.org](http://www.zufallhealth.org)

*Serves seniors and low-income families.*

### **Delta Dental Senior Smiles Program at Morristown Medical Center**

973-971-5442

### **Dental Home Services, LLC**

**800-842-4663**

*Geriatric home dental care*

### **DAWN Center for Independent Living**

34 White Lake Rd., Unit A, Sparta, NJ 07871

973-383-0870

TDD- 973-625-1932 Fax: 973-383-0641

Website: [www.dawncil.org](http://www.dawncil.org)

Email Address: [info@dawncil.org](mailto:info@dawncil.org)

### **Blind and Visually Impaired – (formerly Newton Lions Club)**

Call and leave message.

973-579-7485

*Offers assistance to persons with visually related problems, based on financial need.*

### **National Federation of the Blind**

1-410-659-9314 or 1-973-743-0075

NFB Newsline 1-888-882-1629

### **EyeCare America**

1-800-222-3937

[www.eyecareamerica.org](http://www.eyecareamerica.org)

*A program to match seniors (65+) with volunteer ophthalmologists for free medical eye exam. It is for those who have not seen an eye doctor in 3 years, are a US Citizen or legal resident, are 65 and older and do not belong to an HMO or the VA. There is no out-of-pocket expense.*

### **New Eyes for the Needy**

Website: [www.New-Eyes.org](http://www.New-Eyes.org)

973-376-4903

*Provides free eyeglasses to those who qualify.*

### **Lighthouse International (New York City)**

800-284-4422

Fax: 212-821-9707

[www.lighthouseguild.org](http://www.lighthouseguild.org)

**Help Line for the Deaf**

1-800-521-5247

For a relay call, Dial 711

**National Board for the Deaf**

1-301-587-1788

Fax: 1-301-587-1791

TTY 1-301-587-1789

**New Jersey Division of Deaf & Hard of Hearing**

NJ Department of Human Services

P.O. Box 74

Trenton, NJ 08625-0074

800-792-8339 or 609-588-2648

**Personal Assistance Services Program (PASP)**

973-579-0555 Ext. 1286 (Sussex County)

Toll Free New Jersey (1-888-285-3036)

If you are ages 18 -70, have a permanent physical disability; are employed, attending an educational or training program, or volunteering in the community; are living in the community; and are capable of directing and supervising your own services, you may be eligible to receive up to 40 hours of service per week, enabling you to maintain your independence in the community. Personal assistants help with tasks as light housekeeping, bathing, dressing, meal preparation, shopping, driving or using public transportation on this PASP program.

## DRIVER SAFETY

The National Center on Senior Transportation has stated that, “Certain changes related to the aging process may make the highly complex skill of driving a car increasingly difficult. These include changes in vision, hearing, flexibility and strength. However, these changes are not consistent from one individual to another, and they do not happen at the same age in each person.”

The NCST (National Center on Senior Transportation) has recommended some steps to assure your ongoing safety as a driver. These include:

- Doing a self-assessment of your driving
- Taking a driver-refresher course
- Making adjustments in your automobile
- Changing your driving habits
- Getting an objective driving evaluation
- Consulting with a Driver Rehabilitation Specialist

Here are some web addresses that will take you more directly to the resources and web sites :

AAA Club: [www.AAASeniors.com](http://www.AAASeniors.com)

AAA Roadwise Review Online: [www.AAASeniors.com](http://www.AAASeniors.com) or [www.seniordriving.aaa.com](http://www.seniordriving.aaa.com)

Drive Sharp: [www.drivesharpnow.com](http://www.drivesharpnow.com)

### Resources:

Refresher: [www.aarp.org/drive](http://www.aarp.org/drive)

Evaluation: [www.seniordriving.org](http://www.seniordriving.org)

Reaction: [www.drivesharpnow.com](http://www.drivesharpnow.com)

New Car: [www.AAASeniors.com](http://www.AAASeniors.com)

## EDUCATIONAL PROGRAMS

### **DOROT University Without Walls**

171 West 85<sup>th</sup> St, NY, NY 10024

212-769-2850

[www.dorotusa.org](http://www.dorotusa.org)

*Low cost learning opportunities in the comfort of your own home. Over 100 courses available by phone in art, literature, history, current events, humor, music, health and wellness to name a few.*

### **Literacy Volunteers of America, Sussex County**

P O Box 453, Newton, NJ 07860

973-300-9444 Fax: 973-300-9444

Email: [sboland@literacynj.org](mailto:sboland@literacynj.org)

*Provides tutors to help adults learn to read. Teaches English as a second language. Welcomes volunteers.*

### **Roadscholar (formerly known as Elderhostel)**

11 Avenue DeLafayette, Boston, MA 02111-1746

1-800-454-5768

[www.roadscholar.org](http://www.roadscholar.org)

*Offers an extensive variety of programs, courses held on college campuses and accommodations often at two to four stars hotels worldwide.*

### **Rutgers Cooperative Extension Service**

129 Morris Turnpike

Newton, NJ 07860

973-948-3040 Fax: 856-307-6476

Email: [rcesc@njaes.rutgers.edu](mailto:rcesc@njaes.rutgers.edu)

*Master Gardeners program.*

### **Sussex County Community College**

One College Hill, Newton, NJ 07860

973-300-2100

Website: [www.sussex.edu](http://www.sussex.edu)

*Discounted credit courses for those 65 and older. Two year degrees, enrichment courses and seminars are available.*

### **Sussex County Vocational and Educational School**

105 North Church Road, Sparta, NJ 07871

973-383-6700 Fax: 973-383-4272

Email: [motoback@sussex.tech.nj.us](mailto:motoback@sussex.tech.nj.us)

*Educational and enrichment courses.*

## EMPLOYMENT ASSISTANCE

***Mandatory Retirement/Employment Age:** No employer may refuse to hire, employ, bar or discharge individuals for employment due to age. However, bona fide occupational age qualifications may be established and no employer is prevented from refusing to hire or promote an individual over the age of 70.*

**Department of Community Affairs, Workforce 55+  
Senior Citizen Employment Resource Specialist**  
Route 206 North (Sussex County Mall), Newton, NJ 07860  
973-383-2775  
Fax: 973-383-8350  
Website: [www.lwd.dol.state.nj.us/labor/wnjpin](http://www.lwd.dol.state.nj.us/labor/wnjpin)

*Provides job training in non-profit organizations and placement in the private sector for those age 55+. Eligibility is based on income.*

### **Pathstone Corporation**

30 Moran Street, Suite 200, Newton, NJ 07860  
(973) 940-0137

*Provides job training in non-profit organizations and placement in the private sector for those age 55+. Eligibility is based on income.*



## FINANCIAL SERVICES

### **Direct Deposit**

*Contact your local bank if you would like your Social Security, supplemental security income or any retirement check deposited directly to your personal account.*

### **Consumer Credit Counseling Service**

185 Ridgedale Avenue, Cedar Knolls, NJ 07827

1-800-432-7310

Fax: 973-267-0484

Website: [www.cccsnj.org](http://www.cccsnj.org)

*Provides individual budget and debt counseling. Fees regulated by NJ Department of Banking.*

## FOOD AND NUTRITION PROGRAMS

**CONGREGATE NUTRITION SITES:** Participants enjoy socialization, recreational activities and a nutritious mid-day meal that meets 1/3 of the minimum Recommended Daily Allowance (RDA). Transportation is available to the sites by calling Sussex County Skylands Ride at **973-579-0480**. Meal reservations must be made **BY 10:00 a.m.** the day **before** by calling the specific location.

### **Franklin Senior Center**

George Labance Lane, Franklin, NJ 07416  
973-827-2973

### **Hopatcong Civic Center**

32 Lakeside Blvd., Hopatcong, NJ 07843  
973-398-2608

### **Vernon Senior Center**

21 Church Street, Vernon, NJ 07462  
973-764-5454  
Fax: 973-764-5560

**MEALS ON WHEELS - 973-209-0123** – nutritious meals that meet 1/3 of the RDA are delivered to the homebound.

### **Catholic Family & Community Services**

48 Wyker Road, Franklin, NJ 07416  
973-209-0123  
Email: [agingservices@embarqmail.com](mailto:agingservices@embarqmail.com)

### **Manna House**

First Presbyterian Church  
54 High Street, Newton, NJ 07860  
973-579-6517  
Provides free lunches to those with limited resources, Monday through Friday 11:30 a.m. to 12:30 p.m..

### **Sussex County Division of Social Services**

83 Spring Street, Newton, NJ 07860  
973-383-3600 x 5123 Fax: 973-383-3627  
Food coupons can increase the food purchasing power of eligible low-income household.

### **Mom's Meals**

1-877-508-6667  
\$6.49 per meal, minimum order 7  
\$14.95 flat rate shipping per order  
Website: [www.momsmeals.com](http://www.momsmeals.com)

## HEALTH ISSUES

*Education, health screenings and a variety of programs are available at little or no cost to senior citizens. Contact your municipal Health Departments for available programs and services.*

### **Sussex County Department of Environmental and Public Health Services**

201 Wheatsworth Road, Hamburg, NJ 07419

973-579-0370 Fax: 973-579-0399

Email: [Health@sussex.nj.us](mailto:Health@sussex.nj.us)

### **Sussex County Office of Public Health Nursing**

201 Wheatsworth Road, Hamburg, NJ 07419

973-579-0570 x 1211 Fax: 973-579-0571

Email: [Health@sussex.nj.us](mailto:Health@sussex.nj.us)

**HEALTH INSURANCE  
MEDICARE/MEDICAID COUNSELING**

**Medicaid**

Sussex County Division of Social Services  
83 Spring Street, Newton, NJ 07860  
973-383-3600 x 5123 or x 5124  
Fax: 973-383-3627

**Original Medicare Parts A & B**

Medigap Insurance  
Medicare HMOs  
Pharmaceutical Assistance  
Questions regarding Medical Providers and Billings  
1-800-633-4227  
TTY 1-877-486-2048

**SHIP (State Health Insurance Program)**

Sussex County Division of Senior Services  
One Spring Street, 2<sup>nd</sup> Floor  
Newton, NJ 07860  
973-579-0555 x 1223  
Fax: 973-579-0550

*Confidential, FREE assistance for Medicare/Medicaid beneficiaries provided by trained volunteers.*

## HOME HEALTH AND IN-HOME SUPPORT SERVICES

### **Atlantic Home Care (formerly In Home Health Services)**

465 South Street, Suite 100, Morristown, NJ 07960  
973-379-8400

*Medical services including nursing, therapies, home health aides, social workers. Medicare certified agency.*

### **Atlantic Private Care**

465 South Street, Suite 100, Morristown, NJ 07960  
55 Newton-Sparta Road, Suite 108 Andover, NJ 07821  
973-540-9000 Fax: 973-540-8816

Website: [www.atlanticprivatecare.com](http://www.atlanticprivatecare.com)

*Home health care services, hourly, live-ins, nursing.*

### **Bayada Home Health Care**

8 South Morris St., Suite 301 Dover, NJ 07801  
973-328-1790

Website: [www.Bayada.com](http://www.Bayada.com)

*Home health care services.*

### **Caring Touch Home Care**

8 Circle Drive  
Sparta, NJ 07871  
(862) 243-4000 Fax: (973) 243-4002

Website: [www.Caringtouch.net](http://www.Caringtouch.net)

*Home health care services, homemakers, companion care, live-in, 24-hour care.*

### **Clover Rest Home**

28 Washington Street, P.O. Box 223, Columbia, NJ 07832  
908-496-4307 Fax: 908-496-8133

Website: [cloverresthome@aol.com](mailto:cloverresthome@aol.com)

Long term, short term, respite and hospice care.

### **ComForcare Senior Services**

316 Rt. 46 Rockaway, NJ  
973-316-1400

Website: [Morrisnj@comforcare.com](mailto:Morrisnj@comforcare.com) or [www.comforcare.com](http://www.comforcare.com)

*Non-medical home help including companions, live-in assistants, housekeeping, etc.*

### **Compassionate Care Hospice**

350 Sparta Avenue, Bldg. B, Suite 2, Sparta, NJ 07871  
973-726-7510 886-523-5787

Website: [www.cchnet.net](http://www.cchnet.net)

*Provides home care and inpatient hospice care in area hospitals and nursing homes for patients having a terminal illness.*

**Family First HomeCare**

374 Speedwell Avenue, Morris Plains, NJ 07950  
(973) 328-7700

Website: [www.FamilyFirstHomeCare.com](http://www.FamilyFirstHomeCare.com)

Homemaker services, transportation, shopping and errands, Alzheimer's care, respite care.

**From the Heart Elder Care**

521 Route 515, Vernon, NJ 07462

Phone: 973-702-0209

Website: [www.FromTheHeartElderCare.com](http://www.FromTheHeartElderCare.com)

*Personal care, companion services, home health aides, light housekeeping, laundry, meal preparation. Hourly up through Live-In services.*

**Gold Medal Home Health**

2 Kiel Avenue, Unit 216, Kinnelon, NJ 07405

(973) 291-4622

Website: [www.Goldmedalhomehealth.com](http://www.Goldmedalhomehealth.com)

*Home care (medical/non-medical), personal care, companion services, live-in home care, meal preparation, visiting private duty nursing, transportation, non-medical (shopping, errands)*

**Home Helpers**

1220 Rt. 46 W, Suite 209, Parsippany, NJ 07054

973-588-7170 Fax: (973) 588-7171

Website: [www.HomeHelpers.cc](http://www.HomeHelpers.cc)

Personal care, companionship, errands, housekeeping, transportation and more.

**Home Instead**

127 Belvidere Avenue, Washington, NJ 07882

908-835-1400 Fax: 973-970-9249

Website: [www.homeinstead.com/325](http://www.homeinstead.com/325)

Home helper, personal services, Alzheimer's/Dementia care, transitional care.

**Independence At Home Services, LLC**

21 Glover Lane South, Vernon, NJ 07462

973-764-9430 Fax: 973-764-9431

Website: [www.lhsservices.biz](http://www.lhsservices.biz)

*Non-medical home help including meal preparation, laundry, errands, light housekeeping, etc.*

**Karen Ann Quinlan Hospice**

99 Sparta Avenue, Newton, NJ 07860

973-383-0115

Website: [www.Karenannquinlanhospice.org](http://www.Karenannquinlanhospice.org)

*Provides home care and inpatient hospice care in area hospitals for patients having a terminal illness. Attending physician must approve admission to the Hospice Program.*

**PSA Health Care**

1A Main Street, Unit 7, Sparta, NJ 07871

Phone: 973-512-2161

Fax: 973-579-7665

Website: [www.psahealthcare.com](http://www.psahealthcare.com)

*Provides nursing services and in-home care.*

**Preferred Care at Home**

233 Sparta Avenue

Sparta, NJ 07871

(973) 512-5131

*Provides Alzheimer Care, transportation, companionship, housekeeping, meal preparation, etc.*

**ResCare Home Care**

350 Sparta Avenue, Suite 6B, Sparta, NJ 07871

973-370-2037

Website: [www.ResCareHomeCare.com](http://www.ResCareHomeCare.com)

Email: [Cheryl.wallad@Rescare.com](mailto:Cheryl.wallad@Rescare.com)

*Medical and non-medical services including Home Health Aides, Companions, Chore Workers.*

**Senior Helpers**

277 Fairfield Road, Fairfield, NJ 07004

973-245-9842

Website: [www.Seniorhelpers.com](http://www.Seniorhelpers.com)

*Provides personal and companion, in-home care.*

**Statewide Respite Care Program****Visiting Nurse Association of Northern NJ/Affiliated Health Service**

175 South Street, Morristown, NJ 07960

973-451-4139 Fax: 973-539-3352

*Provides respite for the caregiver of anyone over the age of 18 who is disabled, ill or elderly.*

*Services may include home health aide, social or medical adult day care, private duty nursing, in-patient respite, or line-in HHA. Limited services may be provided on a regular basis or short term, as in a caregiver emergency.*

## HOME MAINTENANCE / REPAIRS

### **Christian Outreach Project**

1151 Gresham Road

Plainfield, NJ 07062-2022

(908) 755-4079

Website: [www.christianoutreachproject.com](http://www.christianoutreachproject.com)

Email: [christianoutreachproject@yahoo.com](mailto:christianoutreachproject@yahoo.com)

*Summer season home maintenance and repairs, ex. painting. Financial assistance available.*

### **Rural Development**

1-908-852-2576 Ext. 118

*Provides financial help through loans and grants to eligible seniors.*

### **Residential Maintenance and Safe Housing of NORWESCAP**

908-454-7000

*Provides minor home repairs and assists seniors who do their own maintenance.*

*Weatherization – New Heater, etc. No Ramps, No Snow removal, No lawn maintenance*



## HOSPICE

*Care and support are available to the terminally ill and their loved ones. Services include home health aides, companionship and spiritual care.*

### **Karen Ann Quinlan Hospice**

99 Sparta Avenue, Newton, NJ 07860

973-383-0115 1-800-882-1117

Fax: 973-383-6889

Website: [www.karenannquinlan.org](http://www.karenannquinlan.org)

### **Compassionate Care Hospice**

350 Sparta Avenue, Bldg. B, Suite 2, Sparta, NJ 07871

973-726-7510

Website: [www.cchnet.net](http://www.cchnet.net)

Email: [gmontella@cchnet.net](mailto:gmontella@cchnet.net)

*Provides home care and inpatient hospice care in area hospitals and nursing homes for patients having a terminal illness.*

## HOSPITALS / MEDICAL CENTERS

*Your local hospital can refer you to a doctor to meet your specific medical needs.*

### **Newton Medical Center**

175 High Street, Newton, NJ 07860

973-383-2121 or 973-579-8340

Website: [www.atlantichealth.org/newton/](http://www.atlantichealth.org/newton/)

### **Bon Secours Community Hospital**

160 E Main Street, Port Jervis, NY 12771

1-845-856-7000 or 1-888-888-1347

Website: [www.bonsecourscommunityhosp.org](http://www.bonsecourscommunityhosp.org)

### **Center for Mental Health Newton Medical Center**

175 High Street, Newton, NJ 07860

973-383-1533

Website: [www.atlantichealth.org/newton/](http://www.atlantichealth.org/newton/)

### **Morristown Medical Center**

100 Madison Avenue, Morristown, NJ 07960

973-971-5000 or 1-800-247-9580

Website: [www.atlantichealth.org/morristown/](http://www.atlantichealth.org/morristown/)

### **Renal Center of Newton LLC**

7 East Clinton Street, Newton, NJ 07860

973-940-0965

### **St. Anthony Community Hospital**

15 Maple Avenue, Warwick, NY 10990

1-845-986-2276

Website: [www.stanthonycommunityhospital.org](http://www.stanthonycommunityhospital.org)

### **Saint Clare's Medical Center**

25 Pocono Road, Denville, NJ 07834

973-625-6000 or 1-866-782-5273

Website: [www.saintclares.org](http://www.saintclares.org)

### **Sparta Cancer Center**

89 Sparta Avenue, Suite 130, Sparta, NJ 07871

973-729-7001

### **Zufall Community Health Center**

238 Spring Street, Suite A, Newton, NJ 07860

973-862-6650

Website: [www.zufallhealth.org](http://www.zufallhealth.org)

## HOUSING

**RENT GRACE:** *By law, seniors over age 62, whose rent payment is due on the first day of the month, have five (5) days grace period. Information:* For a copy of the law, please write to the Office of Landlord-Tenant Information, contact [NJ Department of Community Affairs](#), P.O. Box 800, Trenton, NJ 08625-0800 or call **1-800-792-8820** or 609-292-4174; FAX 609-530-8858.

**HOMELESSNESS PREVENTION:** *NJ residents, who are unable to manage their rent/mortgage payments because of a temporary crisis, may be eligible for a one-time interest-free loan from the State:*

NJ Department of Community Affairs Homelessness Prevention

General information: 1-609-633-6204

Rental Assistance (*Office is in Rockaway*): 973-627-3428

NJ Office of Landlord-Tenant Information: 866-889-6270

## INDEPENDENT LIVING

### **Brookside Terrace (Some apartments subsidized for seniors)**

33 Mill Street, Newton, NJ 07860

973-383-6080 Fax: 973-383-3635

Website: [www.brooksideterrace.com](http://www.brooksideterrace.com)

### **Carriage Acres (Mobile Home Park)**

1 Tess Drive, Lafayette, NJ 07848

973-383-8689

### **Concetta Towers**

75 Catlin Road, Franklin, NJ 07416

973-209-2808

*Government subsidized, 62+/disabled.*

### **Franklin House Senior Housing**

1 Mill Street, Suite 107, Franklin, NJ 07416

973-823-6395

Fax: 973-823-6394

### **Habitat for Humanity**

1 Milk Street, Branchville, NJ

973-948-4850

### **Hillcrest Retirement Community**

6000 Running Valley Road, Stroudsburg, PA 18360

570-629-2410

Website: [www.hillcrestretirement.com](http://www.hillcrestretirement.com)

**Hillside Estates**

2 Skyview Drive, Franklin, NJ 07416  
973-827-3707  
*Mobile Home Park*

**Hillside Manor**

53 Unionville Ave, Sussex, NJ 07461  
973-383-3313 or 1-800-852-7899  
*USD/RD subsidized, 62+/disabled*

**For application:**

Hillside Manor  
37 Running Hills Dr., Newton, NJ 07860  
973-383-3313

**Knoll Heights Village**

39 Trapasso Drive, Sparta, NJ 07871  
973-729-4311 Fax: 973-729-2750  
Email: [Knollvillage@tellurian.com](mailto:Knollvillage@tellurian.com)  
*Government subsidized, 62+/disabled.*

**Liberty Towers**

32 Liberty Street, Newton, NJ 07860  
973-383-5191 Fax: 973-383-1181  
Email: [libtowers@nac.net](mailto:libtowers@nac.net)  
*Government subsidized, 62+/disabled.*

**Newton Town Centre**

Corner of Spring Street and Union Place, Newton, NJ 07860  
973-744-5410 Ext. 146

**Paragon Village Senior Living Community**

427 Route 46 East, Hackettstown, NJ 07840  
908-498-0118  
[www.paragonvillage.com](http://www.paragonvillage.com)

**Sandy Point Inc.**

5 Wild Way, Lake Hopatcong, NJ 07849  
973-663-0652  
*Mobile Home Park*

**Seasons at Sparta**

84 Sparta Ave, Sparta, NJ 07871  
973-729-1050

**Sussex Seniors**

Main Street, Sussex, NJ 07461  
908-454-7000 Ext. 160  
*NORWESCAP subsidized, 62+, 11 units*

**The Hamlet at Towne Centre (55+ Adult Community)**

16 Main Street, Sparta, NJ 07871  
Office: 973-726-0488  
Off Hours: 973-903-0268  
Website: [www.hamletattownecentre.com](http://www.hamletattownecentre.com)

**United Methodist Communities at Bristol Glen  
Continuing Care Retirement Community**

200 Bristol Glen Drive, Newton, NJ 07860  
973-300-5788 Fax: 973-579-2351  
Website: [www.bristolglen.org](http://www.bristolglen.org)

**Assisted Living and Boarding Homes**

**Belle Reve Senior Living**

404 East Harford Street, Milford, PA 18337  
570-409-3593  
Website: [www.bellereveseniorliving.com](http://www.bellereveseniorliving.com)

**Bentley Assisted Living at Branchville**

3 Phillips Road, Branchville, NJ 07826  
973-948-8884 Fax: 973-948-2502  
Website: [www.bentleyassistedliving.com](http://www.bentleyassistedliving.com)

**Braemar at Walkkill**

21 Riverside Drive  
Middletown, NY 10941  
845-695-5600  
Website: [www.BraemarLiving.com](http://www.BraemarLiving.com)

**Bryan Manor**

600 Old Chester Road, Chester (Gladstone), NJ 07934  
908-234-0687

**Forest Manor Health Care Center**

145 State Park Road  
Hope, NJ 07844  
908-459-4128  
Website: <http://forestmanorhcc.com/>

**Fountain Inn Boarding Home**

82 Fountain Square, Sussex, NJ 07461-2309  
(973) 875-4198

**Heath Village Retirement Community**

430 Schooley's Mountain Road, Hackettstown, NJ 07840  
908-852-4801  
Fax: 908-852-4801  
Website: [www.heathvillage.com](http://www.heathvillage.com)  
Email: [mgaratty@heathvillage.com](mailto:mgaratty@heathvillage.com)

**Knoll View**

8 Knoll Road, Sparta, NJ 07871  
973-726-0520

**Mt. Arlington Senior Living**

2 Hillside Drive, Mt. Arlington, NJ 07856  
973-601-0988  
Website: [www.MtArlingtonSeniorLiving.com](http://www.MtArlingtonSeniorLiving.com)  
Email address: [clopatin@5ssl.com](mailto:clopatin@5ssl.com)

**Merriam Manor of North Jersey**

131 Main Street, Newton, NJ 07860  
973-383-1185 Fax: 973-383-2747

**Paragon Village Senior Living Community**

427 Route 46 East, Hackettstown, NJ 07840  
908-498-0118  
[www.paragonvillage.com](http://www.paragonvillage.com)  
*Assisted living and Alzheimer's assisted living.*

**Spring Village at Pocono**

329 E. Brown Street  
East Stroudsburg, PA 18301  
570-426-4000  
Fax: 570-426-4010  
Website: [www.woodbineseniorliving.com](http://www.woodbineseniorliving.com)  
Email: [concierge@springvillagepocono.com](mailto:concierge@springvillagepocono.com)

**The Chelsea at Brookfield**

1 Brookfield Court, Belvidere, NJ 07823

908-475-5556

Website: [www.brookfieldassistedliving.com](http://www.brookfieldassistedliving.com)

Email: [rkennis@brookfieldassistedliving.com](mailto:rkennis@brookfieldassistedliving.com)

**United Methodist Communities at Bristol Glen (No subsidized rents)**

Continuing Care Retirement Community

200 Bristol Glen Drive, Newton, NJ 07860

973-300-5788 Fax: 973-579-2351

Website: [www.bristolglen.org](http://www.bristolglen.org)

**Westwind Manor**

25 Main Street, Franklin, NJ 07416

973-827-6575 Fax: 973-209-3403

Email: [t.tavares@westwindmanor.com](mailto:t.tavares@westwindmanor.com)

## LIBRARIES

### **Sussex County Library System**

Website: [www.sussexcountylibrary.org](http://www.sussexcountylibrary.org)

*Offers inter-library loans, genealogical materials, reading programs, Literacy Volunteers, and cassettes for the blind and handicapped.*

#### **Main Library**

125 Morris Turnpike (Homestead Road, Frankford)  
Newton, NJ 07860  
973-948-3660 Fax: 973-948-2071

#### **Dennis Memorial Branch**

101 Main Street  
Newton, NJ 07860  
973-383-4810 Fax: 973-383-1322

#### **Dorothy E. Henry Memorial Branch**

66 Route 94  
Vernon, NJ 07462  
973-827-8095 Fax: 973-827-8664

#### **E. Louise Childs Memorial Branch**

21 Sparta Road  
Stanhope, NJ 07874 (Hopatcong)  
973-770-1000 Fax: 973-770-0094

#### **Franklin Branch**

103 Main Street  
Franklin, NJ 07416  
973-827-6555 Fax: 973-827-9422

#### **Sussex-Wantage Branch**

69 Route 639  
Wantage, NJ 07461  
973-875-3940 Fax: 973-875-1336

### **Sparta Municipal Library**

22 Woodport Road  
Sparta, NJ 07871  
973-729-3101

Website: [www.spartalibrary.com](http://www.spartalibrary.com)

*Library services free for Sparta residents; others may pay a fee for use.*



## MEDICAL ALERT SYSTEMS

*Personal emergency response systems can link you to 24 hours assistance at the push of a button.*

### **Alert 1 Medical Alert Systems**

24 West Fourth Street  
Williamsport, PA 17701  
1-866-230-0195

Website: [www.alert1.com/care](http://www.alert1.com/care)

*Affordable medical alert systems for older adults who are looking to remain independent. Home based systems, fall detection, mobile / GPS systems, medication monitoring systems.*

### **AlertOne**

1-800-366-8056

### **ADT Security Services**

#### **Home Health Security Services**

930 N. Riverview Drive, Ste. 800  
Totowa, NJ 07512  
973-339-7044

### **HealthWatch**

1-800-226-8100

### **LIFEWATCH USA**

Headquarters-888-650-6837  
Fax-717-591-0665

[www.lifewatch-usa.com](http://www.lifewatch-usa.com)

*Medical alarms and senior safety products.*

### **Medic Alert Foundation**

1-800-432-5378

[www.medicalert.org](http://www.medicalert.org)

*Provides necklace and bracelet products with engraved notice about medical conditions.*

### **Phillips Lifeline**

1-855-332-7799

## MEDICAL EQUIPMENT

### **AM Ramp**

162 Newark Avenue  
Bloomfield, NJ 07003  
1-888-715-7598  
973-902-6957

*Permanent or temporary ramps available.*

### **Aliton's Pharmacy Home Healthcare Centers**

111-113 Route 6, Milford, PA 18337 1-800-254-8667  
10-12 Sussex Street, Port Jervis, NY 12771 (845) 856-6836  
Website: [www.alitons.com](http://www.alitons.com)

*Medical equipment, diabetic supplies, blister packaging, foot care, oxygen & respiratory, etc.*

### **Easy Access Homes**

12 Winona Trail  
Lake Hopatcong, NJ 07849  
973-525-2202 / 855-464-3279

Website: <http://www.EasyAccessHomes.com>

*Modular wheelchair ramps, straight stair lifts, custom curved stair lifts, vertical platform lifts, vehicle lifts and bathroom safety equipment. We also provide quality pre-owned stair lifts and wheelchair ramps and rentals.*

### **Medic Alert Foundation**

1-800-432-5378

*Non-emergency medical alert products.*

## **MENTAL HEALTH/COUNSELING SERVICES**

*Individual and Family Counseling can assist seniors who are facing adjustments in their lives.*

### **Center for Mental Health Newton Medical Center**

175 High Street, Newton, NJ 07860

973-383-1533 Fax: 973-383-9309

Website: [www.atlantichealth.org/nmc](http://www.atlantichealth.org/nmc)

### **Pride Institute at Summit Oaks Hospital**

19 Prospect Street, Summit, NJ 07901

800-753-5223

### **Saint Clare's Health System Behavioral Health**

130 Powerville Road, Boonton Township, NJ 07005

Main Number: 973-316-1800

Schedule an Appointment: 888-626-2111

## NURSING HOMES

### **Andover Sub-Acute & Rehab Center**

99 Mulford Road, Andover, NJ 07821

973-383-6200

Website: [www.andoverrehab.com](http://www.andoverrehab.com)

*Medicare & Medicaid Certified*

### **Barn Hill Care Center**

249 High Street, Newton, NJ 07860

973-383-5600

Website: [www.genesishcc.com](http://www.genesishcc.com)

*Medicare & Medicaid Certified*

### **Homestead Rehabilitation and Health Care Center**

129 Morris Turnpike

Newton, NJ 07860

973-948-5400

### **House of the Good Shepherd**

798 Willow Grove Street, Hackettstown, NJ 07840

908-684-5722

Website: [www.hotgs.org](http://www.hotgs.org)

### **United Methodist Communities at Bristol Glen**

Continuing Care Retirement Community

200 Bristol Glen Drive, Newton, NJ 07860

973-300-5788

Website: [www.bristolglen.org](http://www.bristolglen.org)

### **Valley View Care Center**

1 Summit Ave, Newton, NJ 07860

973-383-1450

Website: [www.valleyviewcarecenter.com](http://www.valleyviewcarecenter.com)

[www.Medicare.gov](http://www.Medicare.gov) has a great database that provides ratings of nursing homes. You can search by zip codes, town, county or ratings.

NJ Department of Health and Senior Services Long Term Care Facilities search. The database contains assisted living and day care facilities as well as nursing homes.

<http://web.doh.state.nj.us/apps2/healthfacilities/fssearch.aspx>

## **PHARMACEUTICAL PROGRAMS For New Jersey Seniors**

### **PHARMACEUTICAL ASSISTANCE TO THE AGED AND DISABLED (PAAD)**

*This program assists low-income NJ residents who are aged (65) and/or disabled for the purchase of prescription drugs. Under the program, the PAAD clients pay \$ 6.00 & \$7.00 for each prescription and are credited \$225 off the electric bill through Lifeline. For income eligibility, call **Senior Services at 973-579-0555.***

#### **PAAD/Lifeline**

Sussex County Division of Senior Services  
One Spring Street, 2<sup>nd</sup> Floor, Newton, NJ 07860  
973-579-0555  
1-877-222-3737

*PAAD recipients are eligible for \$225 off electric bill.*

#### **PAAD Trenton, NJ**

1-800-792-9745

**Motor Vehicle Registration Discount:** Available to PAAD recipients. Seniors should call the Division of Motor Vehicles for information. The discount depends on the age and weight of vehicle.

Toll Free: 1-888-486-3339

### **SENIOR GOLD CARD**

*This is a NJ State program for those whose income exceeds the PAAD guidelines. Under this program, there is a \$2,000 cap for singles and \$3,000 cap on out-of-pocket expenses for covered prescriptions. Once your out-of-pocket expenses reach your maximum cap, you pay only \$15 per prescription during your annual eligibility period.*

*For a Senior Gold Card application and information on income eligibility, contact Senior Services, 973-579-0555.*

#### **Familywize Prescription Drug Discount Card**

Available from Sussex County Division of Senior Services

973-579-0555 or

United Way of Sussex County

973-579-3040

[www.familywize.org](http://www.familywize.org)

Printed card available online

### **GARDEN STATE PRESCRIPTION SAVINGS PROGRAM**

*This program is designed to provide eligible Sussex County residents with savings of up to 50% on prescriptions. It is for those who do not have any prescription program. No age or income restrictions.*

1-800-633-0037

## REFERRAL SERVICES

### **2-1-1 of Sussex County**

NORWESCAP, Inc.

350 Marshall Street

Phillipsburg, NJ 08865

Call 2-1-1 or 1-888-454-4778 toll free

[www.nj211.org](http://www.nj211.org)

*Free service providing easy access to the health, human services community resources, and government assistance people need every day, as well as in times of crisis. Available 24 hours a day, 7 days a week.*

### **Eldercare Locator**

**1-800-677-1116**

*This is a public service of the Administration on Aging, US Department of Health and Human Services. Service provides assistance in locating senior services throughout the country.*

*Operators are available Monday through Friday, 9:00 AM – 8:00 PM Eastern Time.*

### **Sussex County Division of Senior Services**

One Spring Street, 2<sup>nd</sup> Floor

Newton, NJ 07860

973-579-0555

[www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices)

email: [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us)

*Information, assistance and referral to services, programs, entitlements for seniors.*

*Monday thru Friday, 8:30 Am to 4:30 PM.*

## SENIOR FRAUD

### **Elder Fraud Investigations Unit**

(Newark Office)

973-504-6200

800-242-5846

### **Senior Hotline**

1-877-746-7850

*(For complaints)*

### **Division of Consumer Affairs**

Toll Free: 1-800-242-5846

973-504-6200

*The Division of Consumer Affairs is responsible for enforcing the New Jersey Consumer Fraud Act and is dedicated to protecting the rights of citizens. This Division is also targeting the State's older citizens in an effort to identify and assist victims of fraud.*

The Division of Consumer Affairs receives more than 3,000 home-improvement-related complaints each year. Warning signs:

1. Worker requests a large payment before work can begin.
2. Demands cash.
3. Says there is no need for a written contract.
4. Does not have a business address nor a State license number.

*If you become a victim of identity theft, file a police report and keep a copy of it in case your creditors need proof of the crime. Never give out your Social Security Number over the phone or in person to a stranger.*

### **Senior Medicare Patrol**

Jewish Family & Vocational Service

32 Ford Avenue, 2<sup>nd</sup> Floor

Milltown, NJ 08850

1-732-777-1940, Ext. 1154

## **SOCIAL SECURITY**

### **Social Security Administration (Newton Office)**

20 E. Clinton Street

Newton, NJ 07860

1-800-772-1213

TTY 1-800-325-0778

*Social Security is a federal insurance program to provide income security to those 65 and older, and to the disabled.*



## SUPPORT GROUPS

*There are various support groups that meet throughout the County. The purpose of these groups is to offer mutual support and understanding to patients and/ or caregivers. Resources are shared. Guest speakers may present information. Some groups are listed here.*

For more information, consult the local newspapers for times and locations of various support groups.

### **Alzheimer's/Dementia Support Groups**

#### **Andover Sub-Acute & Rehab Center**

99 Mulford Road, Andover, NJ 07821

973-383-6200 Ext. 211

Website: [www.andoverrehab.com](http://www.andoverrehab.com)

#### **Knoll Heights Village Senior Center**

Caregiver Support Group

40 Trapasso Drive, Sparta, NJ

973-729-4311

*Meets on the 3<sup>rd</sup> Tuesday of each month at 5:30 P.M.*

#### **Newton Medical Center**

Designed to provide emotional and educational support for caregivers to learn more about the disease. It also provides a chance to share feelings and concerns.

Call 973-579-8600 for information. Pre register: 1-800-247-9580

*Meets the 4<sup>th</sup> Saturday at 10:00 a.m.*

#### **United Methodist Communities at Bristol Glen**

200 Bristol Glen Drive, Newton, NJ 07860

973-300-5788

Website: [www.bristolglen.org](http://www.bristolglen.org)

*Meets on the 2<sup>nd</sup> Friday of the month*

### **Bereavement Group**

Joseph T. Quinlan Bereavement Center

5 Plains Road, Augusta, NJ 07822

973-948-2283

*Meets the 1<sup>st</sup> \* and 3<sup>rd</sup> Wednesday each month from 12:30 p.m. – 2:00 p.m.*

*2<sup>nd</sup> Monday each month from 7:00 p.m. – 8:30 p.m. \*The support group meeting held on the first Wednesday of the month is for anyone who is experiencing their first 13 months of bereavement.*

**Breast Cancer**

973-285-8018

*Meets the 2<sup>nd</sup> Tuesday of the month, 6:30 PM at the Sparta Health & Wellness Center. Co-sponsored by Newton Medical Center and the American Cancer Society.*

**Caregiver Support Group**

Sussex County Division of Senior Services

973-579-0555, Ext. 1288

*Meets the 1<sup>st</sup> Tuesday of the month, 3PM – 4PM at United Way of Northern New Jersey (inside the New Jersey Herald building), 2 Spring Street, Newton, NJ.*

*Meets the 3<sup>rd</sup> Wednesday of the month, 2PM – 3PM at the Hopatcong Civic Center, 32 Lakeside Boulevard, Hopatcong, NJ.*

**Diabetes**

973-579-8340

*Meets 1<sup>st</sup> Wednesday of each month, 10:00 AM at Newton Medical Center.*

**General Cancer Support Group**

973-579-8620

*Meets the 4<sup>th</sup> Tuesday of each month, 5:30 PM at Newton Medical Center. Call to confirm.*

**Parkinson's Disease Later Onset Support Group****Robert Wood Johnson Hospital**

One Robert Wood Johnson Place, New Brunswick, NJ 08901

1-732-745-7520 – Referral Center

*Call for referral to local support group.*

**Stroke**

973-579-8600

*Meets the 4<sup>th</sup> Tuesday of the month, 7:30 PM at Newton Medical Center.*

## TAXES

### **NJ Division of Taxation**

1-609-292-6400

*Provides information on special exemptions and tax deductions available for seniors.*

### **Property Tax Reimbursement**

1-800-882-6597

*Those who are eligible are homeowners, age 65 or older, or receiving Federal Social Security disability benefits, and who paid property taxes on their principal residence in New Jersey.*

*Applicants must be NJ residents for at least 10 years, and living in their current home for the last 3 years. Applicants must meet certain income limits for both the “base year” (year the applicant first became eligible) and the application year.*

### **Homestead Rebate**

Automated 1-888-238-1233

*Eligible homeowners are those who pay property taxes on their principal residence in New Jersey, and whose gross income does not exceed \$100,000 (\$40,000 for homeowners who are not 65 years of age or disabled.)*

**Inheritance Tax:** *Any property that you inherit from your spouse is not subject to the Inheritance Tax.*

**Senior Citizens’ Annual Property Tax Deduction:** *Annual deduction of up to \$250 from property taxes for homeowners age 65 or older, or disabled, who meet certain income and residency requirements is administered by your local municipality.*

**Veterans’ Deduction:** *Annual deduction from taxes due on real or personal property paid to qualified war veterans and their unmarried surviving spouses is \$250. This benefit is administered by the local municipality.*

**VITA (Volunteer Income Tax Assistance)** *is available for seniors, people with disabilities and low-income individuals during income tax season through the Division of Senior Services. For an appointment call:*

Skylands RSVP – 888-387-9830 Ext. 3502 or 973-784-4900, Ext. 3502. Leave a message and your call will be returned.

## TRANSPORTATION

### **Assisted Transportation – Skylands Ride**

Division of Community & Youth Services  
One Spring Street, 2<sup>nd</sup> Floor, Newton, NJ 07860  
973-579-0480

*Provides transportation for medical appointments and shopping, with additional assistance as needed. Example: help from home to car. Need two to three weeks notice.*

### **Medicaid Medical Transportation (Logisticare) – 1-866-527-9933**

### **Sussex County Skylands Ride (Transportation)**

One Spring Street, Newton, NJ 07860 973-579-0480

#### **Paratransit – for seniors and people with disabilities**

**In County** - local errands: nutrition sites, dialysis, medical appointments, shopping, hairdresser, bank, community services, education/training, employment.

**Out of County**- non-emergency medical appointments, dialysis, therapy, radiation treatments, mental health, specialized hospitals, Veterans facilities.

*Monday – Friday, 5AM – 6:30PM*

*No Fare – Suggested donations: \$1.50 in county; \$3.00 out of county*

***Reservation required: Call 973-579-0480, then press 1***

***All vehicles are accessible.***

#### **Public Transit- available to the general public**

**Two (2) circular routes within Sussex County**

*Monday – Friday, 5AM – 6:30PM*

*Fare: \$1 one way, exact change required*

### **Municipal Transit:**

*Some municipalities offer senior transportation services:*

**Byram Senior Transportation 973-347-2500**

**Hopatcong Senior Transportation 973-770-1200**

**Newton Senior Shuttle 973-534-2967**

**Sparta Senior Transportation 973-729-8542** *(For Sparta, call between 1:00 and 3:00 PM.)*

**NJ Transit Reduced Fair Program:** Seniors, 62 or older, and handicapped individuals, can pay half fare on buses and trains in New Jersey, New York and Pennsylvania. This program is limited to off-hours, weekends and State Holidays. People 65+ may use their Medicare card for identification when purchasing a ticket. All others must complete an application for a reduced fare card. Applications are available from the Division of Senior Services: 973-579-0555.

**NJFindARide** [www.njfindaride.org](http://www.njfindaride.org)

To find transportation services in your area.

## UTILITY ASSISTANCE

### **Heating Fuel Assistance**

#### **NORWESCAP**

908-454-4778 (Fuel emergency)

973-209-7549

*Assistance in paying fuel bills for eligible clients.*

### **Lifeline**

1-800-792-9745

**PAAD** card holders receive \$225 off their electric bill annually.

### **LIHEAP & USF**

1-800-510-3102

Send e-mail to: [energyassistance@ncat.org](mailto:energyassistance@ncat.org)

[www.acf.hhs.gov/programs/liheap/states.htm](http://www.acf.hhs.gov/programs/liheap/states.htm)

*Financial assistance for heating and cooling expenses for eligible clients.*

### **NJ SHARES**

1-866-657-4273

*Financial assistance for electricity bills for eligible clients.*

### **State of NJ Board of Public Utilities**

445 Clinton Avenue

Trenton, NJ 08625

1-800-624-0241

*Addresses consumer issues.*

### **State of NJ Board of Public Utilities, Office on Cable TV**

2 Gateway Center, 8<sup>th</sup> Floor

Newark, NJ 07102

1-800-624-0331

*Provides assistance in resolving consumer problems with local cable companies. (Call your local cable company first.)*

## VETERANS SERVICES

### **Veterans Services**

479 W. Clinton Street, Dover, NJ 97801  
Dover, NJ 07801  
973-366-8347

### **Veterans Center**

2 Broad St., Suite 703, Bloomfield, NJ 07003  
973-748-0980  
Website: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

### **Veterans Administration**

**New Jersey Health Care System**  
Morristown Community Clinic  
340 West Hanover Avenue  
Morristown, NJ 07960  
(973) 539-9791 or 9794

**FOR VETERAN ID CARDS, PLEASE CONTACT THE COUNTY CLERK'S OFFICE AT 973-579-0900. YOU MAY VISIT THEIR OFFICE AT 83 SPRING STREET, NEWTON, NJ, OR ON THE INTERNET AT [www.sussexcountyclerk.com](http://www.sussexcountyclerk.com)**

### **VA HOSPITALS AND CLINICS:**

#### **Castle Point VA Hospital**

Rt. 9D, Castle Point, NY 12511  
1-845-831-2000

#### **East Orange VA Hospital**

385 Tremont Avenue, East Orange, NJ 07017  
973-676-1000

#### **Hudson Valley VA Clinic**

150 Pike Street, Port Jervis, NY 12771  
1-845-856-5396

#### **Lyons VA Hospital**

151 Knollcroft Road, Lyons, NJ 07939  
1-908-647-0180

#### **Morris Plains VA Outpatient Clinic**

340 West Hanover Avenue, Morris Plains, NJ 07960  
973-539-9791 Ext. 9794

#### **Newton VA Outpatient Clinic**

222 High Street, Newton, NJ 07860  
973-756-1504

**Veterans' Property Tax Deduction:** *Annual deduction from taxes due on real or personal property paid to qualified war veterans and their unmarried surviving spouses is \$250. This benefit is administered by the local municipality.*

## VOLUNTEERISM

*Volunteer opportunities are available throughout the County. Specialized training may be provided. Each community hospital has a volunteer program for those who enjoy working in a hospital environment.*

### **Pass It Along**

60 Blue Heron Road, Suite 101  
Sparta, NJ 07871  
973-726-9777

*Provides various volunteer opportunities for seniors, and help for seniors seeking assistance with yard work, painting, etc.*

### **Skylands RSVP: Volunteer Resource Center**

21 Pine Street, Suite 101, Rockaway, NJ 07866  
973-784-4900

*Provides volunteer opportunities in Sussex County for seniors age 55+.*

### **SCORE: Service Corps of Retired Executives**

Sussex County Community College  
College Hill, Newton, NJ 07860  
973-300-2140

*Offers counseling and advice on business concerns.*

### **SHIP – State Health Insurance Program**

#### **Sussex County Division of Senior Services**

One Spring Street, 2<sup>nd</sup> Floor, Newton, NJ 07860  
973-579-0555 x 1223

*Volunteers provide free help to older persons who have problems with or questions about their health insurance.*

### **V.I.T.A. (Volunteer Income Tax Assistance)**

Contact: Nancy Hess (Leave a Message)  
Retired Senior Volunteer Program (RSVP)  
230 Diamond Spring Rd. Denville, NJ  
973-862-6680

*Offers assistance and training on income tax preparation for seniors and those with limited resources.*

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