Senior Resource Guide 2024

A comprehensive guide to help promote the well-being of older adults living in the community.









ABOUT THIS DIRECTORY

This directory is designed to make it as easy as possible for older adult residents of South Orange and Maplewood (SOMA), and those who care for them, to find and use local resources. It was developed and produced by SOMA Two Towns for All Ages, a joint initiative that recognizes the importance of retaining older residents in our community. We strive to make our towns more age-friendly and responsive to older residents' needs.

Organizations listed in this directory are government and nonprofit resources in the area. This includes local, county, state and federal government services, charities, agencies and contracted services.* Services outside the area may also be included where appropriate.

Some services may be subject to income, age or residency status. Medicare, Medicare Advantage or your healthcare provider may be able to suggest additional private companies and services.

* A listing in this directory does not imply a recommendation or endorsement of, or arrangement with, any organization or provider and SOMA Two Towns for All Ages, the Township of Maplewood or the Village of South Orange.

How to use this directory

Providers are listed by category. Contact information has been checked and verified, but as staff and office locations may change over time, always call before visiting an office in person.

If you are aware of additional services, or have corrections to the information in this directory, please let us know!

SOMA Two Towns for All Ages

Website: <u>www.SOMATwoTownsforAllAges.org</u>

Email: <u>SOMA2towns@gmail.com</u>

Phone: (973) 558-0863

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Essex County Division of Senior Services

465 Dr. Martin Luther King, Jr. Blvd., Room 102 Newark, NJ 07102 (973) 395-8365

Special transportation: (973) 737-7200 essexcountynj.org/senior-services/

The Essex County Division of Senior Services provides older adults and their families and caregivers with information about a wide range of resources, including:

- Adult Protective Services
- Assisted Transportation
- Caregiver Assistance
- Care Management
- Home Health Care
- Emergency Heating/Cooling
- Financial Counseling
- Grandparent Caregivers
- Health Insurance Counseling (SHIP)
- Home Delivered Meals
- Home Friend in-home chore service
- Home Modifications (ramps)
- Legal Services
- Nutrition Sites
- Residential Repair (minor repairs)
- Respite Services

NJ 211

www.nj211.org/

211 is a free, confidential information and referral service that connects families and individuals with community resources. Just dial 2-1-1, no other digits needed.

NJ Save

(800) 792-9745

www.nj.gov/humanservices/doas/home/

NJSave is a program offered by the NJ Division of Aging Services to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses. The application can be completed online, or you can request a paper form by calling the number above. To qualify you must be a resident of the State of New Jersey, meet certain income requirements, and either be 65 years of age or older or between the ages of 18 and 64 and receiving Social Security disability benefits. NJSave connects applicants with:

- Pharmaceutical Assistance
- Hearing Aid Assistance
- Lifeline Utility Assistance
- Medicare Saving Programs
- Senior Gold Prescription Programs
- Universal Service Fund
- Low-income Heating & Energy Assistance
- Supplemental Nutrition Assistance Program (SNAP)

Chrill Care

(973) 744-8103 ext. 258 services@chrill.org

Chrill Care is a home health care agency based in Verona. They offer a range of services, including:

- Certified Home Health Aides
- Companion Services
- Bathing Services
- Housekeeping Services
- Telephone Reassurance
- Respite Care
- Meals on Wheels
- Congregate Meals

The Eldercare Locator

(800) 677-1116 M-F, 9am – 8pm

eldercare.acl.gov/

Email: eldercarelocator@n4a.org

The Eldercare Locator is a free service from the U.S. Administration on Aging that provides older adults and their families with connections to trustworthy local resources such as meals, home care, transportation, and caregiver support.

Family Connections

(973) 675-3817

olderadults@familyconnectionsnj.org

https://www.familyconnectionsnj.org/what-we-do/older-adult-support/

Family Connections' Older Adult Services support 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.

Jewish Family Services (JFS) of MetroWest (973) 765-9050

www.jfsmetrowest.org

JFS provides practical information and emotional support as well as connections to a variety of local resources and services. This includes Comprehensive Assessments, Case Management, Counseling and support groups, Holocaust Survivor services, Alzheimer's and related dementia programs, food, financial assistance, at home assistance, adult day programs, medical support, and housing.

Conversation of Your Life (COYL)

(609) 452-5980

kbisaha@njhcqi.org

https://www.njhcqi.org/coyl

Conversation of Your Life (COYL) is a statewide program that is here to provide you with education and resources on how to share your wishes for care and what you need to know about picking a health care proxy.

Goals of Care Coalition of New Jersey

https://goalsofcare.org/

Through research, education and advocacy they help residents with serious illness and their caregivers by identifying unmet needs, increasing access to palliative care, addressing disparities, promoting equity.

Medical Equipment Loaner Program

(973) 762-8120 Ext 2006

Email: <u>HealthDepartment@maplewoodnj.gov</u>

Call, email or stop by The Maplewood Health Department at 574 Valley Street, 9am-4:30pm Monday-Friday Wheelchairs, Walkers, Crutches, Canes, Shower Chairs, Commodes, pick up what you need or make a donation of durable medical equipment.

Addiction Treatment Resources Page

https://www.maplewoodnj.gov/government/public-health-social-services/health-topics/alcohol-tobacco-drug-abuse/alcohol-tobacco-drug-abuse-resources

A list of alcohol, tobacco and drug abuse resources on the Maplewood Township website.

RECREATION: FITNESS, CLUBS, SENIOR ACTIVITIES

Maplewood Senior Recreation

(973) 763-0750

https://www.maplewoodnj.gov/government/communityservices/senior-citizen-programming

Maplewood Recreation offers a range of classes and events for adults and seniors at the Maplewood Senior Center (106 Burnett Avenue, Maplewood) and other venues. For general recreation info call 973-762-8120.

South Orange Recreation

973-378-7754

recreation@southorange.org

https://southorange.org/249/Recreation-Cultural-Affairs

South Orange Recreation provides a well-rounded program of leisure time activities for Active Older Adults.

GetSetUp

https://www.getsetup.io/partner/NJ

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, and offered day and night and free.

South Orange Maplewood Adult School

(973) 378-7620

17 Parker Avenue (in the high school)

Maplewood, NJ 07040

schoolinfo@somadultschool.org

www.somadultschool.org

Offers a wide variety of classes as well as day trips.

RECREATION: FITNESS, CLUBS, SENIOR ACTIVITIES

Library Programming

Both the Maplewood and South Orange Libraries offer adult programming. View the calendar on their websites or call for more information.

Maplewood (973) 762-1688

www.maplewoodlibrary.org/events-library-events-calendar

South Orange (973) 762-0230 www.sopl.org/events/

Friends of the Library

The Friends of the Library support the library through events, programs and fundraising.

Maplewood (973) 762-4136 <u>Friends@maplewoodlibrary.org</u> https://www.maplewoodlibrary.org/friends

South Orange (973) 762-0230 <u>friends@sopl.org</u> <u>www.sopl.org/friends-of-sopl/</u>

RECREATION: FITNESS, CLUBS, SENIOR ACTIVITIES

Maplewood Garden Club

www.maplewoodgardenclub.org

Since 1927, the Maplewood Garden Club has been a hands-on garden club, open to the people of Maplewood, NJ and the surrounding communities. Meetings are held September through May at The Woodland in Maplewood at 7:30 p.m. and are open to the public.

The Women's Club of Maplewood

P.O. Box 1146

Maplewood, NJ 07040

They are a service club meeting monthly supporting local needs in the community.

The Ethical Culture Society of Essex County

(973) 763-1905

516 Prospect Street Maplewood, NJ 07040

ecsec.ni@gmail.com

www.essexethical.org

Has a variety of programs, speakers and events.

Volunteer Opportunities

You can apply to volunteer in Maplewood at:

<u>www.maplewoodnj.gov/residents/i-want-to/apply-to-volunteer.</u>

South Orange lists opportunities here:

www.southorange.org/374/Volunteering

For a list of other local volunteer opportunities, call (973) 558-0863 or go to:

www.SOMATwoTownsforAllAges.org/volunteering

FOOD AND NUTRITION

Supplemental Nutritional Assistance Program (SNAP)

New Jersey's Supplemental Nutrition Assistance Program, NJ SNAP, provides a benefits card that is accepted in most food retail stores and some farmers markets. Eligibility is set by several factors such as income and resources. To see if you qualify and to apply visit https://www.nj.gov/humanservices/njsnap/ or call the Essex County Department of Citizen Services at (973) 395-8000.

"Meals on Wheels" Programs

Chrill Care

(973) 744-0473 201 Bloomfield Ave. Verona, NJ 07044 <u>services@chrill.org</u> <u>chrill.org/</u>

The JCC MetroWest Kosher Meals on Wheels

(973) 530-3504

jbramnick@jccmetrowest.org

jccmetrowest.org/

Qualification required

FOOD AND NUTRITION

Food Pantries

Food Pantry at Our Lady of Sorrows

(973) 370-0458

217 Prospect Street

South Orange

Food distributed curbside on 4th Street on the 2nd and

4th Saturdays of most months

8:00 AM to 10:00 AM

OLSPantry@gmail.com

olschurch.com/foodpantry/

Food Pantry at St. Joseph's Church

(908) 656-1436 / (973) 462-1595

https://www.foodhelpline.org/directory/resources/ckwzbq neg00033lr7j7w88zj5

245 Hilton Avenue, Maplewood

Food distributed on the third Saturday of the month from 10 AM to 11AM, or by appointment

dgposwego1983@hotmail.com

The Bobrow Kosher Food Pantry of Oheb Shalom

(973) 762-7067

www.ohebshalom.org/social-action

info@ohebshalom.org

170 Scotland Road, South Orange

Food distributed twice a month on select Wednesdays from 6 PM to 8 PM and select Sundays from 9 AM to 12:30 PM

All food distributed is non-perishable and Kosher.

FOOD AND NUTRITION

Little Food Pantry at the South Orange Elks

(973) 762-9848

www.southorangeelks.com

220 Prospect Street, South Orange Take or donate food 24/7.

Reveal 2 Heal Food Pantry

(856) 259-3924

Parking Lot on May Terrace behind 2115 Millburn Ave 1st and 3rd Saturdays of the month from 9 AM to 2 PM www.revealtohealconsultingfamilies.org

Maplewood Community Fridge

Springfield Avenue & Indiana Street Take or donate food 24/7

CONGREGATE MEAL PROGRAMS

Essex County

(973) 395-8375

Essex County offers congregate meals in several locations during the week for a suggested donation of \$3. Transportation can be provided through the Essex County special transportation service.

The JCC MetroWest Drop-in Senior Lunch Program

(973) 530-3504

Leon and Toby Cooperman JCC

760 Northfield Avenue

West Orange, NJ 07052

jbramnick@jccmetrowest.org

jccmetrowest.org/

Lunch served Monday, Tuesday, and Thursday from 12-1 PM. Reservations are required.

Chrill Care

(973) 744-0473 201 Bloomfield Ave. Verona, NJ 07044 <u>services@chrill.org</u> chrill.org/

Congregate nutrition centers program provides nutritious meals in a communal setting to participants 60 years of age and older and their spouses regardless of age. Sites are located throughout Essex County.

HOUSING

Winchester Gardens

(973) 275-8099 333 Elmwood Ave. Maplewood , NJ 07040

https://winchestergardens.com/

A gated retirement community that includes a maintenance-free residence, dining, wellness programs, recreational, social and cultural activities, and lifetime access to a continuum of care.

Local Senior Apartments

Village Apartments of the JCHC

(973) 763-0999 110 Vose Ave South Orange, NJ 07079 CherylK@jchcorp.org

https://jchcorp.org/village-apartments-south-orange-nj/

B'nai B'rith Federation Home

(973) 761-4602 219 S Orange Ave South Orange, NJ 07079 https://jchcorp.org/affordable-housing/ Offers federally assisted housing

Maplewood Senior Apartments

(973) 763-4322
564 Irvington Ave
Maplewood, NJ 07040

<u>maplewoodsrs@shpmanagement.com</u>
<u>shpmanagement.com/property/maplewood-senior-citizens/</u>
Offers federally assisted housing

HOUSING

Local Senior Apartments (continued)

Nora Gardens

(908) 686-9100 1775 Burnet Ave Union, NJ 07083 <u>manager@noragardens.prd.net</u> <u>https://prd.net/residences/nora-gardens/</u>

Offers federally assisted housing

Senior Housing Services

New Jersey Housing Resource Center (NJHRC)

(877) 428-8844

https://nj.gov/njhrc/

The NJHRC is a FREE, online searchable registry of affordable and accessible housing units throughout the State of New Jersey, including affordable rentals, houses for sale, and housing with accessibility features.

NJ Housing Counseling Program

800-NJHOUSE

https://nj.gov/dca/hmfa/

The NJ Housing and Mortgage Finance Agency (NJHMFA) advances the quality of life for residents throughout New Jersey by investing in, financing, and facilitating access to affordable rental housing and homeownership opportunities for low and moderate-income families, older adults, and individuals with specialized housing needs.

HOUSING

Senior Housing Services (continued)

US Department of Housing and Urban Development (HUD)

(973) 622-7900 Newark Field Office One Newark Center 1085 Raymond Boulevard, 13th Floor Newark, NJ 07102-5260

NJ_Webmanager@hud.gov https://www.hud.gov/topics/information_for_senior_citizens

Roommate Finder

HomeSharing, Inc.

(908) 526-4663 120 Finderne Avenue Bridgewater, NJ 08807 Info@homesharing.org https://homesharing.org/

Matches those seeking housing (seekers) with homeowners (providers) that have available rooms.

TRANSPORTATION

The **South Orange Senior Bus** runs within South Orange on Mondays, Wednesdays and Fridays from 10am to 3pm. Every 2 weeks there is a drop-off to the West Orange Shop Rite. Call the South Orange Parking Authority at **(973) 378-7715**, **x2035** to schedule a ride.

The **Maplewood Senior Bus** is a "Dial-a-Ride" door-to-door service within Maplewood and some surrounding towns that runs from 9:30 AM to 1:30 PM on weekdays. Schedule a ride one week in advance by calling the Maplewood Senior Center at **(973) 763-0750.**

Commuter Jitneys are available for all South Orange and Maplewood residents. The jitneys offer morning and evening routes to and from the train stations, from approximately 6:00 to 9:00 AM and 5:00 to 9:00 PM. Consult the towns' websites for schedules and fees.

The Essex County Special Transportation System provides senior citizens and handicapped residents with free, safe transportation to and from their medical appointments within Essex County. Call **973-737-7200** for more information, to register for the service, or to schedule a ride at least 48 hours in advance.

NJ Transit Access Link is a "shared-ride" system for people with disabilities who are unable to use the regular bus. It is available during the same days and hours, and fares are comparable. Your ride qualifies for Access Link service if your pick-up and drop-off points are within 3/4 mile of an eligible bus route, and if you have preregistered by meeting the medical requirements. Call 973-491-4224, Option 1 for more information and to get approved or visit www.njtransit.com/accessibility/access-link-ada-paratransit for more information.

TRANSPORTATION

Metro Transport is a transportation service provided for non-emergency medical appointments, Senior Center programs, and nursing home and hospital visits for all Seniors and Disabled Adults between the towns of Maplewood, South Orange, Millburn, Short Hills, Livingston, and West Orange ONLY. Cost: \$2.50 per town zone, each way. Hours: Monday through Friday, 9AM-3PM. Call **973-325-1359** to register.

On Time Ambulance provides transportation for stretcher, wheelchair bound, and ambulatory patients. Services are covered by several insurance programs including Medicaid and Medicare. Call 908-298-9500 or visit www.ontimetransport.com

Bell Medical Transport is a private, local company that provides caring medical transportation 24 hours a day, 7 days a week, 365 days a year. They offer Emergency and Non-emergency Ambulance Transport, a Wheelchair Van, and rides to Special Events. Call **973-313-0221** for details.

Life Ride offers door-to-door Wheelchair Accessible rides On Demand. Certified drivers will pick you up from inside your home, chair lift you into the car, drive you to your destination, and assist you through the door. Call **(551) 225-0080** or visit https://ride.life/ to request a ride.

GoGoGrandparent Seniors can order rides, groceries, prescription medications, meals, home chores and more by calling **(855) 464-6872**.

TRANSPORTATION

EzRide, in partnership with Lyft and Uber, offers on demand transportation throughout NJ for adults 18 years or older. Call **201-939-4242**, **ext. 4** from 8am to 8pm Monday-Friday and Saturday from 8am to 5pm to request a ride. No advance reservations are needed, no smart phone required just a cell phone. Members pay the fares charged by the ride service along with a \$2.50 administrative fee. For more information visit https://ezride.org/transportation/senior-transportation/

Black Crown Taxi provides flat rate and discounted rides for South Orange and Maplewood residents age 65 and older. Fares are \$5 within South Orange, \$8 within Maplewood, and \$10 between towns. They also offer a 25% discount for any ride outside Maplewood/South Orange. Call (862) 224-2751 to schedule.

Nan's Neighbors is a personal transportation and concierge service for the adult community and their families. Call 917-721-1277, email lisa@nansneighbors.com or visit nansneighbors.com

Property Tax Relief

NJ Division of Taxation

(609) 826-4400 or (800) 323-4400

www.state.nj.us/treasury/taxation/relief.shtml

Several property tax deductions and credits are available for qualifying homeowners and tenants who pay property taxes on a principal residence in New Jersey.

Property Tax Reimbursement aka "Senior Freeze" (800) 882-6597

https://www.state.nj.us/treasury/taxation/ptr/index.shtml
This program "freezes" your property taxes to the level of
the year you become eligible. You must still pay your
current property taxes, but will be refunded the difference
between your current level and the baseline year level by
the state. Eligibility requirements include:

- You are 65 or older or receive federal SS disability benefits.
- You have owned and lived in your current home for at least the last 4 years.
- You have fully paid the property taxes due on your home.
- Must be qualifying primary residence.

The program also has income eligibility requirements, which change every year and are decided in June. The filing deadline is usually in October. Note: You must be eligible every year. If you do not qualify in one year, your base year resets to the next year in which you qualify.

Property Tax Relief (continued)

Property Tax Deduction by Veteran or Surviving Spouse/Domestic Partner

https://www.state.nj.us/treasury/taxation/lpt/lpt-veterans.shtml
This program gives a \$250 deduction for qualified war
veterans or surviving spouses/civil union partners. To
qualify, the veteran must have had active war time
service in the US Armed Forces and been honorably
discharged, own the property, and legal resident of New
Jersey but US citizenship is not required. Claim forms
may be filed with the municipal tax assessor.
Requirements have to be met by target date.

"Real Property Tax Deduction" for Senior Citizens https://tinyurl.com/taxdeductionforseniors

If you are age 65 or older or disabled and have been a New Jersey resident for at least one year, you may be eligible for an annual \$250 property tax deduction. You must own and occupy your home as of Oct 1 of the pretax year and not exceed the income threshold. Current requirements can be found at: incomeguidelines.pdf (nj.gov) The maximum income allowed to qualify is relatively low.

Affordable NJ Communities for Homeowners & Renters

This program, known as ANCHOR, provides property tax relief to New Jersey residents who own or rent their principal residence (main home) and meet the gross income limits. (\$250,000 for homeowners and \$150,000 for renters). Call **(877) 658-2972** or visit www.state.nj.us/treasury/taxation/anchor/index.shtml for current program information.

Utilities

Comfort Partners Program

(866) 378-4345

https://njcleanenergy.com/residential/programs/comfort-partners/comfort-partners

The NJ Comfort Partners Program is designed to improve energy affordability for income -eligible households through installation of free, energy efficiency measures and education.

Life Line Credit Program

(800) 792-9745

https://nj.gov/humanservices/doas/services/l-p/lifeline-utility/

Homeowners: \$225 annual benefit in the form of a credit on electric and gas utility bills for eligible beneficiaries. Renters: \$225 annual benefit in the form of a check to eligible tenants who have the cost of gas and electric utilities included in their rent. There are specific requirements that must be met to qualify.

LIHEAP/USF

(800) 510-3102

https://www.nj.gov/dca/dhcr/offices/hea.shtml

The State of New Jersey's Low-Income Home Energy Assistance Program and Universal Service Fund helps very low-income households with heating and certain medically-necessary cooling expenses.

NJ SHARES

(866) 657-4273

https://njshares.org/njshares-smart-utility-assistance-apply/ NJ Statewide Heating Assistance and Referral for Emergency Services (SHARES) provides assistance to people in need of temporary help in paying energy, water, telecommunications, health insurance and housing bills.

PAGE

(732) 982-8710

https://njshares.org/nj-bpu-page-program-apply/ Payment Assistance for Gas and Electric (PAGE)-Effective Nov 15, 2023 the AHA and affiliates are no longer accepting new applications for the PAGE program. NJSHARES will be accepting new applications going forward. To find your providers assistance contact information visit: https://njpoweron.org/resources/utility-companies/

Universal Service Fund (USF)

(800) 510-3102

https://www.nj.gov/bpu/residential/assistance/usf.html
USF helps low-income households lower their energy bills.

Winter Termination Program

211 or (877) 652-1148

fidel.ekhelar@dca.nj.gov

www.nj.gov/dca/dhcr/offices/wintertermination.shtml

This program protects customers from having their gas, electric and sewer shut off between November 15 and March 15. Customers in arrears should refer to dcaid.dca.nj.gov/en-US/are-you-eligible/

FINANCIAL ASSISTANCE

Home Repairs

Essex County Home Improvement Program

(973) 655-0200 / (973) 395-8000

This county-sponsored program provides deferred loans to low-and moderate-income homeowners in the county who occupy a 1 to 3 family home for improvements such as heating systems, roofing, plumbing, electrical, code violation abatement and more.

Maplewood Affordable Housing Program (MAHP) (609) 664-2760 x29

<u>hip.cgph.net/maplewood-township-home-improvement-program/</u>

Eligible Maplewood residents can receive a zero-interest, 10 year forgivable loan through Community Grants, Planning and Housing (CGP&H) to be used for certain home repairs including roofing, heating and electrical systems, plumbing and weatherization. Note: there may not be any current funding and we don't know if there will be at a future date. Please contact the above Essex County Home Improvements Program for information.

LEGAL ASSISTANCE

AHIO

(973) 370-0907

www.ahiolaw.org

AHIO provides support and advocacy for immigrants and victims of crime and abuse for people of all nations.

Caring Info

(800) 658-8898

www.caringinfo.org

Caring Info provides free resources to educate patients and caregivers to make decisions about serious illness and end-of-life care and services

Community Health Law Project

(973) 275-1175

http://www.chlp.org/

CHLP provides legal and advocacy services to residents with disabilities, consumers of mental health services, and visual impairments, low-income individuals with disabilities and the frail elderly.

Disability Rights New Jersey

(800) 922-7233

https://disabilityrightsnj.org/

N.J. designated Protection and Advocacy agency under federal law.

LEGAL ASSISTANCE

Essex County Surrogate Office

(973) 621-4901

https://essexsurrogate.com/

The Essex Cty Surrogate's Court responsibilities include validating Wills, appointing administrators for those who die without Wills, and reviewing and assisting with the documentation for adoption and adult guardianship.

Essex County Legal Aid Association

(973) 622-0063

https://eclaanj.org/

ECLAA provides free legal and/or representation on civil law matters to qualified low-income Essex Cty residents.

Legal Services of NJ Hotline

(888) 576-5529

www.lsnj.org/StatewideHotline.aspx

The LSNJLAW Hotline provides legal advice, information, and referrals in civil legal matters to low-income New Jersey residents over the phone.

NJ Long-Term Care Ombudsman

(877) 582-6995

ombudsman@ltco.nj.gov

www.nj.gov/ooie/

NJLTCO is an independent advocate for individuals receiving long-term care. Representatives of the Office work with individual residents to help address issues.

LEGAL ASSISTANCE

I Chose Home NJ

(609) 588-6500

https://www.nj.gov/ooie/ichoose/

If you or someone you know is living in a nursing home, has or will be there for 60 days or more, is eligible for Medicaid and wants to move back into the community this program may be able to help with low -or no-cost in -home services.

Office of the Public Guardian for the Elderly (609) 588-6500

www.state.nj.us/humanservices/doas/services/pg/

OPG acts as an appointed surrogate decision maker for residents sixty (60) years of age and over who have been deemed incapacitated by the Superior Court of New Jersey.

MEDICAL FACILITIES

Hospitals

Cooperman Barnabas Medical Center

(973) 322-5000 94 Old Short Hills Road Livingston, NJ 07039

www.rwjbh.org/cooperman-barnabas-medical-center/

Fast Track: (973) 322-5180

Open daily from 7:00 am-12:00 midnight

Overlook Medical Center

(908) 522-2000 99 Beauvoir Avenue Summit, NJ 07901 www.atlantichealth.org/locations/hospitals/overlookmedical-center.html

Morristown Medical Center

(973) 971-5000 100 Madison Ave Morristown, NJ 07960 www.atlantichealth.org/locations/hospitals/morristownmedical-center.html

Newark Beth Israel Medical Center

(973) 926-7000 201 Lyons Ave Newark, NJ 07112 www.rwjbh.org/newark-beth-israel-medical-center/

MEDICAL FACILITIES

Hospitals (continued)

University Hospital

(973) 972-4300 150 Bergen Street Newark, NJ 07103 www.uhnj.org/

Clara Maass Medical Center

(973) 450-2000 1 Clara Maass Drive Belleville, NJ 07109 www.rwjbh.org/clara-maass-medical-center/

Atlantic Health System Senior Services

<u>www.atlantichealth.org/conditions-treatments/senior-</u> services.html

Health Centers

Zufall Community Health Centers

(973) 325-2266 49 Mount Pleasant Ave West Orange, NJ 07052 info@zufallhealth.org

www.zufallhealth.org

Zufall offers a full range of health services for people with or without health insurance. For locations and services, contact them directly.

MEDICAL FACILITIES

Health Centers (continued)

Newark Community Health Centers

(800) 994 -NCHC (6242)

www.nchcfqhc.org

Newark Community Health Centers has several sites in Newark, East Orange, Irvington and Orange that provide the full array of adult medical services, including discounted prescription drugs through the 340B program. As a federally qualified health center, no patient shall be denied service due to an individual's inability to pay.

HEALTH INSURANCE

Medicare

(800) 633-4227 www.Medicare.gov

NJ Medicaid

(800) 701-0710

www.state.nj.us/humanservices/dmahs/clients/medicaid/

State Health Insurance Assistance Program (SHIP)* Counseling

(800) 792-8820 (NJ Office)

(973) 637-1717 (Essex County SHP Counselor)

www.state.nj.us/humanservices/doas/services/ship

SHIP provides free help to New Jersey Medicare beneficiaries who have problems with or questions about their health insurance. SHIP is a statewide program administered by the New Jersey Department of Human Services.

Senior Medicare Patrol of New Jersey

(877) 767-4359

seniormedicarepatrolnj.org/

Assists Medicare beneficiaries, their families and caregivers in preventing, detecting, and reporting health care fraud, errors, and abuse.

HOME CARE SERVICES

Chrill Care

(973) 744-8103 210 Bloomfield Ave. Verona, NJ 07044 <u>services@chrill.org</u> chrill.org/

Provides meals on wheels, housekeeping, home health aide and other services.

Sage Eldercare

(908) 273-8400 290 Broad Street Summit, NJ 07901 contactus@sageeldercare.org sageeldercare.org/homecare/

ADULT DAY SERVICES

Essex County Respite Care Program

(973) 395-8381 465 MLK Boulevard Newark, NJ 07102

Birchwood Adult Day Care Center

(973) 676-2600 115 Evergreen Place East Orange, NJ 07018

Belleville Adult Medical Day Care

(973) 751-6000
518 Washington Avenue
Belleville, NJ 07109
contactus@bellevilleseniorhealthservices.com
www.bellevilleseniorhealthservices.com/about-us/

Littman Memory Center/JCC Metrowest

(973) 530-3480
760 Northfield Avenue
West Orange, NJ 07052
jccmetrowest.org/programs/adult-enrichment/sgordon@jccmetrowest.org

SAGE Eldercare

(908) 598-5520 290 Broad Street Summit, NJ 07901 contactus@sageeldercare.org sageeldercare.org/spad/

HOSPICE

Atlantic Health Hospice

(973) 379-8472 465 South Street, Suite 100B Morristown, NJ 07960 www.atlantichealth.org/conditions-treatments/visitingnurse/hospice.html

Barnabas Health Homecare and Hospice

(973) 322-5000 94 Old Short Hills Rd. West Orange, NJ 07039 www.rwjbh.org/treatment-care/palliative-care/

Hospice of New Jersey

(973) 893-0818 400 Broadacres Drive, 1st Floor Bloomfield, NJ 07003 info@HospiceofNewJersey.com www.hospiceofnewjersey.com/

CAREGIVER SUPPORT

Morrow Church Caregivers Group

(973) 763-7676 600 Ridgewood Road, Maplewood caregivers@morrowchurch.org morrowchurch.org/caregivers/

This support group meets virtually on Tuesdays from 9:30 to 11:00 am. Newcomers and drop-ins welcome. You do not need to be a member of the church to join.

South Orange/Maplewood Caregiver Support Group (973) 637-1763

caregivers@jfsmetrowest.org

South Orange/Maplewood and Jewish Family Services of MetroWest NJ are offering a monthly support group for individuals who are taking care of an older adult.

SOMa NJ Caregivers of Older Adults Support Group https://www.facebook.com/groups/1773050433005113

Statewide Respite Care Program

(877) 222-3737

https://www.nj.gov/humanservices/doas/services/q-z/srcp/index.shtml

This program gives a short-term or periodic break to caregivers from the demands of daily care for functionally impaired persons, including older adults. Call or visit the website for eligibility requirements.

United Way Caregivers Coalition

(973) 993-1160 Ext 534

<u>stephaniehowland@UnitedWayNNJ.org</u> caregiversupport.unitedwaynnj.org/

PRESCRIPTION ASSISTANCE

Pharmaceutical Assistance to the Aged and Disabled (800) 792-9745

https://www.nj.gov/humanservices/doas/services/l-p/paad/

The Pharmaceutical Assistance to the Aged and Disabled (**PAAD**) program is a state-funded program that helps eligible seniors and individuals with disabilities save money on their prescription drug costs. You may be eligible for **PAAD** if you:

- You are a New Jersey resident;
- You are age 65 or older or between ages 18 and 64 and receiving Social Security Title II Disability benefits;
- Your income for 2024 is less than \$52,142 if single or less than \$59,209 if married;
- You are enrolled in a Medicare Part D Prescription Drug Plan.

NeedyMeds

(800) 503-6897

www.needymeds.org/

NeedyMeds is a 501(c)(3) national non-profit that connects people to programs that will help them afford their medications.

Assistance from Pharmaceutical Companies

Many pharmaceutical companies offer assistance to patients who cannot afford their prescription drugs. If you need help paying for your prescriptions, talk to your doctor or contact the companies' patient assistance programs.

PRESCRIPTION DISPOSAL

Drop It In The Box

www.essexadapt.org

Family Connections' ADAPT Coalition's *Drop It In The Box* program allows residents to safely dispose of their expired and/or unused prescription and over-the-counter medications (pills only). Drop-off boxes are available 24 hours a day, 7 days a week at the Maplewood & South Orange Police Departments:

South Orange Police Department 201 South Orange Ave

Maplewood Police Department 1618 Springfield Avenue

Can't get to any of these locations?
Contact Anna Markarova with the Maplewood Health
Department: amarkarova@maplewoodnj.gov
(973) 762-8120 Ext 4300

DENTAL CARE

Rutgers School of Dental Medicine

(973) 972-4242 110 Bergen Street Newark, NJ 07103 www.sdm.rutgers.edu/patients/njds.htm

Zufall Health Community Health Center

(973) 325-2266 95 Northfield Avenue, Suite 2 West Orange, NJ 07052 www.zufallhealth.org/for-patients/locations/#westorange

NJDA Senior Dent Program

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

The NJDA Senior-Dent Program improves Senior Citizen access to dental care in New Jersey. A participating dentist must offer an eligible patient a minimum courtesy reduction of 15% from the standard fee charged on all dental services. The patient must have a PAAD card which ensures his/her eligibility into the program. Call (800) 792-8820 for more information on the PAAD program.

MENTAL HEALTH

988 Suicide & Crisis Lifeline

Dial or text 988 to be connected to free and confidential emotional support and crisis counseling. These services are available 24 hours a day, seven days a week, across the United States.

Family Connections

(973) 675-3817

olderadults@familyconnectionsnj.org

www.familyconnectionsnj.org/what-we-do/older-support/

In home and near-home counseling, advocacy, education and care management.

Family Service League

(973) 746-0800 / (877)-733-2273

www.familyserviceleague.org

Counseling professionals work to help implement solutions that will improve the emotional lives of people and their relationships with others.

Jewish Family Services of MetroWest

(973) 740-1233

info@jfsmetrowest.org

www.jfsmetrowest.org/older-adults/

JFS offers counseling, support groups and other services.

NJ Mental Health Cares

(866) 202-HELP (4357)

TTY: (877) 294-4356

www.njmentalhealthcares.org

NJ Mental Health Cares is NJ's mental health and referral service that connects people to inpatient and outpatient services, rehabilitation services and more

MENTAL HEALTH.

Rutgers University Behavioral Healthcare

800-969-5300

24 Hour Hotline (973) 623-2323

183 South Orange Avenue

Newark NJ 07101

https://ubhc.rutgers.edu/

Rutgers University Behavioral Health Care (UBHC) offers the broadest range of services in New Jersey. We have many special programs for all age groups and types of problems.

RWJBarnabas Health Behavioral Health Network 800-300-0628

<u>www.rwjbh.org/treatment-care/senior-health/geriatric-behavioral-health-services/</u>

RWJ Barnabas New Jersey facilities offer a complete range of inpatient and outpatient mental health services for geriatric patients.

S-COPE Statewide Clinical Outreach Program for the Elderly at Trinitas Regional Medical Center Elizabeth, NJ

(855) 718-2699 / 24 hours a day 7 days a week https://njltclc.org/scope.html

Mental Health and Addiction Services administered by Trinitas Medical Center. Outpatient care for older adults residing in long-term care settings. All services are free of charge.

Jewish Family Services of MetroWest

(973) 740-1233

info@jfsmetrowest.org

www.jfsmetrowest.org/older-adults/

JFS offers counseling, support groups and other services

SELF-HELP & SUPPORT GROUPS

NJ Self-Help Group Clearinghouse

(800) 367-6274

www.njgroups.org

Maintains information on thousands of local, no-fee support groups in NJ including many that address disabilities, illnesses and caregiving.

Adler Aphasia Center

(551) 287-2237
Temple B'nai Shalom
300 Pleasant Valley Way
West Orange, NJ 07052
sglaser@AdlerAphasiaCenter.org
www.adleraphasiacenter.org

Alcoholics Anonymous

(908) 687-8566 www.nnjaa.org

Alzheimer's Association

24/7 Helpline (800) 272-3900 www.alz.org/nj

Alzheimer's NJ

(973) 586-4300 425 Eagle Rock Avenue, #203 Roseland, NJ 07068 info@alznj.org www.alznj.org/

American Diabetes Association

(800) 342-2383 www.diabetes.org

SELF-HELP & SUPPORT GROUPS

American Heart Association

(609)208-0020 newjersey@heart.org www.heart.org

American Parkinson Disease Association, NJ Chapter

(718) 981-8001

apda@apdaparkinson.org

www.apdaparkinson.org/community/new-jersey/

Arthritis Foundation

(800) 283-7800

www.Arthritis.org

National Multiple Sclerosis Society

(800) 344-4867

www.nationalmssociety.org

National Stroke Association

(888) 478-7653

www.stroke.org

Parkinson's Support Group

(973) 322-8195

www.rwjbh.org/events/event/?event=4028

CLauren.Norcross@rwjbh.org

Cooperman Barnabas Medical Center offers a free, virtual support group for patients and their caregivers.

The Elder Care Project

www.eldercareproject.com

Providing educational and informational eldercare services.

LGBTQ SERVICES

CenterLink

(954) 765-6024

www.lgbtqcenters.org

Centerlink is an umbrella organization of LGBTQ centers across the country with a directory of centers nearby.

Garden State Equality

(973) 509-5428

hello@gardenstateequality.org

www.gardenstateequality.org/

Garden State Equality is the largest LGBTQ+ advocacy organization in New Jersey.

National Resource Center on LGBT Aging

(212) 741-2247

info@lgbtagingcenter.org

www.lgbtagingcenter.org/

The National Resource Center on LGBTQ+ Aging is the country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers.

PFLAG - (NJ)

(908) 300-4227

74 Park Avenue

Glen Ridge, NJ 07028

www.pflagnj.org/

Parents, Families and Friends of Lesbians and Gays (PFLAG) promotes the health and well-being of gay, lesbian, bisexual and transgendered persons and their families through support, education and advocacy.

LGBTQ SERVICES

Rainbow Elders of New Jersey

(201) 963-4779 3000 John F. Kennedy Blvd, Suite 306 Jersey City, NJ 07306 gordon@hudsonpride.org

https://www.hudsonpride.org/social-services/

Rainbow Elders of New Jersey is a contact, information and support group whose mission is to improve the lives of LGBTQ+ older adults. We are in partnership with two organizations — The Hudson Pride Center in Jersey City and SAGE (www.sageusa.org), a national LGBTQ+ organization dedicated to supporting and advocating for LGBTQ+ older adults.

EMERGENCY ASSISTANCE

For a true emergency situation, in which there is a high probability of death or serious injury to an individual, or significant property loss, call **9-1-1.**

If you need help in a non-emergency situation, use the numbers below:

Police Departments

Maplewood (973) 762-3400 South Orange (973) 762-3300

South Essex Fire Department (MW & SO) (973) 378-7751

Poison Control

(800) 222-1222

PREPARING FOR AN EMERGENCY

NJ Register Ready

Call NJ's toll-free service, 2-1-1

www.registerready.nj.gov

Register Ready allows New Jersey residents with disabilities or access and functional needs to provide information to emergency response agencies in case of a disaster or other emergency. The information collected is confidential and will only be used for emergency response and planning.

File of Life

www.thefileoflife.org/

In the event of an emergency the File of Life packet provides first responders with a written list of the patient's medical conditions, medications, allergies, healthcare providers and insurance. It can easily be transported with the patient to alleviate medical questions and uncertainty. This packet is free and can be obtained at your local Health Department. (973) 762-8120

Rapid SOS

www.emergencyprofile.org/

RapidSOS uses your cell phone to provide secure data to 911 and first responders, giving them the critical information, they need to care for you in a medical emergency. You can register online via the website.

Operation Blue Angel

This free program gives emergency services quick access to a residence if the resident is unable to open the door. Participants receive a small, free combination-controlled lockbox to store a spare key. Interested residents 55 and older or with a medical condition that could leave them incapacitated should contact their local police departments.

DISABILITY ASSISTANCE

NJ Division of Disability Services

(888) 285-3036

nj.gov/humanservices/dds/home/

Information and referral (I&R) specialists are available to provide confidential assistance and to connect people with appropriate agencies and services

New Jersey Aging and Disability Resource Connection (877) 222-3737

www.adrcnj.org/

The Aging and Disability Resource Connection offers information on long term services and supports. Seniors, other adults, and caregivers can easily find the benefits and services they need.

NJ Commission for the Blind and Visually Impaired (973) 648-3333

askcbvi@dhs.nj.gov

www.state.nj.us/humanservices/cbvi/

CBVI's service programs are designed to enable consumers to achieve full inclusion and integration in society through success in employment, independent living, and social self-sufficiency.

NJ Division for the Deaf & Hard of Hearing

(800) 792-8339

(609) 588-2648

DDHH.communications2@dhs.state.nj.us www.ni.gov/humanservices/ddhh/

The NJ Division of the Deaf and Hard of Hearing (DDHH) provides education, advocacy and direct services for the deaf or hard of hearing.

ADULT PROTECTIVE SERVICES

Adult Protective Services (APS) programs have been established in each county in New Jersey to receive and investigate reports of suspected abuse, neglect and exploitation of vulnerable adults. Within 72 hours of a referral's receipt, a private face-to-face meeting with the adult by a trained APS social worker is required, with appropriate interviews and resources to follow. If someone you know is 18 years of age or older, living in the community and is the subject of abuse, neglect and/or exploitation, contact:

Adult Protective Services Essex County

(866) 903-6287

https://www.nj.gov/humanservices/news/publications/NJ%20APS%20flyer-10-15.pdf

441-443 Broad Street Newark, NJ 07102

Safe Care Cam

(973) 504-6375 or (800) 242-5846 www.njconsumeraffairs.gov/SCC

The NJ Attorney General and the Division of Consumer Affairs offer this program to help residents who suspect their loved ones are being abused, mistreated, or neglected by unscrupulous home health care providers. The program offers free surveillance cameras, available for 30-day loans. For more information, call the Division of Consumer Affairs, follow voice prompts to the "Safe Care Cam" Program voicemail box and leave a message.

Maplewood

Maplewood Municipal Building/Town Hall

(973) 762-8120 574 Valley Street

www.maplewoodnj.gov/home

Department of Public Works

(973) 762-1175 359 Boyden Avenue

Police Department

(973) 762-3400 1618 Springfield Avenue

Maplewood Senior Center

(973) 763-0750 106 Burnett Avenue

Dehart Community Center

(973) 763-0750 120 Burnett Avenue

Older Adult Case Manager

(973) 986-4321 SOSocialWorker@southorange.org

Animal Control

Call the Police Department at (973) 762-3400

Sign up for SMS and email non-emergency notifications and updates on the Maplewood website:

https://public.govdelivery.com/accounts/NJMAPLEWOO D/subscriber/new

South Orange

Village Offices

(973) 378-7715

76 South Orange Avenue, Suite 302

Department of Recreation/Baird Community Center

(973) 378-7754

5 Mead Street

South Orange Parking Authority

(973) 378-7715

298 Walton Street

Department of Public Works

(973) 378-7741

300 Walton Ave

Police Department

(973) 762-3300

201 South Orange Avenue

Older Adult Case Manager

(973) 986-4321

SOSocialWorker@southorange.org

Animal Control

For non-emergency situations: (908) 722-1271. For an emergency call the Police Department at (973) 763-3000.

You can report a non-emergency concern at www.southorange.org "Report A Concern" tab: This is the place to report items and issues to make South Orange safer.

Maplewood/South Orange Shared Services

Health Department

(973) 762-8120 (M) (973) 378-7715 Ext 7710 (SO) HealthDepartment@maplewoodnj.gov SOHealthDept@southorange.org

Older Adult Case Manager

(973) 986-4321 SOSocialWorker@southorange.org

SOMA Two Towns for All Ages

(973) 558-0863 <u>SOMA2towns@gmail.com</u> <u>www.SOMATwoTownsforAllAges.org</u>

South Essex Fire Department

(973) 762-3200
https://southorange.org/166/Fire-Department
52 Sloan Street
South Orange

Essex County Division of Senior Services

(973) 395-8365 465 Dr Martin Luther King Jr Blvd, Room # 102 Newark, NJ 07102 http://essexcountynj.org/senior-services/

Essex County Clerk's Office

(973) 621-4920 465 MLK Boulevard Newark, NJ 07102 info@clerk.essexcountynj.org www.essexclerk.com

State of New Jersey

Jersey Assistance for Community Caregiving (JACC)

State funded program that provides a range of in-home and community-based services to NJ residents 60+ who meet the clinical and financial eligibility for nursing home level of care and who desire to remain in their homes. (973) 395-8375

https://www.nj.gov/humanservices/doas/services/a-k/jacc/

NJ Division of Medical Assistance & Health Services

Personal Preference Program (PPP)

(609) 631-2481

P.O. Box 712

Trenton, NJ 08625

www.state.nj.us/humanservices/dmahs/clients/njppp.html

NJ Dept. Of Human Services Division of Aging Services (800) 792-8820

https://www.nj.gov/humanservices/clients/aging/

P.O. Box 715

Trenton, NJ 08625-0715

NJSAVE

NJSAVE is an online application to help low-income seniors and individuals with disabilities save money on Medicare, prescriptions and other living expenses. (800) 792-9745

https://www.nj.gov/humanservices/doas/assistance/njsave/index.shtml

NJ Office of the State Long-Term Care Ombudsman (877) 582-6995

P.O. Box 852, 101 S. Broad St.

Trenton, NJ 08625-0852

https://www.nj.gov/ooie/contact.shtml

NJLTCO is an independent advocate for older individuals receiving long-term care. They work with individual residents to help them address challenges they face.

New Jersey Motor Vehicle Commission

(609) 292-6500 P.O. Box 160 Trenton, NJ 08666 www.state.nj.us/mvc/

NJ State Legislature, District 28

www.njleg.state.nj.us/districts/district-28

Federal Offices

 Medicare
 Social Security

 (800) 633-4227
 (800) 772-1213

 www.medicare.gov/
 www.ssa.gov/

Supplemental Security Income

https://www.ssa.gov/ssi

A federal program that provides a monthly payment for older adults and people with disabilities who have little or no income or resources. It is administered through the Social Security Administration and can be applied for through any Social Security office.

CONSUMER AFFAIRS & PROTECTION

NJ Office of Consumer Protection

(973) 504-6200 124 Halsey Street Newark, NJ 07101 AskConsumerAffairs@dca.lps.state.nj.us www.njconsumeraffairs.gov/ocp/

New Jersey Division of Consumer Affairs

(973) 504-6200 or (800) 242-5846 124 Halsey Street, Newark, NJ 07102 askconsumeraffairs@dca.lps.state.nj.us www.njconsumeraffairs.gov/ocp/

VETERANS SERVICES

NJ Department of Military and Veteran Affairs

Benefit Hotline: (888) 865-8387

Veterans Crisis Line: Dial 988, Press 1

www.nj.gov/military/veterans

Essex/Union Veterans Service Office

(973) 297-3336

<u>DeAndre.Gurley@dmava.nj.gov</u> 20 Washington Place, Room #431

Newark, NJ 07102

U.S. Department of Veterans Affairs

(800) 827-1000

www.va.gov/

NJ VET to VET Helpline

(866) 838-7654

www.njvet2vet.com/

Veterans Hospital East Orange Campus

(973) 676-1000

Mental Health: x1421

385 Tremont Ave.

East Orange, NJ 07018

www.va.gov/new-jersey-health-care/locations/east-

orange-va-medical-center/

Veterans Hospital Lyons Campus

(908) 647-0180

Mental Health: x1421 151 Knollcroft Road Lyons, NJ 07939

www.va.gov/new-jersey-health-care/locations/lyons-va-

medical-center/

VETERANS SERVICES

VA Nurse Helpline

1-833-835-3874

This call center is available 24 hours a day, 7 days a week, 365 days a year. For most common conditions and illnesses, VA registered nurses are available to assess your symptoms from the comfort of your home.

Bloomfield Vet Center

(973) 748-0980 2 Broad Street, Suite 703 Bloomfield, NJ 07003 https://www.va.gov/bloomfield-vet-center/

Veterans Housing

National Coalition of Homeless Veterans

1-877-424-3838

info@nchv.org

https://nchv.org/

Provides help for homeless Veterans nationwide.

HUD Veterans Affairs Supportive Housing (VASH) (877)424-3838

www.nj.gov/dca/divisions/dhcr/offices/veterans.html
Provides housing choice voucher rental assistance for homeless Veterans and their families and help find and sustain permanent housing.

LOCATION GUIDE FOR SOUTH ORANGE

South Orange

The Baird Community Center 5 Mead St (973) 378-7754

The Pierro Gallery

Inside the Baird (973) 378-7833

South Orange Performing Arts Center (SOPAC)

1 SOPAC Way (973) 313-2787

Parks

https://southorange.org/Facilities

Cameron Field: 5 Mead Street

Duck Pond & Skate House: Mead St **Floods Hill:** N. Ridgewood Rd & Mead St

Farrell Field: Walton & Thornden
Founders Park: Valley St & Massel
Grove Park: S. Orange Ave & Grove Rd
Meadowlands Park: 5 Mead Street

Riverside Park: Third St.

Spiotta Park: S. Orange Ave & Kroll Plaza

Waterlands Park: Third St.

LOCATION GUIDE FOR MAPLEWOOD

Maplewood

Dehart Community Center 120 Burnett Ave.

(973) 763-0750

The Burgdorff Cultural Center 10 Durand Rd. (973) 763-9357

Durand Hedden House

523 Ridgewood Rd (973) 763-7712

Maplewood Senior Center

106 Burnett Ave. (973) 763- 0750

The Woodland

60 Woodland Rd (973) 843-7157

1978 Maplewood Arts Center

1978 Springfield Ave. (908) 899-1279

<u>Parks</u>

Borden Park: 67 Orchard Rd DeHart Park: 120 Burnett Ave Gazebo: 1688 Springfield Ave

Grasmere Park: 523 Ridgewood Rd **Maplecrest Park:** 237 Oakland Rd

Memorial Park: 580 Valley St Orchard Park: De Hart Rd

Ricalton Square: Maplewood Ave

LIBRARIES

South Orange Public Library

(973) 762-0230 298 Walton Ave. (temporary location) South Orange, NJ 07079 librarian@sopl.org www.sopl.org/

Maplewood Main Library Adult Services

129 Boyden Avenue Maplewood, NJ 07040 (973) 762-1688 <u>library@maplewoodlibrary.org</u> www.maplewoodlibrary.org

Temporary location while 51 Baker Street is undergoing reconstruction.

Maplewood Hilton Branch Library Children & Teens Services

(973) 762-1688 1688 Springfield Ave. Maplewood, NJ 07040 kids@maplewoodlibrary.org teens@maplewoodlibrary.org www.maplewoodlibrary.org

Talking Book & Braille Center (TBBC)

1-800-792-8322

tbbc@njstatelib.org

www.njstatelib.org/tbbc

South Orange Public Library offers TBBC services to patrons who have difficulty reading standard print or holding a book. An individual must apply for TBBC's services and have his/her eligibility certified.

PERFORMANCE THEATERS

South Orange Performing Arts Center (SOPAC)

(973) 313-2787 1 SOPAC Way South Orange, NJ 07079 boxoffice@SOPACnow.org www.sopacnow.org

The Burgdorff Center for the Performing Arts

(973) 843-7157
10 Durand Road
Maplewood, NJ 07040
www.maplewoodartsandculture.org/the-burgdorff

Paper Mill Playhouse

(973) 376-4343
22 Brookside Drive
Millburn, NJ 07041
BoxOffice@PaperMill.org
https://papermill.org

Mayo Performing Arts Center

(973) 539-8008 100 South Street Morristown, NJ 07960 boxoffice@mayoarts.org www.mayoarts.org

NJ Performing Arts Center (NJPAC)

(888) 696-5722 1 Center Street Newark, NJ 07102 ticketservices@njpac.org www.njpac.org

PERFORMANCE THEATERS

Luna Stage

(973) 395-5551 Ext 10 555 Valley Road West Orange, NJ 07052 info@lunastage.org www.lunastage.org

Summit Playhouse

(908) 273-2192 10 New England Ave. Summit, NJ 07901 summitplayhouseboxoffice@gmail.com www.thesummitplayhouse.org

Wellmont Theater

(973) 783-9500 5 Seymour Street Montclair, NJ 07042 info@thewellmont.com https://wellmonttheater.com

Alexander Kasser Theater at Montclair State Univ.

(973) 655-5112 1 Normal Avenue Montclair, NJ 07043 boxoffice@montclair.edu www.peakperfs.org

Kean State at Kean University

(908) 737-7469 1000 Morris Avenue Union, New Jersey 07083 ticket@kean.edu https://keanstage.com

PERFORMANCE THEATERS

Performance Theaters (continued)

The Shakespeare Theater of New Jersey

(973) 408-5600 36 Madison Ave Madison, NJ 07940 www.shakespearenj.org/

MOVIE THEATERS

The Village at SOPAC

(973) 327-4012 1 SOPAC Way South Orange, NJ 07079 thevillage@cinemalab.com https://sopac.cinemalab.com

AMC Dine-In Essex Green 9

(973) 731-6692 495 Prospect Avenue West Orange, NJ 07052 www.amctheatres.com/movie-theatres/west-orange

AMC Mountainside 10

(908) 232-6587 1021 US-22 Mountainside, NJ 07092 www.amctheatres.com/movie-theatres/mountainside

Cranford Theater

(908) 588-2477 25 North Avenue West, Cranford, NJ 07016 www.cranfordtheater.com

MUSEUMS

Durand-Hedden House and Garden

523 Ridgewood Road Maplewood, NJ 07040 info@durandhedden.org www.durandhedden.org/

Montclair Art Museum

(973) 746-5555
3 South Mountain Avenue
Montclair, NJ 07042
communications@montclairartmuseum.org
www.montclairartmuseum.org

Morris Museum

(973) 971-3700 6 Normandy Heights Road Morristown, NJ 07960 info@morrismuseum.org https://morrismuseum.org

The Newark Museum of Art

(973) 596-6550 49 Washington Street Newark, NJ 07102 info@newarkmuseumart.org https://newarkmuseumart.org

Yogi Berra Museum

(973) 655-2378
On the campus of Montclair State University 8 Yogi Berra Drive
Little Falls, NJ 07424
yogimuseum@montclair.edu
https://yogiberramuseum.org

OUTDOOR ACTIVITIES

Essex County Parks

https://essexcountyparks.org/

- South Mountain Reservation
- Eagle Rock Reservation
- Branch Brook Park
- Verona Park
- and more...

South Mountain Recreation Complex

https://essexcountyparks.org/south-mountain

- Turtle Back Zoo
- Mini-golf
- Reservoir Walking Trail
- and more...

Cora Hartshorn Arboretum and Bird Sanctuary

(973) 376-3587 324 Forest Drive South Short Hills, NJ 07078 info@hartshornarboretum.org https://hartshornarboretum.org

Reeves-Reed Arboretum

(908) 273-8787 165 Hobart Avenue Summit, NJ 07901 info@reeves-reedarboretum.org https://reeves-reedarboretum.org/

Great Swamp National Wildlife Refuge

(973) 425-1222 32 Pleasant Plains Road Basking Ridge, NJ 07920 www.fws.gov/refuge/great-swamp

Church of Jesus Christ of Latter-day Saints

1600 Springfield Ave. Maplewood, NJ 07040 (973) 763-8777

Congregation Ahavath Zion

421 Boyden Ave. Maplewood, NJ 07040 (973) 761-5444 www.ahayathzion.com/

Congregation Beth El

222 Irvington Ave. South Orange, NJ 07079 (973) 763-0111 www.bethelnj.org/

Congregation Beth Ephraim

113 Parker Ave.
Maplewood, NJ 07040
(973) 762-5722
admin@maplewoodjewishcenter.org
www.maplewoodjewishcenter.org/

Episcopal Church of St. Andrew & Holy Communion

160 West South Orange Avenue South Orange, NJ 07079 (973) 763-2355 SAHCoffice@gmail.com https://sahchurchnj.org/

First Baptist Church of South Orange

103 Valley St South Orange, NJ 07079 (973) 763-8593 info@fbcso.org www.fbcso.org/

First Presbyterian & Trinity

111 Irvington Ave.
South Orange, NJ 07079
(973) 762-7879
FPTchurch@live.com
https://firstandtrinitychurch.wordpress.com/

Grace Church

527 Prospect Street
Maplewood, NJ 07040
(973) 762-8300
mail@gracemaplewood.com
https://gracemaplewood.com/

Kol Rina

60 Valley St.
South Orange, NJ
(855) 664-6926
KolRinaNJWelcome@gmail.com
www.kolrinanj.org

Maplewood Bible Chapel

127 Burnett Ave. Maplewood, NJ 07040 (973) 761-6430 www.maplewoodbible.org

Morrow Memorial United Methodist

600 Ridgewood Rd.
Maplewood, NJ 07040
(973) 763-7676
opendoors@morrowchurch.org
www.morrowchurch.org

Oheb Shalom

170 Scotland Road, South Orange, NJ 07079 (973) 762-7067 info@ohebshalom.org/ www.ohebshalom.org/

Our Lady of Sorrows

217 Prospect Street South Orange, NJ 07079 (973) 763-5454 www.olschurch.com/

Prospect Presbyterian Church

646 Prospect St.
Maplewood, NJ 07040
(973) 763-2090
office@prospectchurch.org
www.prospectchurch.org

South Orange Vailsburg United Methodist Church

150 S. Orange Ave South Orange, NJ 07079 (973) 763-0655 sovumc@me.com https://thesovumc.wixsite.com/thesovumc

St. George's Episcopal Church

550 Ridgewood Rd.
Maplewood, NJ 07040
(973) 762-1319
parish-office@stgeorges-maplewood.org
www.stgeorges-maplewood.org

St. Joseph Roman Catholic Church

767 Prospect St. Maplewood, NJ 07040 (973) 761-5933 www.sjcmaplewoodnj.org

Temple Sharey Tefilo-Israel

432 Scotland Rd. South Orange, NJ 07079 (973) 763-4116 tstioffice@tstinj.org https://tsti.org/

Ukrainian Orthodox Church of Holy Ascension

652 Irvington Ave. Maplewood, NJ 07040 (973) 763-7644 www.uocofusa.org

Winners Chapel International NJ

238 Burnett Ave. Maplewood, NJ 07040 (973) 762-6800 info@winnerschapelnj.org www.winnerschapelnj.org

LIFELONG LEARNING

Montclair University Senior Citizen Program

Open to NJ residents who are 65 or older. Tuition is waived however, they are still responsible for student fees. https://www.montclair.edu/red-hawk-central/student-accounts/tuition-fees/mandatory-student-fees/

Rutgers University Osher Lifelong Leaning Institute

Open to citizens 50 years of age and older who want to continue their learning experience. It is a noncompetitive, noncredit education. Memberships are \$50 for 1 year.

(848) 932-6554

https://olliru.rutgers.edu/

Rutgers University Senior Citizen Audit Program

NJ residents 62 or older can audit courses on a noncredit basis. There is no tuition cost, but textbooks and material costs are not included.

https://community.rutgers.edu/programsservices/program-directory/senior-citizen-audit-program (973) 353-1766 Ext 1

Email: senioraudit@rutgers.edu

Seton Hall University Senior Citizen Auditor (non-credit)

Open to citizens 65 or older and must submit the below registration form each time you request to audit a class. There is a \$100 per course fee, textbooks and material costs additional.

(973) 761-9000

www.shu.edu/registrar/auditing-a-course.html www.shu.edu/documents/Senior-Citizen-Registration-Form.pdf

LIFELONG LEARNING

Livingston Senior/Community Center

Some Senior programming and events are open to residents outside of Livingston. Call for information (973) 535-7925 x7204 204 Hillside Avenue Livingston, NJ 07039 livingstonnj.org/980/Senior-Adult

Millburn Senior Center (located in Millburn Town Hall)

Some Senior programming and events are open to residents outside of Millburn. Call for information (973) 564-7091 375 Millburn Avenue Millburn, NJ 07041 twp.millburn.nj.us/177/Senior-Citizens

DeCorso Community Center- New Providence

Some Senior programming and events are open to residents outside of New Providence. Call for information (908) 665-0046
15 East Fourth Street
New Providence, NJ 07974
newprov.us/278/Seniors

