

# MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



September 2024

11<sup>th</sup> Edition

## INSIDE:

Date Specific Events  
For Caregivers

Support Groups  
For Caregivers

Caregiver Resources

- Aging
- Disability
- Mental Health
- Military & Veterans
- Housing & Utilities
- General
- Durable Medical Equipment



National  
Suicide  
Prevention  
Month

DIAL 988:  
Suicide & Crisis  
Lifeline

**Robin Ennis**

**Caregiver Resource &  
Information Specialist**

**908.866.1333**

[RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

## DEFINITION OF A CAREGIVER:

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

## ARE YOU A CAREGIVER:

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

## HOW CAN I ASSIST Y

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

# NATIONAL RECOVERY MONTH

## **National Recovery Month 2024**

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

[SAMHSA](#) aims to increase public awareness surrounding mental health and addiction recovery. In the years since Recovery Month launched, SAMHSA has timed announcements of initiatives and grant funding during Recovery Month, while collaborating with private and public entities to celebrate individuals during their long-term recoveries.

## **[National Recovery Month Toolkit](#)**

Check out what SAMHSA is doing to support recovery and share materials. Remember, with the right treatment, support, and resources, recovery is possible!

# DATE SPECIFIC EVENTS FOR CAREGIVERS

## Caregiver Support Group (in-person)

**Tuesday, September 3 from 1:30-2:30pm**

Warren County Library, Northeast Branch, 40 Route 46, Hackettstown  
Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for an in-person support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections. For meeting locations, to RSVP or for questions contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or 908-866-1333.

## Staying Motivated (in-person)

**Wednesday, September 4 at 10am**

Centenary University Lackland Center, 715 Grand Ave., Hackettstown  
Presented by Dr. Fred Foley

For questions or to register contact Laura Richter at (908)475-6237 or [lrichter@co.warren.nj.us](mailto:lrichter@co.warren.nj.us) Registration is required and space is limited.

## Prostate Health Awareness Series: What Every Man Needs to Know (virtual)

**Tuesday, September 10 at 12:00pm**

Topics include anatomy, physiology, screening, diagnosis, and treatment.  
Pre-registration is required. Visit [atlantichhealth.org/events](http://atlantichhealth.org/events) or call 1-800-247-9580 to register.

## Caregivers Conference (in-person)

**Caregiving: The Things They Never Told You About**

**Saturday, September 14 from 9:30am - 1:30pm**

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

- **The Basics of Medicaid Eligibility** presented by **Ryann M. Siclari, Esq., LL.M. (Elder Law), CELA with Porzio, Bloomberg & Newman**

- **The Good, The Bad & The Ugly: 50 Shades of Grief** presented by Amy Matthews, Dementia Consultant and Robin Ennis, Caregiver Resource & Information Specialist

- **Caregiver Stress Management and Gut Health** presented by Kate Composto- Lazzarotti, Certified Health & Wellness Coach

Hosted by Robin Ennis, Caregiver Resource & Information Specialist and Amy Matthews, Dementia Consultant. To register contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or 908.866.1333.

**Space is limited** so don't delay.

## Survivorship Series: Living Beyond Breast Cancer (virtual)

**Saturday, September 14 and 21 from 8:30 to 11:00 am**

This series is aimed for women who were diagnosed with breast cancer under the age of 45. Topics to be covered will be long term side effects, early menopause, sex and intimacy and self-care after breast cancer. Offered by Atlantic Health System in partnership with Living Beyond Breast Cancer. Click here to [Register](#).

## [Understanding the Changes in Medicare Part D for 2025](#)

**Tuesday, September 17 from 2:00-3:00pm**

Understanding the Medicare prescription drug provisions in the Inflation Reduction Act is important Whether you are currently enrolled in Medicare, or you may qualify in the future. This presentation will include:

- An overview of the Medicare Part D prescription drug benefit
- An explanation of changes to the Medicare program enacted through the Inflation Reduction Act (IRA), including:
  - Out-of-pocket cap on beneficiary costs (\$2,000 in 2025)
  - Medicare Prescription Payment Plan which will allow people to spread their drug costs over the calendar year
  - Other provisions, including drug price negotiation
  - Discussion of measures aimed at keeping premiums down

The presentation will conclude with Q & A. Presented by Amy Niles, Chief Mission Officer, PAN Foundation, and David Lipschutz, Co-Director, Center for Medicare Advocacy. With gratitude, this program is presented in partnership with the PAN Foundation. [Register Now](#)  
Busy at the time of this presentation? Register and we will send you a recording of the webinar to watch at your own convenience, along with all other supplemental materials.

## Be Prepared, Be Protected: Strategies for Handling Unexpected Events While Caregiving

**Thursday, September 19 from 1:00 – 2:00pm**

Caregivers may be so caught up in day-to-day care that they do not recognize the importance of planning for potential emergencies—both those that are likely and those that are only possible. This presentation covers potential emergencies, safety strategies, and how to develop an emergency care plan to assure the safety of your loved one and the caregiver. Participants will receive a checklist & other helpful tools to help build an emergency care plan and kit. Join this live, interactive session through Zoom or your telephone. For more information contact Mary Catherine Lundquist at [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu) or call Care2Caregivers at 800.424.2494. [Registration](#) required.

# DATE SPECIFIC EVENTS FOR CAREGIVERS

## **Eating for Prostate Health (virtual)**

**Thursday, September 19 from 1:00-2:00pm**

Join Atlantic Health System oncology dietitians to learn about diet and lifestyle changes that may help to reduce your risk of prostate cancer or cancer recurrence. They will discuss foods to increase in your diet as well as those you can limit to improve prostate health. You will also learn about realistic changes you can make to adopt a more plant-based diet. Pre-registration is required. Visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580 to register.

## **Cancer Thriving & Surviving (6 week program) (in-person)**

**Tuesday, September 24, October 1, 8, 15, 22, and 29 from 2:00-4:30pm**

Franklin Township Community/Senior Center in Somerset, 505 DeMott Lane, Somerset, NJ  
Developed by Stanford University, this 6-week self-management program is proven to help cancer patients, survivors and caregivers learn to better manage the challenges of thriving. For more information or to register contact Katie Stewart at: (908) 203-6077 or [kstewart@co.somerset.nj.us](mailto:kstewart@co.somerset.nj.us)

## **Sexual Health and Fitness with a Diagnosis of Prostate Cancer (virtual)**

**Monday, September 30 from 12:00-1:00pm**

Prostate cancer treatments can significantly affect men's sexual function. This talk will shed light on these adverse effects and explore ways to enhance sexual function in men. They will discuss recommended exercises for managing symptoms like urinary incontinence and other related issues, as well as indications that may require specific treatments. Pre-registration is required. Visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580 to register.

## **2024 First Fridays Series - Hackettstown Library (in person)**

**First Friday of the month from 3:30-4:30pm (no program in July)**

110 Church Street, Hackettstown

Free Drop-In Events for you to get an overview of the Department of Human Services and what we offer to the local communities. SNAP, Medicaid, Aging Services, Mental Health, Addiction Services, Homeless Services, Children's Services, Veterans Services, and Volunteer Opportunities. No registration necessary. For more information email [humanservices@co.warren.nj.us](mailto:humanservices@co.warren.nj.us)

## **Memory Café – Hackettstown (in person)**

**Every 2<sup>nd</sup> Saturday from 11am-12:30pm**

Hackettstown Free Public Library, 110 Church St., Hackettstown

A social group for people experiencing memory loss and their caregivers. Registration required <https://hackettstownlibrary.org/series/memory-cafe/> for Questions call 908-852-4936

## **Caregiver TimeOut Group (Virtual)**

**Monthly on the 3<sup>rd</sup> Tuesday**

To sign up to receive invitations to this event email [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

## **Technology Webinar Series (Virtual)**

**2<sup>nd</sup> Wednesday of each month at 12pm**

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

## **Stay Healthy at Home Webinar Series**

**Every Tuesday at 2:00pm**

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

## **Wellness Wednesdays (in person)**

**2<sup>nd</sup> Wednesday of every month at 2:30pm**

Bentley Commons at Paragon Village

425 Route 46 East, Hackettstown

For more information and monthly program topics contact Maggie Schaffer at 908-498-0103 or [mschaffer@paragonvillage.com](mailto:mschaffer@paragonvillage.com)

# DATE SPECIFIC EVENTS FOR CAREGIVERS

## **Memory Café at Arden Courts**

**Monday's 10-11am**

For more information call 973.581.1800 or contact Maryann Johnston at [maryannjohnstonrn@msn.com](mailto:maryannjohnstonrn@msn.com) or Barbara Freda at [barbara.freda@promedica.org](mailto:barbara.freda@promedica.org)

## **American Society on Aging**

[Webinar Series](#)

## **Center for Prevention & Counseling's Recovery Center Events**

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

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

**1<sup>st</sup> Tuesday of each month from 1:30-2:30pm**

**Warren County Library branches (rotating monthly at Southwest, Northeast, Belvidere and Blairstown)**

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

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

**1<sup>st</sup> Wednesday of the month from 10 – 11am**

Bentley Assisted Living, 3 Phillips Road, Branchville

Presented by Alzheimer's Association Greater New Jersey

To register contact Christine Beckmann at 973.948.8884 or

[cbeckmann@bentleyassistedliving.com](mailto:cbeckmann@bentleyassistedliving.com)

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

## **ALzNJ Caregiver Support Group (in-person) Hunterdon**

**3<sup>rd</sup> Tuesday of the month from 6:30 -7:30pm**

North County Branch Library, Clinton, NJ

The support group is free and open to those caring for a loved one with dementia. To

register, please call the Alzheimer's New Jersey Helpline 888-280-6055 or visit [www.alznj.org](http://www.alznj.org)



# SUPPORT GROUPS FOR CAREGIVERS

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

2<sup>nd</sup> Tuesday of each month from 1-2:00pm

Franklin Library, 485 DeMott Lane, Somerset

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

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

1<sup>st</sup> Thursday of each month from 10:30 am to 12:00 pm

Chatham Senior Center, 58 Meyersville Rd., Chatham Township

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

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

2<sup>nd</sup> Monday of every month at 1PM

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

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. Visit [www.alznj.org](http://www.alznj.org) to register or call Siobhan Flynn-Higgins [sflynn-higgins@jfsmetrowest.org](mailto:sflynn-higgins@jfsmetrowest.org) or call 973.637.1763.

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

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

Morris County Library, 30 East Hanover Avenue, Whippany

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

## **Jewish Family Services Support Groups JFS MetroWest (in person)**

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

[Sibling Support Group](#)

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

## **JFS of Central NJ (virtual)**

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

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

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

## **NAMI Family Support Groups (virtual)**

Every other Wednesday at 7pm

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

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

# SUPPORT GROUPS FOR CAREGIVERS

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

Tues, September 3 from 9:30–11:30am-Spouse Support Group  
Tues, September 3 from 7:00–8:30pm-Adults Caring for Parents Group  
Tues, September 10 from 1:00–2:00pm-Caregiver Support Group  
Wed, September 11 from 7:00–8:30pm-Caregiver Support Group  
Mon, September 16 from 9:30–11:30am-Spouse Support Group  
Tues, September 17 from 7:00–8:30pm-Adults Caring for Parents Group  
Wed, September 18 from 7:00–8:30pm-Long Term Care Support Group  
Thurs, September 26 from 10:00–11:00am-Transitions Bereavement Group  
Thurs, October 3 from 7:00–8:30pm-Adults Caring for Parents Group  
Mon, October 7 from 9:30–11:30am-Spouse Support Group  
Tues, October 15 from 1:00–2:00pm-Caregiver Support Group  
Wed, October 16 from 7:00–8:30pm-Adults Caring for Parents Group  
Mon, October 21 from 9:30–11:30am-Spouse Support Group  
Wed, October 30 from 7:00–8:30pm-Caregiver Support Group  
Thurs, October 31 from 10:00–11:00am-Transitions Bereavement Group  
Mon, November 4 from 9:30–11:30am-Spouse Support Group  
Thurs, November 7 from 7:00–8:30pm-Adults Caring for Parents Group  
Tues, November 12 from 1:00–2:00pm-Caregiver Support Group  
Mon, November 18 from 9:30–11:30am-Spouse Support Group  
Wed, November 20 from 7:00–8:30pm-Adults Caring for Parents Group  
Thurs, November 21 from 10:00–11:00am-Transitions Bereavement Group  
Wed, November 27 from 7:00–8:30pm-Caregiver Support Group  
Mon, December 2 from 9:30–11:30am-Spouse Support Group  
Thurs, December 5 from 7:00–8:30pm-Adults Caring for Parents Group  
Tues, December 10 from 1:00–2:00pm-Caregiver Support Group  
Mon, December 16 from 9:30–11:30am-Spouse Support Group  
Wed, December 18 from 7:00–8:30pm-Adults Caring for Parents Group  
Mon, December 23 from 7:00–8:30pm-Caregiver Support Group  
Thurs, December 26 from 10:00–11:00am-Transitions Bereavement Group

Concerned about someone with memory loss? For 45 years, the COPSA Institute for Alzheimer's Disease & Related Disorders has been helping individuals, families and professionals who care for those with memory issues by providing compassionate care, treatment, support, and education. To register or find out more about services call us at 800-424-2494 or email Mary Catherine [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu)

# CAREGIVER RESOURCES

## AGING

### [American Society on Aging](#)

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

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

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

### [National Center on Law & Elder Rights \(NCLER\)](#)

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

### [NJ Advocates for Aging Well](#)

#### **Live Online Classes for Older Adults**

The NJ Department of Human Services' Division of Aging Services has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community. [Visit](#)

#### **Family Connections – Older Adult Services**

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

[olderadults@familyconnections.nj.org](mailto:olderadults@familyconnections.nj.org)

#### **Connections at home**

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

**FREE - Live classes for older adults, by older adults (Virtual)** Visit [Program Calendar](#)

#### **Warren Specific**

##### **Older Adult Meal at St. Lukes Warren**

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

**Seniors and people with disabilities** can save on essential expenses like prescription costs and Medicare premiums with NJSave! The application screens for eligibility in over a dozen programs, including PAAD, Senior Gold, and more.

How to apply: Online: Visit [NJSave.org](http://NJSave.org) Text: NJSAVE to [844-755-3803](tel:844-755-3803) to receive a link to the application Call: [1-866-NJSAVE-5](tel:1-866-NJSAVE-5) for a paper application

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

## MILITARY/VETERANS

### [Veteran Service Officers](#)

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

**Veterans Crisis Line:** Dial 988 and Press 1

### [Program of General Caregiver Support Services \(PGCSS\)](#)

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

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

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

#### **VA Caregiver Support**

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

### [Community Hope for Veterans](#)

**National Call Center for Homeless Veterans** 877-424-3838

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

**National Coalition of Homeless Vets** 800-838-4357

Veterans are encouraged to register with **211**.



# CAREGIVER RESOURCES

## MENTAL HEALTH

### Mental Health Crisis Resources

#### 988 Suicide and Crisis Lifeline

**Children's Mobile Response and Stabilization Services** 24 hours, 7 days a week 1-877-652-7624

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

**Parent to Parent Recovery Support Services** 908-223-1951

#### Youth Helpline for NJ

<https://www.2ndfloor.org/> 888.222.2228

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

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

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

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

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

#### [Grow Your Mental Health Page](#)

**Collaborative Support Programs of New Jersey (CSPNJ) is a peer-led not-for-profit organization.**

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

[National Council for Mental Wellbeing](#)

## MENTAL HEALTH Cont'd

### WARREN SPECIFIC:

For more information on the **Warren County Stigma Free Initiative**, please email [humanservices@co.warren.nj.us](mailto:humanservices@co.warren.nj.us)

#### [Stigma Free Newsletter](#)

**Center for Family Services Designated Crisis Screening & Intervention Services 24 hour hotline:** 908-454-5141. This is for anyone that is having a mental health crisis and needs a mobile assessment to determine if hospitalization is needed. Per State regulations, police will respond to ensure safety for all and may transport to the hospital if needed. They can also offer mental health peer support via this number.

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

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

# CAREGIVER RESOURCES

## DISABILITES

**Disability Rights NJ Public Input [Survey](#)**

**DAWNcil Caregiver Support [Survey](#)** For questions contact 973-625-1940

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

### **Gold Medal Home Health**

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

### **Brain Injury Alliance of NJ Needs Assessment**

With this needs assessment, the aim is to better understand the current picture of Traumatic Brain Injury (TBI) in the state and direct efforts to areas that are the most in need of attention. The first part of the study will consist of individual surveys conducted online, over the phone, and on paper. After this, there will be focus groups in South, Central, and North Jersey. The hope is to get a well-represented screenshot of the gaps in TBI services in New Jersey. [The direct link to the survey is HERE](#). For questions contact Dr. Sakina Ladha, MD, MPH at 609.480.2771 or [sladha@bianj.org](mailto:sladha@bianj.org)

### **Education Project (Rutgers Health) Community Living**

Webinars for people with ID/DD and their caregivers. Visit for a list of [webinars](#) or visit [clep.rutgers.edu](http://clep.rutgers.edu) to learn more. [Newsletter](#)

### **Coordinated Care of MetroWest**

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

Services include:

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

## DISABILITES Cont'd

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

**[Finally Home NJ Learning Sessions](#)**

**[Catastrophic Illness in Children Relief Fund](#)**

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

**[NJ WorkAbility](#)**

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

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

**[The Arc of New Jersey Program](#)**

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

**[Brain Injury Alliance of New Jersey](#)**

**[Brain Injury Alliance Educational Programs For more information](#)**

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

**[Equal Opportunity Support Services](#)**

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

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

**[Tri County Care Management Organization](#)** By working effectively with schools, the Juvenile Justice System, and mental health and behavioral health providers, as well as advocating for family voice, choice and community support, CMOs help youth succeed at home, in school, and in the community.

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

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

**[NJ Disabilities 101](#)**

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

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

# CAREGIVER RESOURCES

## HOUSING & UTILITIES

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

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

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

[Water and Sewer Bill Assistance Available](#)

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

[Division of Housing and Community Resources](#)

[Housing Counseling and Legal Services Program](#)

**Housing Programs Now Open:**  
- **Tenant-Based Rental Assistance (TBRA) Program**, which helps cover rental housing costs for low-income rental families impacted by Hurricane Ida to make rental housing more affordable.

TBRA pre-applications are available [online](#). People can also request a TBRA pre-application by calling (609) 913-4252 or by emailing [DRM.TBRA@dca.nj.gov](mailto:DRM.TBRA@dca.nj.gov). TBRA program staff will review pre-applications and refer households that meet eligibility criteria to complete a full application.

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

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

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

## GENERAL

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

**Travel Podiatrist**  
Paul J. Lafergola, DPM  
973.366.7676 or [plafergola59@gmail.com](mailto:plafergola59@gmail.com)

**Gentle Hands Mobile Phlebotomy**  
For appointment call 862.279.3418 or [gentlehandsmps@gmail.com](mailto:gentlehandsmps@gmail.com)

[New! 2024 Medicare Cost-Sharing Rates](#)

[New Substance Use Disorder Coverage in Medicare in 2024](#)

[CMS Issues Final Rule on Nursing Home Transparency](#)

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

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

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

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

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

[National Alliance for Caregivers Guide Book](#)

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

[Visiting Physician Services](#)

[NJ 2.1.1](#)

[New Jersey's Parent Caucus](#)

[Beware of Scammers Impersonating Charities](#)

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

[More Medicare Prescription Drug Help for Beneficiaries in 2024 – Including Out-of-Pocket Cap](#)

[American Cancer Society Caregiver Resource Guide](#)

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

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

[I Choose Home New Jersey](#)

# CAREGIVER RESOURCES

## GENERAL

### **Tessie's Touch – Essex & Morris County**

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

[trusczyk@jfsmetrowest.org](mailto:trusczyk@jfsmetrowest.org)

### **[Center for Medicare Updates](#)**

### **["Quick Guide" to Identifying Coverable Hospice Care](#)**

### **[No Need for a Script for PT](#)**

In New Jersey, you get direct access to Physical Therapy and don't need doctor's prescription/referral to start treatment. However, some insurance plans may require a referral from a Medical Doctor to reimburse for Physical Therapy services.

**[Legal Services of Northwest Jersey](#)** provides a full range of free legal services to people with limited income in Hunterdon, Morris, Somerset, Sussex, and Warren Counties

### **[Parent to Parent Coalition](#)**

For Families and Children Struggling with Alcohol and Drug Addiction

### **[988 Suicide & Crisis Hotline](#)**

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

### **[Get Help with SNAP Food Assistance](#)**

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

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

### **[Center for Medicare Advocacy Webinars](#)**

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

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

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

### **[Atlantic Health Community Health Events](#)**

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

### **EZ Ride**

For Qualified Members EZ Ride Offers 50% Percent Discount for Medical Trips Thanks to a generous grant from NJ Transit, effective January 1, 2023, EZ RIDE will offer a 50% discount for medical trips provided through the EZ Ryde4Life program while funding lasts.

The membership-based "EZ Ryde4Life" program uses Lyft and Uber to provide rides for seniors without a smartphone. Seniors call EZ Ride at (201) 939-4242, option 4, to request a ride, and a Transportation Coordinator will send a Lyft or Uber car to take them where they need to go. The program is available state-wide and requires members to register, set up a transportation account using a credit or debit card, and then seniors can call when they need a ride. Riders pay the fare charged by Lyft or Uber and an administrative fee of \$2.50 per trip.

The discount is available to EZ Ryde4Life members participating in any ONE of the following programs:

1. Pharmaceutical Assistance to the Aged & Disabled (PAAD) Program
2. Senior Gold Prescription Discount Program
3. Beneficiary of both NJ Medicaid and Medicare programs

EZ Ride will provide a maximum of eight rides a month for medical purposes ONLY. Dialysis patients are eligible for an additional eight rides a month. Rides will be provided on a first come first served basis. For more information, please contact Kinga Skora at (201) 939-4242 ext. 131. [Visit](#)

### **[Neurological Rehabilitation](#)**

What conditions can benefit from neurological rehab?

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

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



# CAREGIVER RESOURCES

## GENERAL

### [Adult Day Center of Somerset County Newsletter](#)

[Triage Cancer](#) is a national, nonprofit organization that offers free education on legal and practical issues that individuals diagnosed with cancer and their caregivers may face.

### [Lasagna Love](#)

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

### [Advocates for Children of NJ](#)

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

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

### [Center For Family Services \(CFFS\)](#)

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

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

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

### [The Certified Home Health Aide \(CHHA\) Workforce Expansion Project](#)

Take advantage of this opportunity to grow your business and support the CHHA workforce. Apply to partner with us today through our website! [Watch](#) a video overview about our programs. For more information email [chha@ejb.rutgers.edu](mailto:chha@ejb.rutgers.edu)

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

## COUNTY SPECIFIC

### **MORRIS**

#### **Social Adult Day Center - Morris**

Helps Aging Adults Combat Loneliness, Boosts Health. The Cornerstone Social Adult Day Center in Morristown provides a safe, upbeat, and welcoming environment for aging adults who could benefit from social interaction and some assistance weekdays between 8 am – 6pm. Attendance flexibility, exceptional staff and door-to-door transportation make the program a hit for clients and caregivers alike. This impactful program is funded in part by the Morris County Board of Commissioners so those who live or work in the County are eligible for special sliding

scale fees and scholarships. For more information or to arrange a free trial visit, call 973-326-7288, email [pkraemer@cfp-mnh.org](mailto:pkraemer@cfp-mnh.org) or download this printable flier: [Social ADC Flyer Revised 1.22.2024.pdf](#).

### **SUSSEX**

#### **Utility Assistance**

Are you one of the 20 million Americans that are behind on their utility bills?

Assistance is available in two easy steps!

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

#### **Caregiver Support Group (Virtual)**

1<sup>st</sup> Friday of each month from 2-3pm

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

### **WARREN**

#### [Joseph H. Firth Youth Center](#)

#### **St. Luke's Community Health Needs Assessment**

They are looking for the community's input. The [CHNA survey](#) is now available and may be taken by anyone 18 years of age or older. For more information contact Jaclyn Dedos at [Jaclyn.Dedos@sluhn.org](mailto:Jaclyn.Dedos@sluhn.org)

#### **Farmer's Market Vouchers FINAL NOTICE**

This annual benefit will be available soon. Applications will be mailed to all who received benefits last year. Must be a Warren County resident 60 years of age or older and meet the financial guidelines. New financial guidelines are available after June 30. Contact the Warren county Office of Aging at 908-475-6591 for more information.

#### **The Outreach Connection, Inc. Food Pantry**

432 NJ-31 S Washington Township, [908-574-2292](tel:908-574-2292)

Food Pantry Hours:

Tuesday: 5:30pm-7:30pm

Thursday: 10am-2pm

2nd Saturday of every month: 10am-2pm

**31 Threads** Hours:

Tuesday: 10am-7:00pm

Thursday & Saturday: 10am-3pm

For more information [visit](#)

#### **Hackettstown Free Public Library [Events](#)**



# CALLING FOR SUPERHEROES: Advocates Needed for Nursing Homes in Every Community

Every week, volunteers representing New Jersey's Long-Term Care Ombudsman (LTCO) enter about 150 nursing homes across the state to advocate for quality care and a better quality of life for the residents.

These Certified Volunteer Advocates, or CVAs, fill a vital role in helping the LTCO fulfill its mission to promote the dignity and well-being of all long-term care residents in New Jersey.

Each CVA is placed with a nursing home near where they live. They visit a few hours every week to interact with the residents. Individual CVAs use words like "fulfilling" and "rewarding" when talking about what they do. They speak of how they develop relationships with the residents over time, and how the residents light up when they visit.

"Having advocates in nursing homes a few hours every week does wonders," said Laurie Facciarossa Brewer, New Jersey's Long-Term Care Ombudsman. "The advocates empower and support individual residents. They help address personal issues the residents are facing.

And they also observe the overall nursing home environment. If CVAs see systemic problems or if they suspect residents are being mistreated, they forward those concerns to LTCO Investigators and Advocates for follow-up."

The LTCO has been waging a broad outreach campaign over the past year to attract new volunteers to the program. The ultimate goal would be to have enough CVAs to cover every nursing home in the state.

Many recent applicants have a background in social work or health care — long-term care in particular — and most of them are retired. But those attributes are not necessities. CVAs represent people from a wide array of backgrounds and career statuses.

"We provide extensive training and mentorship," said Deirdre Mraw, LTCO Chief of Staff. "It's a 36-hour program. Many of the classes are provided virtually, so it is convenient. Then, after completing the training and a certification exam, every new advocate will shadow an experienced CVA until they are ready for placement in a nursing home. A background in long-term care is a plus but never a must. The only prerequisites are compassion and dedication."

Once they are placed with a nursing home, CVAs receive ongoing guidance and support from a Regional Coordinator. "This is an incredible volunteer opportunity," said Jeffrey Findlay, CVA Program Supervisor, Field Operations. "You set your own hours, you develop a personal style, and, best of all, residents are happy to see you. More than half of nursing home residents rarely receive visitors. They may not have anyone to talk to, they have no one to fight for their interests, and CVAs fill that void. A good CVA can help create a better nursing home, and the residents look forward to their visits."

If you are interested in becoming a CVA, please visit [nj.gov/volunteer](http://nj.gov/volunteer) or call 1-877-582-6995.