



Senior Resource Directory

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About This Directory

This directory is designed to make it as easy as possible for older adult residents of SOMA (South Orange and Maplewood) and those who care for them to find and use local resources designed for them. This directory 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 responsive to older residents' needs by making our towns more age-friendly.

This directory lists government and non-profit resources. It includes local, county, state and federal government services, charities, agencies and contracted services that are available to residents. Some services may be subject to income, age or residency status.

There are also private companies and services in our area that are not listed in this directory. Ways to find appropriate services related to health and medical needs are through your healthcare provider, Medicare or, if you have chosen Medicare Advantage, through your Medicare plan. In addition, several local private companies advertise in the SOMA Two Towns for All Ages newsletter, which is mailed every other month to residents. Issues can be found on our website under the "publications" tab or a copy can be mailed to you by contacting our office.

Listing in this directory does not imply recommendation or endorsement of any organization or provider or any arrangement between SOMA Two Towns for All Ages, the Township of Maplewood or the Village of South Orange and providers listed.

How to use this directory

This directory offers the names and contact information of service providers in the local area. Providers outside of the immediate area are also included when appropriate.

Providers are listed under categories of services. Often, they are listed multiple times, if they provide multiple types of service. 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.

We have made every effort to cover the full range of services and topics of interest to older adults. If you are aware of additional services or of corrections to the information in this directory, please let us know!

SOMA Two Towns for All Ages

Website: www.SOMATwoTownsforAllAges.org

Email: SOMA2towns@gmail.com

Phone: (973) 558-0863

Mailing Address: 574 Valley St, Maplewood, NJ 07040

Adult Protective Services

The role of Adult Protective Services (APS) is to investigate complaints of suspected abuse, neglect and/or exploitation of vulnerable adults. A complaint to APS will generate a thorough assessment to determine if intervention is warranted.

Essex County Adult Protective Services
(866) 903-6287

NJ State Hotline
(800) 792-8820

Safe Care Cam

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 at either (973) 504-6375 or (800) 242-5846, follow voice prompts to a "Safe Care Cam" Program voicemail box and leave a message. Or go to: <https://www.njconsumeraffairs.gov>

Caregiver Support

Caregivers Ministry at Morrow Church
(973) 763-7676

600 Ridgewood Road, Maplewood
caregivers@morrowchurch.org

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

United Way

The United Way has several caregiver support programs:

1 - The Essex County Caregivers Coalition holds monthly meetings on the second Tuesday of the month from 9:30am to 11:00am, offering education, resources, support and help caregivers connect with other caregivers and empathetic professionals.

The Verona Community Center
880 Bloomfield Avenue, Verona

For questions call (973) 993-1160 x209.

2 - "The Informed Caregiver," is a FREE educational video series designed to help family caregivers navigate the challenges of caring for a loved one. These can be found online at: www.unitedwaynj.org/newsevents/pvvideoscaring.php

3 - “Pathways for Caregivers.”

The regional edition of this comprehensive guide with focused sections on aging, disabilities, mental health issues, etc. can be viewed online at:

www.unitedwaynj.org/ourwork/heal_caregivers_pathways.php

Or call (888) 338-9227 for your own copy.

Copies also available at the Maplewood Senior Center

Consumer Affairs & Protection

Essex County Consumer Advocate

(973) 395-8360

mwilliams@communityaction.essexcountynj.org

Scam Victimization

(973) 504-6200

P.O. Box 45025

Newark, NJ 07101

AskConsumerAffairs@lps.state.nj.us

New Jersey Division of Consumer Affairs

(973) 504-6200 or (800) 242-5846

124 Halsey Street, Newark, NJ 07102

General email:

askconsumeraffairs@dca.lps.state.nj.us

<http://www.njconsumeraffairs.gov>

Dental Care

Dental Care, UMDNJ School of Dentistry

(973) 972-4242/50

12th Ave.

Newark, NJ 07102

<http://sdm.rutgers.edu/patients/njds.htm>

NJDA Senior Dent Program - if part of

PAAD Program

(800) 792-8820

Rutgers School of Dental Medicine

(973) 972-7370

110 Bergen Street

Newark, NJ 07101

Zufall Health Community Health Center

(973) 325-2266

95 Northfield Avenue, Suite 2

West Orange, NJ 07052

Disability Assistance

NJ Division of Disability Services

(888) 285-3036

www.state.nj.us/humanservices/dds

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

<http://adrcnj.org>

ADRC provides information and assistance to older persons, adults with physical disabilities, caregivers and professionals looking for services or programs. The website allows you to enter your zip code and the services you are looking for. Services include various types of assistance, health topics, social activities, caregiver issues, insurance, and housing.

Vision Loss

NJ Commission for the Blind and Visually Impaired

(973) 648-3333

PO Box 47017

153 Halsey St, 6th Floor

Newark, NJ 07101

www.state.nj.human services/cbvi

Hearing Loss

NJ Hearing Aid Project

(800) 792-8339

For NJ residents age 65+ with an income of no more than 250% of the federal poverty level.

NJ Division for the Deaf & Hard of Hearing

(609) 588-2648

Hearing Aid Assistance (HAAD)

(800) 792-9745

Emergency and Urgent Assistance

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

For urgent situations needing help and those that are not life-threatening, call the following:

Police Departments

Maplewood Police Department (973) 762- 3400

South Orange Police (973) 762-3300

Fire Departments

Maplewood: (973) 762-6500

South Orange: (973) 762-3200

Poison Control

(800) 222-1222

140 Bergen St, Newark, NJ 07103

NJ Register Ready

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

www.registerready.nj.gov

NJ Special Needs registry for disasters allows NJ residents with access and functional needs an opportunity to provide information to emergency response agencies, so emergency responders can better plan to serve them in a disaster or other emergency. The information collected is confidential and will only be used for emergency response and planning.

Personal Emergency Assistance Devices

(973) 395-8365

Essex County Division of Senior Services

900 Bloomfield Ave.

Verona, NJ 07044

Verizon Communication Lifeline

(888) 337-339

Food and Nutrition

Supplemental Nutritional Assistance Program (SNAP)

You may qualify for SNAP if your income is less than \$1832 per month. Call JFS at (973) 637-1717 or Essex County Division of Senior Services at (973) 395-8375.

“Meals on Wheels” Programs

Chrill Care

(973) 744-0473
201 Bloomfield Ave.
Verona, NJ 07044
<https://www.chrill.org>

The JCC MetroWest Kosher Meals on Wheels

(973) 530-2414
Eligibility restrictions apply.

Food Banks

If you or someone you know is struggling with food bills, there are 3 food pantries in South Orange and Maplewood that are ready to help.

Our Lady of Sorrows

217 Prospect St., South Orange
Open Saturday mornings, 9:30 - 11:00 am.

The Bobrow Kosher Food Pantry at Oheb Shalom

Offers kosher food on certain Wednesday evenings and Sunday mornings.
Call (973) 762-7067 for dates and details.

St. Joseph’s Food pantry

245 Hilton Ave, Maplewood
Open every third Saturday of the month,
10-11am, or by appointment.
Call (973) 761-5933 for emergencies.

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.

Kosher Congregate Lunch

The Village Apartments at 110 Vose Ave. in South Orange
Offered every Tuesday and Thursday, lunch is served at noon. Reservations are required by calling (973) 530-3504.
Suggested donation \$4.

General Assistance

Essex County Division of Senior Services

(973) 395-8375

900 Bloomfield Ave., Verona

Special transportation: (973) 618-1280

The Essex County Division of Senior Services is a New Jersey EASE (Easy Access Single Entry) site, which provides older adults, their families, and other concerned individuals with information about, and referral or linkage to, community services. The Division's services are targeted to individuals with the greatest social and economic need. Services include:

- Adult Protective Services
- Assisted Transportation
- Caregiver Assistance
- Care Management
- Certified Home Health Aide
- Dental Health Services
- Emergency Heating/Cooling
- Financial Counseling
- Friend/Advocate
- Grandparent Caregivers
- Health Insurance Counseling (SHIP)
- Home Delivered Meals
- Home Friend in-home chore service
- Home Modifications (ramps)
- Information & Assistance
- Legal Services
- Nutrition Sites
- Outreach
- Jersey Assistance for community caregivers (JACC)
- Residential Repair (minor repairs)
- Respite Services
- Telephone Reassurance
- Title III Family Caregivers Support Services
- Transportation
- Visiting Nurse

Chrill Care

(973) 744-8103 X 258

Chrill Care offers a range of services for seniors, either private pay or through Essex County Senior Services. Services include:

- Certified Home Health Aide
- Live-ins
- Companion/Homefriend Service
- Telephone Reassurance
- Respite Care
- Medication management
- Home Delivered Meals
- Congregate Meals
- Housekeeping Service

NJ 211

This free, confidential information and referral service connects families and individuals in need of help to community resources. Just dial 2-1-1, no other digits needed.

NJ Save

(800) 792-9745

www.aging.nj.gov

NJ Save is a one-stop application for benefits and savings by NJ Department of Human Services, Division of Aging Services. You may qualify for programs if you are age 65+ or are age 18-64 and receive Social Security disability benefits, and meet certain income guidelines. Benefits include:

- Pharmaceutical Assistance
- Hearing Aid Assistance
- Lifeline Utility Assistance
- Medicare Saving Programs
- Senior Gold Prescription Program
- Universal Service Fund
- Low-income Heating & Energy Assistance
- Reduced Motor Vehicle Fees
- and more.

The Eldercare Locator

(800) 677-1116 M-F, 9am – 8pm.

Email: eldercarelocator@n4a.org

<https://eldercare.acl.gov/Public/Index.aspx>

The Eldercare Locator is a free service by the National Association of Area Agencies on Aging that provides connection to resources that enable older persons to live independently in their communities and offers support for caregivers.

Jewish Family Services (JFS) of MetroWest

(973) 765-9050

www.jfsmetrowest.org

JFS offers a variety of services to assist older adults and their families in embracing the aging process, providing a wide range of information and referrals including Family Caregiver Services, Comprehensive Assessments, Geriatric Care Management and Care Consultation, counseling and support groups, Holocaust Survivor services, Alzheimer's and related dementia programs, and emergency financial assistance.

Senior Reach

973-637-1740

Senior Reach is a community program that identifies older adults who may need emotional or physical support and/or connection to community services. It's a simple way to help older adults get assistance before a serious crisis develops. You can call for assistance for yourself or someone you are concerned about.

Government Services

Maplewood

Maplewood Municipal Building/Town Hall

574 Valley Street

Maplewood Township, NJ 07040

Main number (973) 762-8120

Department of Public Works (973) 762-1175

Police Department (973) 762-3400

Fire Department (973) 762-6500

Senior Center (973) 763-0750

Dehart Community Center (973) 763-5287

Animal Control: St. Hubert's Animal Control Services (973) 377-2296.

South Orange

Village Offices

76 South Orange Avenue, Suite 302

South Orange, NJ 07079

Main number (973) 378-7715

Department of Recreation (973) 378-7754

South Orange Parking Authority (973) 378-7715

Department of Public Works (973) 378-7741

Police Department (973) 762-3300

Fire Department: (973) 762-3200

Animal Control: St. Hubert's Animal Control Services (973) 377-2296.

Essex County Services

Essex County Division of Senior Services

For information on any services funded through the County Office on Aging and referrals to appropriate services, see listings under "General Assistance."

Essex County Office for the Disabled

(973) 395-8494

50 South Clinton Street

East Orange, NJ 07018

Information and Referrals

Essex County Clerk's Office

(973) 621-4921

465 MLK Boulevard

Newark, NJ 07102

<http://www.essexclerk.com>

State of New Jersey

NJ Dept. Of Human Services Division of Aging Services

Senior Hotline (800)-792-8820

New Jersey Office of the State Long-Term Care Ombudsman

(609) 826-5090

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

Trenton, NJ 08625-0852

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

<https://www.state.nj.us>

Nearest Facility: 34 Center Street

Springfield, NJ 07081

Federal Offices

Medicare

(800)-633-4227

<https://www.medicare.gov>

Social Security

(800) 772-1213

<https://www.ssa.gov>

Supplemental Security Income

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

Health

Hospitals

Saint Barnabas Medical Center

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

Overlook Medical Center

99 Beauvoir Avenue
Summit, NJ 07901
(908) 522-2000

Morristown Medical Center

100 Madison Ave
Morristown, NJ 07960
(973) 971-5000

Newark Beth Israel Medical Center

201 Lyons Ave
Newark, NJ 07112
(973) 926-7000

Adult Day Services

Essex County Respite Care Program

(973) 395-8375
465 MLK Boulevard
Newark, NJ 07102

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

University Hospital

150 Bergen Street
Newark, NJ 07103
(973) 972-4300

Clara Maass Medical Center

1 Clara Maass Drive
Belleville, NJ 07109
(973) 450-2000

Fast Track-Saint Barnabas Medical Center

94 Old Short Hills Road
Livingston, NJ 07039
(973) 322-5180

Atlantic Health System Senior Services

www.atlantichealth.org/conditions-treatments/senior-services.html

Daughters of Israel

(973) 731-5100
1155 Pleasant Valley Way
W. Orange, NJ 07052
www.daughtersofisrael.org

Jewish Family Services

(973) 765-9050
www.jfsmetrowest.org

Littman Memory Center/ JCC Metrowest-

West Orange
(973) 530-3491
www.jccmetrowest.org

**New Community Corporation Adult
Medical Day Care**

Essex County
973-624-2020

SAGE Eldercare

(908) 598-5520
290 Broad St., Summit, NJ 07901
www.sageeldercare.org

Health Insurance/Coverage

Medicare

(800)-633-4227
www.Medicare.gov

Medicaid

(866) 762-2237
www.Medicaid.gov

NJ Family Care

(800) 701-0710
NJ's publicly funded health insurance program including CHIP, Medicaid and Medicaid expansion populations.

**Essex County Division of Senior
Services**

(973) 395 8375

Home Care Services

Chrill Care

(973) 744-8103
210 Bloomfield Ave.
Verona, NJ 07044
Provides homemaker, home health aide and visiting skilled nurses. Call for fees and eligibility.

Wise Center YMCA Branch

(908) 687-2995
2095 Berwyn St. (United Methodist Church)
Union, NJ 07083
www.tgfymca.org/adult-day-services

**State Health Insurance Assistance
Program (SHIP)* Counseling**

(800) 792-8820 (State Office)
(973) 637-1717 (Essex County contractor)
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 Medical Patrol of New Jersey

(732) 777-1940 ext. 1117
Call to Report Medicare or Medicaid Waste, Fraud and Abuse, or to become a SMP Volunteer

**Essex Country Friend Advocate
Program**

(973) 765-9050

JVS Caregiving Companions

(973) 674-6330
<http://jvsnj.org>

Hospice

Atlantic Home Care & Hospice

(973) 379-8400

465 South Street, Suite 100

Morristown, 07960

www.atlantichealth.org

St. Barnabas Palliative Care Center

(973) 379-8400

95 Old Short Hills Rd.

West Orange, NJ

www.barnabashealth.org

The Home Care & Hospice Association of New Jersey

732-877-1100

www.homecarenj.org

The Home Care & Hospice Association of NJ is a non-profit Association which represents and advocates for the full scope of home care and hospice agencies in NJ.

Prescription Assistance

Pharmaceutical Assistance to the Aged and Disabled (PAAD) & Senior Gold

(800) 792-9745

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:

- are a New Jersey resident;
- are age 65 or older or between ages 18 and 64 and receiving Social Security Title II Disability benefits; and
- have a 2019 income less than \$27,951 if single or less than \$34,268 if married.
- are also required to enroll in a Medicare Part D Prescription Drug Plan.

Partnership for Prescription Assistance

www.pparx.org

The Partnership for Prescription Assistance is a free, confidential service that helps connect uninsured and underinsured patients to programs providing prescription medicines for free or nearly free.

Assistance from Pharmaceuticals

Many pharmaceuticals provide assistance for patients who cannot afford the cost of their prescription drugs. If you need assistance paying for your prescriptions, talk to your doctor or contact the pharmaceutical patient assistance program.

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

(201) 368-8585

60 West Hunter Avenue. Maywood, NJ

www.adleraphasiacenter.org

Aging Substance Abuse Outreach Program

732-235-3440

Alcoholics Anonymous

908-687-8566

Alzheimer's Association Greater NJ Chapter

(973) 586-4300

American Diabetes Association

(800) 342-2383

www.diabetes.org

American Heart Association

(609)208-0020

www.heart.org

American Parkinson Disease Association

(732) 745-7520

apdanj.org

Arthritis Foundation

(888) 467-3112

www.Arthritis.org

National Multiple Sclerosis Society

(201) 967-5599

www.nationalmssociety.org

National Stroke Association

(800) 767-6537

www.stroke.org

Parkinson's Support group

(973) 322-8195

www.rwjbh.org/sbmcevents

St. Barnabas Medical Center in conjunction with the JCC in West Orange offers a free, monthly support group for patients and their caregivers.

Housing

Local Senior Apartments

The Village Apartments

(973) 763-0999
110 Vose Ave
South Orange, NJ 07079

B’Nai B’rith

(973) 761-4602
219 S Orange Ave
South Orange, NJ 07079
Offers federally assisted housing

Maplewood Senior Apartments

(973) 763-4322
564 Irvington Ave
Maplewood, NJ 070440
Offers federally assisted housing

Nora Gardens

(908) 686-9100
1775 Burnet Ave
Union, NJ 07083
Offers federally assisted housing

Senior Housing Referral Services

New Jersey Housing Resource Center (NJHRC)

(877) 428-8844

www.njhrc.gov

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

NJ Housing Counseling Program

800-NJHOUSE

www.NJhousing.gov.

The NJ Housing Counseling Program, part of the New Jersey Housing and Mortgage Finance Agency, is dedicated to increasing the availability of and accessibility to safe, decent and affordable housing to NJ residents, offering help with mortgages, foreclosures and rentals.

Utilities Assistance and Programs

Comfort Partners Program

(800)-915-8309

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

Emergency Heating and Cooling

(877) 222-3737

H2O to Help Others Program

(877) 652-9429

<http://www.njshares.org>

American Water's H2O to Others Program is provides aid to New Jersey's most economically challenged customers. Customers who qualify may receive a grant to help pay their water bill.

Home Energy Assistance Hotline

(800) 510-3102

Life Line Credit Program

(800) 792-9745

Life Line Credit is an annual credit for your gas or electric bill of people receiving Social Security Title II benefits.

LIHEAP-State of New Jersey Home Energy Assistance Program

(973) 485-0795

<http://www.energyassistance.nj.gov>

LIHEAP helps low income households with heating and certain medically-necessary cooling expenses. Applications are accepted between October 1 and April 30.

NJ SHARES

(866) NJSHARES (657-4273)

www.njshares.org

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

Temporary Relief for Utility Expenses /Payment Assistance for Gas & Electric

(855) 465-8783 or (732) 982-8710

www.NJpoweron.org

The "TRUE" and "PAGE" programs provide relief for low-income NJ residents experiencing a temporary financial crisis.

Universal Service Fund (USF)

(800) 510-3102

USF helps low-income households lower their energy bills.

Winter Termination Program

(800) 624-0241

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.

Home Repair

**Jewish Vocational Service Home
Maintenance Solutions**
(973) 674-2416

Essex County/Life Management Inc.
(973) 655-0300

Home Loans

No and low-interest loans are available for qualifying residents for home repairs and maintenance. Loans can be used for heating, electrical upgrades, roof repairs, plumbing and more:

The South Orange/Maplewood Community Coalition on Race

(973) 761-6116

www.communitycoalitiononrace.org

This *Home Maintenance Loan* program offers financial assistance to local homeowners in neighborhoods with the greatest need, based on Code Enforcement Department data. Qualifying home owners can borrow up to \$5000 to complete external 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 Residents

(609) 664-2760 x29

www.hip.cpgh.net

Maplewood residents can receive a zero-interest, 10 year forgivable loan based on income eligibility.

Operation Blue Angel

Both the Maplewood and South Orange Police Departments offer this safety program for older adults who are over 55 years of age, are medically impaired or are frequently alone by giving 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. The key is provided by the resident, and the lockbox will only be accessible to the local police department. In the case of an emergency where the resident is unable to come to the door, the police, fire department or emergency medical services (EMS) will be able to enter the home using the spare key. Participation is voluntary, free, and may be stopped or started at any time.

Interested, qualifying residents should contact their local police departments:

South Orange - (973) 763-3000 and leave a message for Community Policing Unit

Maplewood - (973) 762-3400 and ask for Community Policing at ext.7913.

Property Tax Relief

The NJ Division of Taxation offers property tax deductions and credits for qualifying homeowners and tenants who pay property taxes, either directly or through rent, on a principal residence in New Jersey. Details and eligibility requirements for programs can be found on the state's website at: <https://www.state.nj.us/treasury/taxation/relief.shtml> or by calling General Tax Information (609) 826-4400 or (800) 323-4400.

Property Tax Reimbursement aka "Senior Freeze"

(800)-882-6597

www.State.NJ.US/Treasury/taxation

This program "freezes" your property taxes to the level in 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 lived in New Jersey continuously for at least the last 10 years
- You owned and lived in your current home for at least the last 3 years.
- You fully paid the property taxes due on your home.

The income eligibility requirements change every year and are decided in June. Filing deadline is usually in October. Note: if you learn that you were previously eligible but had not filed, you may be able to move your baseline year back.

Property Tax Deduction by Veteran or Surviving Spouse/Domestic Partner

This program gives a \$250 deduction for qualified war veterans or their surviving, unremarried spouses/domestic partners. To qualify, you 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.

"Homestead Benefit" (for homeowners)

(877) 658-2972

www.State.NJ.US/treasury/taxation.

E-mail: NJHomesteadbenefit@treas.State.NJ.US.

"Real Property Tax Deduction" for Senior Citizens

Eligibility for the property tax deduction is established in the year prior to the calendar tax year if annual income does not exceed \$10,000 after a permitted exclusion of Social Security Benefits, or Government Retirement/Disability Pension. Eligible residents usually have \$250 deducted from their fourth quarter tax bill.

Legal Assistance

Adult Protective Services Essex County

(866) 903-6287
441-443 Broad Street
Newark, NJ 07102

Caring Connection

(800) 658-8898
www.caringinfo.org
Caring Connection provides free advance directives and instructions.

Disability Rights New Jersey

(800) 922-7233
210 South Broad Street
Trenton, NJ 08608

Legal Services of NJ Hotline

(888) 576-5529
The LSNJLAWSM Hotline provides legal advice, information, and referral over the telephone to low-income New Jersey residents in civil legal matters.

Nursing Home Ombudsman

(877) 582-6955
P.O. Box 852
Trenton, NJ 08625-0852

Office of the Public Guardian for the Elderly

(609) 588-6500
P.O. Box 812
Trenton, NJ 08625-0812
<http://www.chlp.com>

Community Health Law Project

(973) 680-5599
650 Bloomfield Avenue
Bloomfield, NJ 07003
<http://www.chlp.org>
Provides legal and advocacy services to residents with disabilities, consumers of mental health services, and visual impairments. CHLP represents clients in matters involving Social Security benefits, welfare, food stamps, housing habitability and landlord-tenant disputes, Medicaid, Medicare, and other health insurance issues.

Essex County Legal Aid Association

(973) 622-0063
<http://www.eclaanj.org>
ECLAA provides free emergency legal advice related to civil matters -- like landlord/tenant issues, consumer matters, etc.

Essex County Surrogate Office

Room 206, Hall of Records
465 MLK Blvd.
Newark, NJ 07102
(973) 621-4908

LGBT Services

CenterLink

(954) 765-6024

<https://www.lgbtcenters.org>

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

Garden State Equality

www.gardenstateequality.org

Garden State Equality is New Jersey's statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community.

National Resource Center on LGBT Aging

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

The resource center aims to improve the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.

PFLAG - (NJ)

(908) 300-4227

<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 and holds monthly meetings.

SAGEUSA.org

(201) 963-4779

www.sageusa.org

32 Jones Street

Jersey City, NJ 07306

SAGE Jersey City is a program of Hudson Pride Connections Center that seeks to build community, provide social avenues, and shift the aging paradigm within the 40+ LGBTQ population. Hudson Pride provides access to important resources and referrals regarding health care, social services, and community activities.

Libraries

South Orange Public Library

(973) 762-0230
65 Scotland Road
South Orange, NJ 07079
www1.youseemore.com/southorange

Maplewood Main Library

(973) 762-1622
51 Baker Street
Maplewood, NJ 07040
www.maplewoodlibrary.org

Maplewood Hilton Branch Library

(973) 762-1688
1688 Springfield Ave.
Maplewood, NJ 07040
<https://www.maplewoodlibrary.org>

LIBRARY EQUAL ACCESS PROGRAM (LEAP)

(888) 322-1918, ext 501.

LEAP is a collaborative project of the New Jersey State Library Talking Book & Braille Center, public libraries and the Commission for the Blind and Visually Impaired. The South Orange library participates in this program. The centers include assistive technology computers & iPads with magnification and speech. The goal of LEAP is to introduce new technology to assist people as their vision changes with aging. Any New Jersey resident 55 and older who has a change in vision is eligible. For more information on training and classes call (888) 322-1918 x501

Mental Health

Outpatient, Information and Referrals

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 services that connect people to inpatient and outpatient services, rehabilitation services and more.

East Orange Hospital for Mental Health

300 Central Ave, East Orange, NJ 07018

(973) 266-8440

<https://www.evh.org/behavioral-health-inpatient-services/>

Family Service League

(973) 746-0800

Jewish Family Services of MetroWest

(973) 740-1233

www.jfs-metronj.org

Mental Health Association of Essex County

(973) 509-9777

33 South Fullerton Ave., Montclair 07042

www.mhaessex.org

Newark Beth-Israel

210 Lehigh Ave, Newark, NJ 07112

(973) 926-7026

NJ Self-Help Group Clearinghouse

(800) 367-6274

Clara Maass Medical Center – Geriatric Psychiatry

(800) 300-0628

1 Clara Maass Drive

Belleville, NJ 07109

Inpatient, Emergency intake and Crisis Intervention

All services listed below are available 24 hours, seven days a week and include the following: walk-in, telephone; and mobile crisis. As designated screening centers, staff will evaluate people in its service area who are thought to be in need of involuntary commitment in a psychiatric hospital.

Clara Maass Medical Center

1 Clara Maass Drive

Belleville 07109

(973) 844-4357

Newark Beth Israel Medical Center

201 Lyons Ave

Newark NJ 07112

24 Hour Hotline (973) 926-7444

East Orange General

300 Central Ave

East Orange NJ 07019

24 Hour Hotline (973) 266-4478

University Behavioral Healthcare

150 Bergen Street

Newark NJ 07101

24 Hour Hotline (973) 623-2323

Recreation: Fitness, Clubs, Senior Activities

Congregate Kosher Lunch

Tuesdays & Thursdays, Noon, at The Village Apartments, 110 Vose Ave. South Orange. Lunch is served at noon by reservation. Call Frances at (973) 530-3504. \$4 donation requested, guests under age 60, \$8.

The Ethical Culture Society of Essex County

(973) 763-1905

Email: ecsec.nj@gmail.com ; www.essexethical.org

516 Prospect Street, Maplewood. Phone

Has a variety of programs and events.

Friends of the South Orange Library

((973) 762-0230

friends@sopl.org

The Friends support the library through events, programming and fundraising.

GrandNannies Gathering

This group of local grandparents who take care of their grandchildren full or part time meets the 2nd Wednesday of each month, 7:30pm at the Ethical Culture Society for a face-to-face opportunity to chat and get to know one another better. GrandNannies and GrandDaddies are invited. See their face book page at facebook.com/groups/1403960663030605.

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 on the first Monday of the month at the Maplewood Memorial Library, 7:30 pm and are open to the public.

Maplewood Senior Center

(973) 763-0750

106 Burnett Ave

Ongoing activities, classes and special events. Fitness classes next door at Community Center.

Maplewood Senior Club

Meets monthly at the Maplewood Senior Center, 2nd Wednesday of the month with a speaker or presentation. For information on joining, call (973)763-0750.

Project Healthy Bones at the Baird

Mondays, 10 - 11:45 am

New members are welcome to join Tonia Moore in ongoing classes which help persons with osteoporosis, osteopenia, and anyone interested in promoting and maintaining healthy bones over the years ahead. For location while Baird is being renovated, email

Senior Share

Does multi-generational programs for seniors. .Contact Irene Dunsavage, irenecdun@gmail.com or find them on Facebook.

South Orange Library Lecture Series

This series of visiting professors from local colleges and universities features presentations and discussions on timely topics and current events. It is held most Thursdays at the South Orange library at 1 pm.

South Orange Maplewood Adult School

(973) 378-7620

Email: schoolinfo@somadultschool.org / www.somadultschool.org

More than 100 courses and lectures are offered in the fall and spring, with a modified schedule in the summer. Choices include art, music, business and finance, fitness and recreation, languages and technology. Office in Columbia High School.

S.O.S. South Orange Seniors

An advocacy group for older residents with many speakers and events such as exploring the “Blue Zones” and “Try Something New”, the 2nd Monday of each month. For more information, email southorangeseniors@gmail.com.

South Orange Senior Circle

Meets at The Baird Center in South Orange the 3rd Thursday of the month. Contact Catherine Sullivan for information and to join: cicisullivan@msn.net

Wednesdays at the Movies

South Orange Library, 1 pm. Alternates movies with a creative writing workshop.

Yarn & Fiber Arts Group

A gathering for people who knit, crochet, quilt, sew, embroider or do other creative things with yarn or fabric. Get feedback & advice. Bring your own supplies. All skill levels are welcome! Meets monthly on the second Saturday at the Maplewood Main Library, 10 am – noon.

Volunteer Opportunities

For a list of local volunteer opportunities, go to www.SOMATwoTownsforAllAges.org or call (973) 558-0863 to have a copy of the Volunteer Directory mailed to you.

Transportation

Senior Bus

Both towns offer free transportation to seniors during the week.

The **South Orange Senior Bus** operates 5 days a week, Monday through Friday, to stores and stops within the Village. It also includes transportation to out-of-town shopping areas on several days each month. (973) 378-7754, ext. 2.

The **Maplewood Senior Bus** runs several trips to shopping destinations during the week as well as “Dial-a-Ride” for door-to-door service within Maplewood. You can schedule a ride one day in advance by calling (973) 763-5287. On Mondays and Tuesdays, Maplewood's Dial-a-Ride service will take riders to South Orange Village upon request.

Commuter Jitneys

All South Orange and Maplewood residents can ride the commuter jitneys as they make the morning and evening routes to and from the train stations, from approximately 6:00am-9:00am and 5:00pm to 9:00pm. Please consult the towns' websites for schedules and fees.

The Essex County Special Transportation System

(973) 737-7200 or (973) 618-1280

This free service for Essex County residents age 60+ includes travel within Essex County and within a 5-mile radius of its borders. It is fully accessible, wheelchair and ADA compliant. Call to register and set up an appointment. Once you are in the system, you can begin scheduling rides. The service needs at least 2 days' notice, but can set up rides up to 14 days in advance. The system operates 4:30 am – 11 pm on weekdays, Saturdays for dialysis appointments only.

Access Link – ADA Paratransit

(800) 955-ADA1 (2321)

email adaservices@njtransit.com

www.accesslink.njtransit.com.

Access Link is for people with disabilities who are unable to use the local fixed bus routes.

Veterans Services

NJ Department of Military and Veteran Affairs

Benefit Hotline: (888) 865-8387

Counseling Hotline: (866) 838-7654

www.nj.gov/military/veterans

Essex/Union Veterans Service Office

20 Washington Place, Room #431

Newark, NJ 07102

(973) 297-3336 / Fax: (973) 648-2356

Veterans Health Services

Veterans Hospital East Orange Campus

(973) 676-1000

Mental Health: x1421

385 Tremont Ave.

East Orange, NJ 07018

Veterans Hospital Lyons Campus

(908) 647-0180

151 Knollcroft Road

Lyons, NJ 07939

Veterans Housing

National Coalition of Homeless Veterans

(800) VET-HELP

Provides help for homeless Veterans nationwide.

Newark Liaison Office

20 Washington Place Room #439

Newark, NJ 07102-3174

(973) 297-3230 / Fax: (973) 642-0830

U.S. Department of Veterans Affairs

(800) 827-1000

NJ VET TO VET HELPLINE

(866) 838-7654

<http://ubhc.rutgers.edu/vet2vet/>

VA Nurse Helpline

(800) 877-6976

available weekends, holidays, evenings and nights

Bloomfield Vet Center

(973) 748-0980

2 Broad Street, Suite 703

Bloomfield, NJ 07003

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

(800) 998-9999

Email: hudvet@hud.gov

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 and Maplewood

South Orange

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

The Pierro Gallery
5 Mead St.,
(973) 378-7833

S. Orange Performing Arts Center
(SOPAC)
1 SOPAC Way
(973) 313-2787

South Orange Public Library
65 Scotland Rd.
(973) 762- 0230

Maplewood

Dehart Community Center
120 Burnett Ave.
(973) 763- 0750

The Burgdorff Cultural Center
10 Durand Rd, (973) 763-9357
Durrand Hedden House
523 Ridgewood Rd

Maplewood Memorial Library
Main Library – 51 Baker St.
(973) 762-1622
Hilton Branch – 1688 Springfield Ave.
(973) 762-1688

Maplewood Senior Center
106 Burnett Ave., (973) 763- 0750

Parks-South Orange

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.

The Woodland 60 Woodland Rd
(973) 843-7157

1978 Maplewood Arts Center
1978 Springfield Avenue
908-899-1279

Parks-Maplewood:

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 - Durand & Maplewood Ave
Underhill Field & Track-58 Burr Rd

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

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
www.maplewoodjewishcenter.org/

Episcopal Church of St. Andrew & Holy
Communion
160 West South Orange Avenue
South Orange, NJ 07079
973 763-2355
<http://sahchurch.org>

Ethical Culture Society of Essex
516 Prospect St.
Maplewood, NJ 07040
(973) 763-1905
www.essexethical.org/

First Baptist Church of South Orange
103 Valley St
South Orange, NJ 07079
(973) 763-8593
<http://fbcsso.org>

First Presbyterian & Trinity
111 Irvington Ave.
South Orange, NJ 07079
(973) 762-7879

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
www.morrowchurch.org

Oheb Shalom
170 Scotland Road,
South Orange, NJ 07079
(973) 762-7067
<https://www.ohebshalom.org/>

Our Lady of Sorrows
217 Prospect Street
South Orange, NJ 07079
(973) 763-5454
<http://www.olschurch.com/>

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

S.O.-Vailsburg United Methodist Church
150 S. Orange Ave
South Orange, NJ 07079
(973) 763-0655

St. George's Episcopal Church
550 Ridgewood Rd.
Maplewood, NJ 07040
(973) 762-1319
www.stgeorges-maplewood.org

St. Joseph Roman Catholic Church
767 Prospect St.
Maplewood, NJ 07040
(973) 761-5933
<http://sjcmaplewoodnj.org/>

Temple Sharey Tefilo-Israel
432 Scotland Rd.
South Orange, NJ 07079
(973) 763-4116

Ukrainian Orthodox Church of Holy
Ascension
652 Irvington Ave.
Maplewood, NJ 07040
(973) 763-7644
<http://www.uocofusa.org>

Winners Chapel International NJ
238 Burnett Ave.
Maplewood, NJ 07040
(862) 241-5805
www.winnerschapelnj.org

Notes: