



# Senior Resource Guide 2023



## 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 non-profit 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. If they provide more than one service they will be listed multiple times. 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: [www.SOMATwoTownsforAllAges.org](http://www.SOMATwoTownsforAllAges.org)  
Email: [SOMA2towns@gmail.com](mailto:SOMA2towns@gmail.com)  
Phone: (973) 558-0863

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# GENERAL ASSISTANCE

## **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/](http://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/](http://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.

# GENERAL ASSISTANCE

## **NJ Save**

(800) 792-9745

[www.nj.gov/humanservices/doas/home/](http://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](mailto:services@chrill.org)  
[chrill.org/](http://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

## GENERAL ASSISTANCE

### **The Eldercare Locator**

(800) 677-1116 M-F, 9am – 8pm

[eldercare.acl.gov/](http://eldercare.acl.gov/)

*Email: [eldercarelocator@n4a.org](mailto: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@familyconnectionsny.org](mailto:olderadults@familyconnectionsny.org)

<https://www.familyconnectionsny.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](http://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.

## **RECREATION: FITNESS, CLUBS, SENIOR ACTIVITIES**

### **Maplewood Recreation**

(973) 763-0750

<https://www.maplewoodnj.gov/government/community-services/senior-citizen-programming>

Maplewood Recreation offers a range of classes and events for adults and seniors at the Maplewood Senior Center (106 Burnett Avenue, MW) and other venues.

### **South Orange Recreation**

973-378-7754

[recreation@southorange.org](mailto: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](mailto:schoolinfo@somadultschool.org)

[www.somadultschool.org](http://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](http://www.maplewoodlibrary.org/events-library-events-calendar)

South Orange

(973) 762-0230

[www.sopl.org/events/](http://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

[Friends@maplewoodlibrary.org](mailto:Friends@maplewoodlibrary.org)

<https://www.maplewoodlibrary.org/friends>

South Orange

(973) 762-0230

[friends@sopl.org](mailto:friends@sopl.org)

[www.sopl.org/friends-of-sopl/](http://www.sopl.org/friends-of-sopl/)



## **RECREATION: FITNESS, CLUBS, SENIOR ACTIVITIES**

### **Maplewood Garden Club**

[www.maplewoodgardenclub.org](http://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 Ethical Culture Society of Essex County**

(973) 763-1905

516 Prospect Street

Maplewood, NJ 07040

[ecsec.nj@gmail.com](mailto:ecsec.nj@gmail.com)

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

Has a variety of programs, speakers and events.

### **Volunteer Opportunities**

You can apply to volunteer in Maplewood at:

[www.maplewoodnj.gov/residents/i-want-to/apply-to-volunteer](http://www.maplewoodnj.gov/residents/i-want-to/apply-to-volunteer).

South Orange lists opportunities here:

[www.southorange.org/374/Volunteering](http://www.southorange.org/374/Volunteering)

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

[www.SOMATwoTownsforAllAges.org/volunteering](http://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 [the website](#) 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  
[services@chrill.org](mailto:services@chrill.org)  
[chrill.org/](http://chrill.org/)

### **The JCC MetroWest Kosher Meals on Wheels**

(973) 530-3504  
[jbramnick@jccmetrowest.org](mailto:jbramnick@jccmetrowest.org)  
[jccmetrowest.org/](http://jccmetrowest.org/)  
Qualification required

## **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](mailto:OLSPantry@gmail.com)  
[olschurch.com/foodpantry/](http://olschurch.com/foodpantry/)

## **FOOD AND NUTRITION**

### **Food Pantries (continued)**

#### **Food Pantry at St. Joseph's Church**

(973) 462-1595

245 Hilton Avenue, Maplewood

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

[dgposwego1983@hotmail.com](mailto:dgposwego1983@hotmail.com)

#### **The Bobrow Kosher Food Pantry of Oheb Shalom**

(973) 762-7067

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.

[info@ohebshalom.org](mailto:info@ohebshalom.org)

[www.ohebshalom.org/social-action](http://www.ohebshalom.org/social-action)

#### **Little Food Pantry at the South Orange Elks**

(973) 762-9848

220 Prospect Street, South Orange

Located outside the Club along the driveway. Take or donate food 24/7.

[bdfixit@comcast.net](mailto:bdfixit@comcast.net)

#### **Reveal 2 Heal Food Pantry**

(856) 259-3924

Parking Lot on May Terrace behind 2115 Millburn Ave  
1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month from 9 AM to 2 PM

[www.revealtohealconsultingfamilies.org](http://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](mailto:jbramnick@jccmetrowest.org)

[jccmetrowest.org/](http://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

[services@chrill.org](mailto:services@chrill.org)

[chrill.org/](http://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](mailto: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

[maplewoodsrs@shpmanagement.com](mailto:maplewoodsrs@shpmanagement.com)

[shpmanagement.com/property/maplewood-senior-citizens/](https://shpmanagement.com/property/maplewood-senior-citizens/)

*Offers federally assisted housing*

# HOUSING

## **Local Senior Apartments (continued)**

### **Nora Gardens**

(908) 686-9100

1775 Burnet Ave

Union, NJ 07083

[manager@noragardens.prd.net](mailto:manager@noragardens.prd.net)

<https://prd.net/residences/nora-gardens/>

*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/hmfaf/>

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](mailto:NJ_Webmanager@hud.gov)

[https://www.hud.gov/topics/information\\_for\\_senior\\_citizens](https://www.hud.gov/topics/information_for_senior_citizens)

## **Roommate Finder**

### **HomeSharing, Inc.**

120 Finderne Avenue

Bridgewater, NJ 08807

(908) 526-4663

[Info@homesharing.org](mailto:Info@homesharing.org)

<https://homesharing.org/>

Matches those seeking housing with 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 that runs from 9:30 AM to 1:30 PM on weekdays. Schedule a ride one business day 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](http://www.njtransit.com/accessibility/access-link-ada-paratransit) for more information.



## TRANSPORTATION

**Ride United** is a partnership between 211 and the United Way Worldwide. NJ residents 18 and older can schedule up to 3 free or reduced fare rides for Medical, Employment, Food, Education, Legal, Housing, and Financial services wherever Lyft is available. **Dial 211** to schedule your ride.

**Health Equity Line** is another partnership between 211 and the United Way available only to Essex County residents. To schedule a ride, first **download the Lyft app**. Then **dial 211** and select the “Essex County” prompt. Ask to be connected to a live Health Equity Line operator. The operator will ask for your zip code, then provide you with a one-time round-trip code to use in your Lyft App. The cost of each round-trip ride will be covered up to \$50.

**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](http://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 [ride.life](http://ride.life) to request a ride.

## 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. 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.

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

**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](mailto:lisa@nansneighbors.com) or visit [nansneighbors.com](https://nansneighbors.com)

# FINANCIAL ASSISTANCE

## **Property Tax Relief**

### **NJ Division of Taxation**

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

[www.state.nj.us/treasury/taxation/relief.shtml](http://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 lived in New Jersey continuously for at least the last 10 years
- You have owned and lived in your current home for at least the last 3 years.
- You have fully paid the property taxes due on your home.

The program also has income eligibility requirements, which change every year and are decided in June. The filing deadline is usually in October.

# FINANCIAL ASSISTANCE

## **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, unremarried spouses/domestic 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 be a citizen and legal resident of New Jersey. Claim forms may be filed with the municipal tax assessor.

### **“Real Property Tax Deduction” for Senior Citizens**

[www.state.nj.us/treasury/taxation/lpt/lptseniordeduction.shtml](http://www.state.nj.us/treasury/taxation/lpt/lptseniordeduction.shtml)

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 may also qualify if you are a surviving spouse or civil union partner. Requirements vary each year; 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](http://www.state.nj.us/treasury/taxation/anchor/index.shtml)

for current program information.

# FINANCIAL ASSISTANCE

## Utilities

### **Comfort Partners Program**

(800) 915-8309

<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

[www.state.nj.us/humanservices/doas/home/lifelinedetail.html](http://www.state.nj.us/humanservices/doas/home/lifelinedetail.html)

Life Line Credit provides an annual credit on gas and electric bills for eligible NJ residents.

### **LIHEAP/USF**

(800) 510-3102

<https://www.nj.gov/dca/divisions/dhcr/offices/energy.html>

The State of New Jersey's Low Income Home Energy Assistance Program and Universal Service Fund help low income households with heating and certain medically-necessary cooling expenses. Applications are accepted between October 1 and April 30.

### **NJ SHARES**

(866) 657-4273

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

NJ Statewide Heating Assistance and Referral for Emergency Services (SHARES) provides assistance to people in need of temporary help in paying energy, water and other bills

# FINANCIAL ASSISTANCE

## Utilities (continued)

### **PAGE**

(732) 982-8710

<https://njpoweron.org/page/>

Payment Assistance for Gas and Electric (PAGE) is a state funded utility assistance program that helps low to moderate income families in NJ pay their utility bills.

### **Universal Service Fund (USF)**

(800) 510-3102

[www.nj.gov/dca/divisions/dhcr/offices/usf.html](http://www.nj.gov/dca/divisions/dhcr/offices/usf.html)

USF helps low-income households lower their energy bills.

### **Winter Termination Program**

211 or (877) 652-1148

[fidel.ekhelar@dca.nj.gov](mailto:fidel.ekhelar@dca.nj.gov)

[www.nj.gov/dca/dhcr/offices/wintertermination.shtml](http://www.nj.gov/dca/dhcr/offices/wintertermination.shtml)

This program protects customers from having their gas or electric shut off between November 15 and March 15.

Eligibility includes those enrolled in specific programs, including SSI, USF and Lifeline, and people unable to pay because of an illness.

# FINANCIAL ASSISTANCE

## Home Repairs

### **Essex County Home Improvement Program**

(973) 655-0200

This county-sponsored program offers deferred loans to low-and moderate-income homeowners in the county for improvements such as heating systems, roofing, plumbing, electrical, code violation abatement and more.

### **Maplewood Affordable Housing Program (MAHP)**

(609) 664-2760 x29

[hip.cgph.net/maplewood-township-home-improvement-program/](http://hip.cgph.net/maplewood-township-home-improvement-program/)

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.

## LEGAL ASSISTANCE

### **AHIO**

(973) 370-0907  
5 Central Avenue  
Newark, NJ 07102

[www.ahiolaw.org](http://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  
[caringinfo@nhpco.org](mailto:caringinfo@nhpco.org)  
[www.caringinfo.org](http://www.caringinfo.org)

Caring Info provides free resources to educate and empower patients and caregivers to make decisions about serious illness and end-of-life care and services. Caring Info's goal is that all people are making informed decisions about their care.

### **Disability Rights New Jersey**

(800) 922-7233  
<https://disabilityrightsnj.org/>  
210 South Broad Street  
Trenton, NJ 08608

New Jersey's designated Protection and Advocacy agency under federal law.

### **Legal Services of NJ Hotline**

(888) 576-5529  
[www.lsnj.org/StatewideHotline.aspx](http://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.



## LEGAL ASSISTANCE

### **NJ Long-Term Care Ombudsman**

(877) 582-6955

[ombudsman@ltco.nj.gov](mailto:ombudsman@ltco.nj.gov)

[www.nj.gov/ooie/](http://www.nj.gov/ooie/)

P.O. Box 852

Trenton, NJ 08625-0852

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

### **Office of the Public Guardian for the Elderly**

(609) 588-6500

[www.state.nj.us/humanservices/doas/services/pg/](http://www.state.nj.us/humanservices/doas/services/pg/)

P.O. Box 812

Trenton, NJ 08625-0812

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.

### **Community Health Law Project**

(973) 680-5599

650 Bloomfield Avenue

Bloomfield, NJ 07003

<http://www.chlp.org/>

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

## **LEGAL ASSISTANCE**

### **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 County residents.

### **Essex County Surrogate Office**

(973) 621-4908

<https://essexsurrogate.com/>

Room 206, Hall of Records

465 MLK Blvd.

Newark, NJ 07102

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

# 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/](http://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/overlook-medical-center.html](http://www.atlantichealth.org/locations/hospitals/overlook-medical-center.html)

### **Morristown Medical Center**

(973) 971-5000

100 Madison Ave

Morristown, NJ 07960

[www.atlantichealth.org/locations/hospitals/morristown-medical-center.html](http://www.atlantichealth.org/locations/hospitals/morristown-medical-center.html)

### **Newark Beth Israel Medical Center**

(973) 926-7000

201 Lyons Ave

Newark, NJ 07112

[www.rwjbh.org/newark-beth-israel-medical-center/](http://www.rwjbh.org/newark-beth-israel-medical-center/)

### **University Hospital**

(973) 972-4300

150 Bergen Street

Newark, NJ 07103

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

## **MEDICAL FACILITIES**

### **Hospitals (continued)**

#### **Clara Maass Medical Center**

(973) 450-2000

1 Clara Maass Drive

Belleville, NJ 07109

[www.rwjbh.org/clara-maass-medical-center/](http://www.rwjbh.org/clara-maass-medical-center/)

#### **Atlantic Health System Senior Services**

[www.atlantichealth.org/conditions-treatments/senior-services.html](http://www.atlantichealth.org/conditions-treatments/senior-services.html)

### **Health Centers**

#### **Zufall Community Health Centers**

(973) 328-9100

[info@zufallhealth.org](mailto:info@zufallhealth.org)

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

#### **Newark Community Health Centers**

(800) 994 -NCHC (6242)

[www.nchcfghc.org](http://www.nchcfghc.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](http://www.Medicare.gov)

## **NJ Medicaid**

(800) 701-0710

[www.state.nj.us/humanservices/dmahs/clients/medicaid/](http://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](http://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/](http://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

[services@chrill.org](mailto:services@chrill.org)

[chrill.org/](http://chrill.org/)

Provides housekeeping, home health aide and other services.

### **Sage Eldercare**

(908) 273-8400

290 Broad Street

Summit, NJ 07901

[contactus@sageeldercare.org](mailto:contactus@sageeldercare.org)

[sageeldercare.org/homecare/](http://sageeldercare.org/homecare/)

## **ADULT DAY SERVICES**

### **Essex County Respite Care Program**

(973) 395-8375

465 MLK Boulevard

Newark, NJ 07102

[spierce@seniors.essexcountynj.org](mailto:spierce@seniors.essexcountynj.org)

### **Birchwood Adult DCC**

(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](mailto:contactus@bellevilleseniorhealthservices.com)

[www.bellevilleseniorhealthservices.com/about-us/](http://www.bellevilleseniorhealthservices.com/about-us/)

### **Littman Memory Center/JCC Metrowest**

(973) 530-3491

760 Northfield Avenue

West Orange, NJ 07052

[bschechter@jccmetrowest.org](mailto:bschechter@jccmetrowest.org)

[jccmetrowest.org/programs/adult-enrichment/](http://jccmetrowest.org/programs/adult-enrichment/)

### **SAGE Eldercare**

(908) 598-5520

290 Broad Street

Summit, NJ 07901

[contactus@sageeldercare.org](mailto:contactus@sageeldercare.org)

[sageeldercare.org/spad/](http://sageeldercare.org/spad/)

# HOSPICE

## **Atlantic Health Hospice**

(973) 379-8472

465 South Street, Suite 100B

Morristown, NJ 07960

[www.atlantichealth.org/conditions-treatments/visiting-nurse/hospice.html](http://www.atlantichealth.org/conditions-treatments/visiting-nurse/hospice.html)

## **Cooperman Barnabas Medical Center**

(973) 322-5000

95 Old Short Hills Rd.

West Orange, NJ 07039

[www.rwjbh.org/treatment-care/palliative-care/](http://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](mailto:info@HospiceofNewJersey.com)

[www.hospiceofnewjersey.com/](http://www.hospiceofnewjersey.com/)



## **CAREGIVER SUPPORT**

### **Morrow Church Caregivers Group**

(973) 763-7676

600 Ridgewood Road, Maplewood

[caregivers@morrowchurch.org](mailto:caregivers@morrowchurch.org)

[morrowchurch.org/caregivers/](http://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.

### **United Way Caregivers Coalition**

973.993.1160, x305

[Robin.Ennis@UnitedWayNNJ.org](mailto:Robin.Ennis@UnitedWayNNJ.org)

[caregiversupport.unitedwaynnj.org/](http://caregiversupport.unitedwaynnj.org/)

The United Way offers several resources for caregivers, including virtual programs, videos, guides, and a list of Essex County support services.

# **PRESCRIPTION ASSISTANCE**

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

[www.state.nj.us/humanservices/doas/services/paad/](http://www.state.nj.us/humanservices/doas/services/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 2023 is less than \$42,142 if single or less than \$49,209 if married;
- You are enrolled in a Medicare Part D Prescription Drug Plan.

## **NeedyMeds**

(800) 503-6897

[www.needymeds.org/](http://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](http://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. 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

## **DENTAL CARE**

### **Rutgers School of Dental Medicine**

(973) 972-4242

110 Bergen Street

Newark, NJ 07103

[www.sdm.rutgers.edu/patients/njds.htm](http://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](http://www.zufallhealth.org/for-patients/locations/#westorange)

### **NJDA Senior Dent Program**

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 Service League**

(973) 746-0800

Our team of counseling professionals works with families, couples and individuals to creatively encourage them to consider and then implement solutions that will improve their emotional lives and their relationships with others.

## **Jewish Family Services of MetroWest**

(973) 740-1233

570 W. Mt. Pleasant Ave, Suite 106

Livingston, NJ 07039

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

[www.jfsmetrowest.org/older-adults/](http://www.jfsmetrowest.org/older-adults/)

JFS offer counseling, support groups and other services to help you with your needs.

## **NJ Mental Health Cares**

(866) 202-HELP (4357)

TTY: (877) 294-4356

[www.njmentalhealthcares.org](http://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

### **NJ Self-Help Group Clearinghouse**

(800) 367-6274

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

The Clearinghouse helps people find and form all types of self-help support groups.

### **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

[www.rwjbh.org/treatment-care/senior-health/geriatric-behavioral-health-services/](http://www.rwjbh.org/treatment-care/senior-health/geriatric-behavioral-health-services/)

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

## **SELF-HELP & SUPPORT GROUPS**

### **NJ Self-Help Group Clearinghouse**

(800) 367-6274

[www.njgroups.org](http://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](mailto:sglaser@AdlerAphasiaCenter.org)

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

### **Alcoholics Anonymous**

(908) 687-8566

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

### **Alzheimer's NJ**

(973) 586-4300

425 Eagle Rock Avenue, #203

Roseland, NJ 07068

[info@alznj.org](mailto:info@alznj.org)

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

### **American Diabetes Association**

(800) 342-2383

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

### **American Heart Association**

(609)208-0020

[newjersey@heart.org](mailto:newjersey@heart.org)

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

## **SELF-HELP & SUPPORT GROUPS**

### **American Parkinson Disease Association, NJ Chapter**

(718) 981-8001

[apda@apdaparkinson.org](mailto:apda@apdaparkinson.org)

[www.apdaparkinson.org/community/new-jersey/](http://www.apdaparkinson.org/community/new-jersey/)

### **Arthritis Foundation**

(800) 283-7800

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

### **National Multiple Sclerosis Society**

(800) 344-4867

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

### **National Stroke Association**

(888) 478-7653

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

### **Parkinson's Support Group**

(973) 322-8195

[Lauren.Norcross@rwjbh.org](mailto:Lauren.Norcross@rwjbh.org)

[www.rwjbh.org/events](http://www.rwjbh.org/events)

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



## **LGBTQ SERVICES**

### **CenterLink**

(954) 765-6024

[www.lgbtqcenters.org](http://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](mailto:hello@gardenstateequality.org)

[www.gardenstateequality.org/](http://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](mailto:info@lgbtagingcenter.org)

[www.lgbtagingcenter.org/](http://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/](http://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](mailto: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](http://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](http://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/](http://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.

## **Rapid SOS**

[www.emergencyprofile.org/](http://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/](http://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/](http://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

153 Halsey St, 6th Floor

Newark, NJ 07101

[askcbvi@dhs.nj.gov](mailto:askcbvi@dhs.nj.gov)

[www.state.nj.us/humanservices/cbvi/](http://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](mailto:DDHH.communications2@dhs.state.nj.us)

[www.nj.gov/humanservices/ddhh/](http://www.nj.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

441-443 Broad Street

Newark, NJ 07102

### **Safe Care Cam**

(973) 504-6375 or (800) 242-5846

[www.njconsumeraffairs.gov/SCC](http://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.

# GOVERNMENT SERVICES

## **Maplewood**

### **Maplewood Municipal Building/Town Hall**

(973) 762-8120

574 Valley Street

[www.maplewoodnj.gov/home](http://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](mailto:SOsocialWorker@southorange.org)

### **Animal Control**

Call the Police Department at (973) 762-3400

# GOVERNMENT SERVICES

## **South Orange**

### **Village Offices**

(973) 378-7715

76 South Orange Avenue, Suite 302

### **Department of Recreation**

(973) 378-7754

298 Walton Avenue (*while Baird Center at 5 Mead Street is being renovated*)

### **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](mailto:SOsocialWorker@southorange.org)

### **Animal Control**

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



# **GOVERNMENT SERVICES**

## **Maplewood/South Orange Shared Services**

### **Health Department**

(973) 762-8120, x2006

[HealthDepartment@maplewoodnj.gov](mailto:HealthDepartment@maplewoodnj.gov)

[SOHealthDept@southorange.org](mailto:SOHealthDept@southorange.org)

### **Older Adult Case Manager**

(973) 986-4321

[SOSocialWorker@southorange.org](mailto:SOSocialWorker@southorange.org)

### **SOMA Two Towns for All Ages**

(973) 558-0863

[SOMA2towns@gmail.com](mailto:SOMA2towns@gmail.com)

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

### **South Essex Fire Department**

(973) 378-7751

52 Sloan Street

South Orange

## **GOVERNMENT SERVICES**

### **Essex County**

#### **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](mailto:info@clerk.essexcountynj.org)

[www.essexclerk.com](http://www.essexclerk.com)

### **State of New Jersey**

#### **Conversation of Your Life (COYL)**

(609) 452-5980

[kbisaha@njhcqi.org](mailto: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.

## **GOVERNMENT SERVICES**

### **State of New Jersey (continued)**

#### **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](http://www.state.nj.us/humanservices/dmahs/clients/njppp.html)

#### **NJ Dept. Of Human Services Division of Aging Services**

(800) 792-8820

P.O. Box 715

Trenton, NJ 08625-0715

#### **NJ Office of the State Long-Term Care Ombudsman**

(877) 582-6995

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

Trenton, NJ 08625-0852

[ombudsman@ltco.nj.gov](mailto:ombudsman@ltco.nj.gov)

[www.nj.gov/ooie/](http://www.nj.gov/ooie/)

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/](http://www.state.nj.us/mvc/)

#### **NJ State Legislature, District 27**

[www.njleg.state.nj.us/districts/district-27](http://www.njleg.state.nj.us/districts/district-27)

# GOVERNMENT SERVICES

## **Federal Offices**

### **Medicare**

(800) 633-4227

[www.medicare.gov/](http://www.medicare.gov/)

### **Social Security**

(800) 772-1213

[www.ssa.gov/](http://www.ssa.gov/)

**Supplemental Security Income** is a federal program for that provides a monthly stipend for the aged and people with disabilities. It is administered through the Social Security Administration and can be applied for through any Social Security office.

## **CONSUMER AFFAIRS & PROTECTION**

### **Essex County Consumer Advocate**

(973) 395-8360

[mwilliams@communityaction.essexcountynj.org](mailto:mwilliams@communityaction.essexcountynj.org)

### **NJ Office of Consumer Protection**

(973) 504-6200

124 Halsey Street

Newark, NJ 07101

[AskConsumerAffairs@dca.lps.state.nj.us](mailto:AskConsumerAffairs@dca.lps.state.nj.us)

[www.njconsumeraffairs.gov/ocp/](http://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](mailto:askconsumeraffairs@dca.lps.state.nj.us)

[www.njconsumeraffairs.gov/ocp/](http://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](http://www.nj.gov/military/veterans)

## **Essex/Union Veterans Service Office**

(973) 297-3336

20 Washington Place, Room #431

Newark, NJ 07102

[Edward.Puzio@dmava.nj.gov](mailto:Edward.Puzio@dmava.nj.gov)

## **U.S. Department of Veterans Affairs**

(800) 827-1000

[www.va.gov/](http://www.va.gov/)

## **NJ VET to VET Helpline**

(866) 838-7654

[www.njvet2vet.com/](http://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/](http://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/](http://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](mailto:info@nchv.org)

<https://nchv.org/>

Provides help for homeless Veterans nationwide.

#### **Department of Housing and Urban Development Veteran Resource Center (HUDVET)**

(800) 998-9999

Email: [hudvet@hud.gov](mailto:hudvet@hud.gov)

[www.hud.gov/hudvet](http://www.hud.gov/hudvet)

Provides housing for homeless, disabled and low-to-moderate income Veterans, and general home ownership assistance.

# 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

## **Parks**

**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

65 Scotland Road

South Orange, NJ 07079

[librarian@sopl.org](mailto:librarian@sopl.org)

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

### **Maplewood Main Library**

#### **Adult Services**

129 Boyden Avenue

Maplewood, NJ 07040

(973) 762-1688

[library@maplewoodlibrary.org](mailto:library@maplewoodlibrary.org)

[www.maplewoodlibrary.org](http://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](mailto:kids@maplewoodlibrary.org)

[teens@maplewoodlibrary.org](mailto:teens@maplewoodlibrary.org)

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

### **Talking Book & Braille Center (TBBC)**

1-800-792-8322

[tbbc@njstatelib.org](mailto:tbbc@njstatelib.org)

[www.njstatelib.org/tbbc](http://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](mailto:boxoffice@SOPACnow.org)

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

### **The Burgdorff Center for the Performing Arts**

(973) 843-7157

10 Durand Road

Maplewood, NJ 07040

[www.maplewoodartsandculture.org/the-burgdorff](http://www.maplewoodartsandculture.org/the-burgdorff)

### **Paper Mill Playhouse**

(973) 376-4343

22 Brookside Drive

Millburn, NJ 07041

[BoxOffice@PaperMill.org](mailto:BoxOffice@PaperMill.org)

<https://papermill.org>

### **Mayo Performing Arts Center**

(973) 539-8008

100 South Street

Morristown, NJ 07960

[boxoffice@mayoarts.org](mailto:boxoffice@mayoarts.org)

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

### **NJ Performing Arts Center (NJPAC)**

(888) 696-5722

1 Center Street

Newark, NJ 07102

[ticketsservices@njpac.org](mailto:ticketsservices@njpac.org)

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

## PERFORMANCE THEATERS

### **Luna Stage**

(973) 395-5551 Ext 10  
555 Valley Road  
West Orange, NJ 07052

[info@lunastage.org](mailto:info@lunastage.org)

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

### **Summit Playhouse**

(908) 273-2192  
10 New England Ave.  
Summit, NJ 07901

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

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

### **Wellmont Theater**

(973) 783-9500  
5 Seymour Street  
Montclair, NJ 07042

[info@thewellmont.com](mailto: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](mailto:boxoffice@montclair.edu)

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

### **Kean State at Kean University**

(908) 737-7469  
1000 Morris Avenue  
Union, New Jersey 07083

[ticket@kean.edu](mailto:ticket@kean.edu)

<https://keanstage.com>

## MOVIE THEATERS

### **The Village at SOPAC**

(973) 327-4012

1 SOPAC Way

South Orange, NJ 07079

[thevillage@cinemalab.com](mailto: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](http://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](http://www.amctheatres.com/movie-theatres/mountainside)

### **Cranford Theater**

(908) 588-2477

25 North Avenue West

Cranford, NJ 07016

[www.cranfordtheater.com](http://www.cranfordtheater.com)

## MUSEUMS

### **Durand-Hedden House and Garden**

523 Ridgewood Road  
Maplewood, NJ 07040  
[info@durandhedden.org](mailto:info@durandhedden.org)  
[www.durandhedden.org/](http://www.durandhedden.org/)

### **Montclair Art Museum**

(973) 746-5555  
3 South Mountain Avenue  
Montclair, NJ 07042  
[communications@montclairartmuseum.org](mailto:communications@montclairartmuseum.org)  
[www.montclairartmuseum.org](http://www.montclairartmuseum.org)

### **Morris Museum**

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

### **The Newark Museum of Art**

(973) 596-6550  
49 Washington Street  
Newark, NJ 07102  
[info@newarkmuseumart.org](mailto: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](mailto: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](mailto:info@hartshornarboretum.org)

<https://hartshornarboretum.org>

### **Reeves-Reed Arboretum**

(908) 273-8787

165 Hobart Avenue

Summit, NJ 07901

[info@reeves-reedarboretum.org](mailto:info@reeves-reedarboretum.org)

<https://reeves-reedarboretum.org/>

## HOUSES OF WORSHIP

### **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.ahavathzion.com/](http://www.ahavathzion.com/)

### **Congregation Beth El**

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

### **Congregation Beth Ephraim**

113 Parker Ave.  
Maplewood, NJ 07040  
(973) 762-5722  
[admin@maplewoodjewishcenter.org](mailto:admin@maplewoodjewishcenter.org)  
[www.maplewoodjewishcenter.org/](http://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](mailto:SAHCoffice@gmail.com)  
<https://sahchurchnj.org/>

## HOUSES OF WORSHIP

### **First Baptist Church of South Orange**

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

### **First Presbyterian & Trinity**

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

### **Grace Church**

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

### **Kol Rina**

60 Valley St.  
South Orange, NJ  
(855) 664-6926  
[KolRinaNJWelcome@gmail.com](mailto:KolRinaNJWelcome@gmail.com)  
[www.kolrinanj.org](http://www.kolrinanj.org)

### **Maplewood Bible Chapel**

127 Burnett Ave.  
Maplewood, NJ 07040  
(973) 761-6430  
[www.maplewoodbible.org](http://www.maplewoodbible.org)



## HOUSES OF WORSHIP

### **Morrow Memorial United Methodist**

600 Ridgewood Rd.

Maplewood, NJ 07040

(973) 763-7676

[opendoors@morrowchurch.org](mailto:opendoors@morrowchurch.org)

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

### **Oheb Shalom**

170 Scotland Road,

South Orange, NJ 07079

(973) 762-7067

[info@ohebshalom.org](mailto:info@ohebshalom.org)

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

### **Our Lady of Sorrows**

217 Prospect Street

South Orange, NJ 07079

(973) 763-5454

[www.olschurch.com/](http://www.olschurch.com/)

### **Prospect Presbyterian Church**

646 Prospect St.

Maplewood, NJ 07040

(973) 763-2090

[office@prospectchurch.org](mailto:office@prospectchurch.org)

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

### **South Orange Vailsburg United Methodist Church**

150 S. Orange Ave

South Orange, NJ 07079

(973) 763-0655

[sovumc@me.com](mailto:sovumc@me.com)

<https://thesovumc.wixsite.com/thesovumc>

## HOUSES OF WORSHIP

### **St. George's Episcopal Church**

550 Ridgewood Rd.

Maplewood, NJ 07040

(973) 762-1319

[parish-office@stgeorges-maplewood.org](mailto:parish-office@stgeorges-maplewood.org)

[www.stgeorges-maplewood.org](http://www.stgeorges-maplewood.org)

### **St. Joseph Roman Catholic Church**

767 Prospect St.

Maplewood, NJ 07040

(973) 761-5933

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

### **Temple Sharey Tefilo-Israel**

432 Scotland Rd.

South Orange, NJ 07079

(973) 763-4116

[tstioffice@tstinj.org](mailto:tstioffice@tstinj.org)

<https://tsti.org/>

### **Ukrainian Orthodox Church of Holy Ascension**

652 Irvington Ave.

Maplewood, NJ 07040

(973) 763-7644

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

### **Winners Chapel International NJ**

238 Burnett Ave.

Maplewood, NJ 07040

(973) 762-6800

[info@winnerschapelnj.org](mailto:info@winnerschapelnj.org)

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



