



South River Office on Aging  
55 Reid Street  
South River, NJ 08882  
Phone: (732) 257-2340 Fax: (732) 390-3470  
E-mail: [srseniors@southrivernj.org](mailto:srseniors@southrivernj.org)  
Website: [www.southrivernj.org](http://www.southrivernj.org)  
Director: Kim Bell

Hours of Operation  
Monday - Friday  
9:45 AM - 3:00 PM  
Sponsored by the Borough,  
Mayor and Council Members of South River

## South River Senior Newsletter



October 2016



### Welcome to the Office on Aging

Dedicated to promoting the health, independence and continuing contributions of older persons.

#### LIHEAP Application Processing

**D**o you need help paying your energy bills? A representative from the Puerto Rican Action Board will be on-site on Wednesday, October 5, 2016, from 1:00pm-2:30pm to assist with LIHEAP (Low Income Home Energy Assistance Program) application processing. To qualify, income for Fiscal Year 2016 before taxes must be less than or equal to: \$1,980/month for a 1-person household; \$2,670/month for a 2-person household. Support documentation must be provided in order to apply; call (732) 257-2340 for more info. Transportation is available.

#### Passport to Good Health Contest Winners

**C**ongratulations to the seven winners of our September Passport to Good Health contest, for participating in ten or more of our on-site Physical Activity Program instructor-led classes: Lonnie Clifton, Paulette Jensen, Joyce Kosa, Betsy Kuebler, Phyllis McLaughlin, Zenen Medina and Ed Shanley. These lucky members will enjoy a free farm-to-table brunch at Mumford's Culinary Center on October 7th. Well done!!!

#### Medicare Open Enrollment Period

**T**he State Health Insurance Program (SHIP) would like to remind people with Medicare to re-evaluate their health and prescription drug coverage for 2017. The annual Open Enrollment Period is October 15-December 7, and it is the only time beneficiaries may enroll in a new or change an existing plan. Members who would like information about plan options should call us at (732) 257-2340 to schedule an appointment.

#### Register to Vote

**T**he last day to register to vote in the General Election in November is Tuesday, October 18, 2016. If you're not registered and wish to do so, stop by the Office on Aging to pick up a Voter Registration Application.

#### Seasonal Flu Shots

**T**he Middlesex County Office of Health Services will be offering seasonal flu vaccines on Friday, October 7, 2016, from 1:00pm-2:00pm, at the South River Public Library, located at 55 Appleby Avenue. Pneumonia vaccines will be offered to individuals age 65+ and age 18-65 with a chronic illness whom have never received the vaccine. The fee for vaccines is as follows: Flu/Influenza: \$15 cash per person; Pneumonia/Pneumococcal: \$65 cash per person. Medicare beneficiaries who present a valid Medicare card at the time of vaccination will not be charged.



#### HOLIDAY LUNCHEON

Join Us for Some Holiday Cheer  
to Celebrate this Joyous Time of Year!

Office on Aging Members  
are Invited to Mingle & Jingle

**FRIDAY, DECEMBER 16, 2016**  
**12:00PM - 4:00PM**

**BUTTONWOOD MANOR**  
**845 ROUTE 34 NORTH, MATAWAN, NJ**

Payment required October 17-November 14  
at the Office on Aging or on the bus  
\$25 per person (non-refundable/non-transferrable)  
Includes buffet luncheon, music & dancing  
Transportation is available & must be reserved  
at the time of ticket purchase



## Office on Aging News (cont.)

### Free Smoke Detectors & Installation

**D**id you know that SEVEN out of TEN homes in America are underprotected from the dangers of fire? Alarming, isn't it? In conjunction with Fire Safety Month, the Office on Aging is teaming up with the Fire Department to offer free 10-year, battery-operated smoke detectors, installed by the volunteer members of the South River Fire Department. Registered members of the Office on Aging, who are age 60+ and are the primary owner/s of their homes are eligible. The service will be available on a first-come, first-served basis, while supplies last. Please contact the Office on Aging at (732) 257-2340 -- BEGINNING OCTOBER 20TH -- to schedule an appointment for installation, which will commence in early November. In order to ensure that proper safety standards are met, under no circumstances will devices be handed out to members. Funding for this Fire Safety program has been made available through a generous grant provided by the Middlesex County Office of Aging and Disabled Services, which is coordinated by the South River Office on Aging.

### Caregiver Education Series - 8th Session

**C**aregivers of chronically ill older adults are encouraged to join the 8th session of RWJUH and COPSA E.A.R.S. for Caregivers' free Caregiver Education Series, on Monday, October 17th, from 12:00pm-1:00pm, at the Robert Wood Johnson Fitness and Wellness Center in New Brunswick. Transportation is available for Office on Aging members, and RSVP is required; call us at (732) 257-2340 to register or to arrange transportation. October's topic is: "They're Your Parents Too: Siblings and Family Caregiving". For more information, please give us a call at (732) 257-2340.

### Moving On

**A**s you may already be aware, Anna Gawel, the Office on Aging's part-time Administrative Assistant and SHIP counselor, has decided to leave municipal government and move on with her career, accepting a full-time position with a company in the private sector. We greatly appreciate her contributions to the senior population in the South River community during the four years she spent at the Office on Aging, and wish her much happiness and success in her new position. Sto Lat!

### Renaissance Faire

**T**he South River Cultural Arts and Heritage Commission is sponsoring a Renaissance Faire on Saturday, October 8, 2016, from 11:00am-5:00pm at Grekoski Park, located at 375 Whitehead Avenue. Join the New Jersey Renaissance Faire and travel back in time with costumed characters, musical and theatrical acts such as the Lords of Adventure, Knights of Crossford, Armchair Wizards, Adamo Ignis, Pieces of 8 and Unseele Revelry. Festival food and handicrafts will be available for purchase. Please note that on-site parking is reserved for vehicles with handicap plates and placards; parking for the general public will be available across the street on Wojje Way, or at the American Legion Post 214, located at 264 Whitehead Avenue. Shuttle bus service will be provided continuously throughout the day.

### Community-Wide Garage Sale

**T**he Friends of the South River Public Library are sponsoring a Community-Wide Garage Sale on Saturday, October 15, 2016, from 9:00am-3:00pm. Treasure seekers and bargain hunters are invited to scour the streets and neighborhoods of South River in search of great deals and amazing finds. Details and registration for sellers can be obtained in the lobby of the Library, or online at the Library's website, [www.southernriverlibrary.org](http://www.southernriverlibrary.org). A \$10 fee for sellers will provide a listing on the map. Street maps with participating property addresses will be available online beginning the Thursday prior, and outside the Library the day of the event. Questions may be directed to the Library at (732) 254-2488.

### Public Library Focus Group

**A**s part of the South River Public Library's process of developing a five year strategic plan, they will be holding a number of Focus Groups in various locations for specific demographics within the community. One group from whom they are seeking feedback is the senior citizen population. Please join Library Director, Evalina Erbe and Moderator, Ann Roman on Tuesday, October 18, 2016, at 1:00pm, at the Human Services Building, located at 55 Reid Street, for a discussion on how the library can improve their services, both to senior citizens, and to the community.





# Office on Aging On-Site Activities

## Fitness Room

**Monday-Friday**

**9:45am - 2:30pm**



Get in shape at your own pace

Our equipment includes:

TREADMILLS

RECUMBENT BICYCLES

FREE WEIGHTS

ELLIPTICAL MACHINE

LIBERATOR MULTI-STACK MACHINE

w/ multiple exercise options

SENIOR BENEFIT & ENTITLEMENT ASSISTANCE & SHIP (STATE HEALTH INSURANCE PROGRAM) MEDICARE COUNSELING



### By appointment

Assistance with securing &/or renewing federal, state & county benefit programs, Senior Freeze/Property Tax Rebate applications & SHIP Counseling for Medicare beneficiaries interested in selecting &/or re-evaluating existing health & prescription drug coverage



## Exercise Classes

**Mondays & Thursdays**

**10:00am-10:45am**

Monday -- Strengthen, Sculpt & Tone

Light activity level, instructor-led class combines the fundamentals of exercise for a total body workout, with emphasis on strengthening the muscles using dumbbells, resistance bands & weighted bars

Thursday -- Boost, Energize & Refresh

Moderate activity level integrates invigorating exercises to help build stamina & endurance, boost energy & improve agility, leaving you feeling refreshed & ready to face the world

### Recommended contribution:

\$1 per class (general senior)

\$.50 per class (PAAD & Medicaid)



## HAIRCUTS

by Mike the Barber

**Wednesdays**

**10:00am-2:00pm**

\$7

## Yoga Classes

**Tuesdays**

**10:00am - 10:45am**

Breathe, Balance & Stretch

Light activity level, instructor-led class incorporates breathing techniques to help reduce stress & relieve stiffness while improving balance, mobility, posture & range of motion

### Recommended contribution:

\$1 per class (general senior)

\$.50 per class (PAAD & Medicaid)



## Zumba Classes

**Tuesdays**

**11:00am-11:45am**

Dance, Groove & Burn

Moderate activity level, instructor-led class combines all elements of fitness: cardio, muscle conditioning, balance & flexibility with international rhythms for a fun, calorie-burning dance party atmosphere

### Recommended contribution:

\$1 per class (general senior)

\$.50 per class (PAAD & Medicaid)



## Terra Cycle



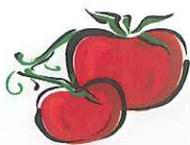
**SUPPORT OUR RECYCLING EFFORTS**  
Collect the items pictured & turn them in on the bus or at the Office on Aging.  
It's that simple...





## Office on Aging Highlights

October 12  
Stults Farm Market  
Cranbury, NJ



This pick-your-own fruit & vegetable farm has been owned & operated by the Stults family since 1915. The seasonal bounty from their 200 acres of preserved farmland includes sweet corn, super chief apples, Asian pears, tomatoes, white & sweet potatoes, green beans, eggplant, kale, sugar pumpkins & more. *Senior Farmer's Market Nutrition Program vouchers accepted.*



October 21  
Brunch @  
My Kitchen Witch Cafe  
Monmouth Beach, NJ

Add a little Hocus Pocus to your day & join us for a Halloween-themed brunch at this charming little cafe, where there's always something extraordinary brewing. Choose from a uniquely diverse menu that includes favorites such as "eggs bene-witch," "bednobs & broomsticks" or "no place like home" omelettes, "killer tornado" or "not in Kansas anymore" salads & a variety of "sandwiches" & "stewps."



October 14  
Tasting @ Warwick Valley  
Winery & Distillery  
Warwick, NY

Nestled between the picturesque Mt. Eve & Mt. Adam in the foothills of the Hudson Valley, Warwick Valley Winery & Distillery's Tasting Room offers a unique environment to explore their many offerings of wines, hard ciders, brandies & liqueurs. Renovated from an old apple packing house & overlooking the orchards & goose pond, its bucolic setting is the perfect place to enjoy great food & wine. After your tasting & lunch in Pane' Cafe, you'll have an opportunity to pick-your-own apples (they offer more than 30 varieties!) in the lavish orchards. Admission: \$5 (includes: 4 wines, 1 hard cider & 1 liqueur + a souvenir glass; additional spirit tastings are available for \$2 each) + Lunch

October 19  
Mystery Trip

The bus will depart South River for a surprise destination. Admission: \$7 + Cheap Eats



October 26  
Merchant's House Museum  
New York, NY

Built in 1832 in the fashionable Bond Street area, just steps away from Washington Square, this is NYC's only home preserved intact - both inside AND out - from the 19th century. The elegant late-Federal & Greek Revival-style house offers an intimate glimpse of domestic life during the pivotal era when New York City was transformed from a colonial seaport into the center of U.S. commerce. Home to Seabury Treadwell, a prosperous merchant & his family for 100 years, the museum's period rooms display original furnishings, personal possessions, costumes, textiles & some of the finest architectural examples of that period.

Admission: \$13 pre-paid + Cheap Eats



Substantial walking involved.



Stair climbing involved.



## Medical Transportation



### WHAT

Free  
**Non-emergency**  
Non-surgical  
**Round-trip transportation to medical & dental appointments**

For Office on Aging members age 60+

**As needed on a 1st come, 1st served basis**

### WHEN & WHERE

Mondays, excluding holidays

#### 1st Monday

South River, East Brunswick & Milltown

#### 2nd Monday

South River & Old Bridge

#### 3rd Monday

South River & Sayreville

#### 4th Monday

South River, East Brunswick & Milltown

#### 5th Monday

South River & Old Bridge



### HOW

Schedule your medical or dental appointment between the hours of 9:00am - 2:30pm

Call the Office on Aging at (732) 257-2340

to schedule transportation no earlier than 1 month & no later than 1 business day in advance of the appointment



# October 2016

ALL EVENT DATES AND TIMES  
ARE SUBJECT TO CHANGE

PRE-PAID TRIPS & EVENTS ARE NON-REFUNDABLE/NON-TRANSFERRABLE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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							1					
2	 <p>9:00am-2:30pm Medical Transportation South River East Brunswick Milltown</p>	3	 <p>9:00am Christmas Tree Shops, Marshall's, Wegman's, Target, Home Goods &amp; Big Lots + Cheap Eats</p>	4	 <p>9:30am Around Town Shuttle 1:00pm-2:30pm LIHEAP Applications</p>	5	 <p>10:00am ShopRite</p>	6	<p>9:30am <b>PRIVATE EVENT</b> Passport to Good Health Winners' Brunch @ Mumford's Culinary Center</p>	7		8
9	 <p>Office Closed</p>	10	 <p>9:30am Mid State Mall, CVS, Summerhill Mall, Brunswick Square Mall, Stop &amp; Shop, Kmart, &amp; Kohl's</p>	11	 <p>9:30am Stults Farm Market</p>	12	 <p>10:00am ShopRite</p>	13	<p>8:30am Warwick Valley Winery &amp; Distillery \$5 + Lunch</p>	14		15
16	 <p>11:00am Transportation to Caregiver Education Series @ RWJ Fitness &amp; Wellness Center</p>	17	 <p>9:00am North Brunswick Walmart &amp; \$ Tree 1:00pm SR Library Focus Group</p>	18	 <p>9:30am Mystery Trip \$7 + Cheap Eats</p>	19	 <p>10:00am ShopRite</p>	20	 <p>8:30am Brunch @ My Kitchen Witch Cafe</p>	21		22
23	 <p>9:00am-2:30pm Medical Transportation South River Old Bridge</p>	24	<p>9:30am Around Town Shuttle NO YOGA CLASS 10:45am Monthly Birthday Party</p>	25	<p>9:00am Merchant's House Museum \$13 pre-paid + Cheap Eats</p>	26	 <p>10:00am ShopRite</p>	27	<p>10:30am Coffee with a Cop</p>	28	<p>11:00am Day of the Dead Party \$7 pre-paid</p>	29
30	 <p>9:00am-2:30pm Medical Transportation South River Sayreville</p>	31										



**SIGN UP FOR 1st WEEK OF THE MONTH**  
**OCTOBER 3-OCTOBER 7**  
**BEGINS MONDAY, SEPTEMBER 26 @ 9:45am**  
**SIGN UP FOR REST OF THE MONTH**  
**OCTOBER 11-OCTOBER 31**  
**BEGINS MONDAY, OCTOBER 3 @ 9:45am**



## Upcoming Trips & Events



"The Golden Age of King Midas"  
Exhibit @ the Penn Museum  
November 4



Resorts Casino  
Atlantic City  
November 9

"Green Holly & Gray Potatoes"  
@ Rainbow's Comedy Playhouse  
November 30



Tree Trimming Party  
@ the Office on Aging  
December 2



Community Holiday Dinner  
@ Lighthouse Christian Fellowship  
December 14



Holiday Luncheon  
@ the Buttonwood Manor  
December 16



New Year's Eve @ Noon  
@ Li Greci's Staaten  
December 30

## Planning Ahead

### Future Events & Excursions... Advance Payment Required

"The Golden Age of King Midas" Exhibit  
@ the Penn Museum  
Philadelphia, PA

Friday, November 4, 2016, 8:30am

Cost: \$19 per person (non-refundable) + Cheap Eats

Reservations (sign-up & payment) begin Monday, September 26

Travel back in time to Turkey, when King Midas, a man who wished that everything he touched would transform into gold, ruled. Indisputably the most famous ruler of the Phrygian kingdom, King Midas lived in the prosperous city of Gordion, the political & cultural capital of the Phrygians nearly 3,000 years ago. It was there, in 1957, that the Penn Museum discovered a tomb believed to be that of King Midas' father, Gordios. The tomb is the oldest standing wood building in the world, & is on display with more than 120 extraordinary artifacts found within the final resting place of Gordios. Your 1-hour guided tour will provide a detailed timeline & a fascinating, full-spectrum picture of the life of King Midas, well-known for his adverse adventures in Greek mythology.

"Green Holly & Gray Potatoes"  
@ Rainbow's Comedy Playhouse

Luncheon Theatre  
Paradise, PA

Wednesday, November 30, 2016, 8:30am

Cost: \$44 per person (non-refundable)

Reservations (sign-up & payment) begin Tuesday, October 11

It's Christmas once again, & this year, the family has gathered to tell Mom & Dad that it's time to move into a retirement community. But... They're outwitted -- Mom & Dad have other plans. Eventually, everyone will muster their Christmas spirit, even though they may have to endure another holiday dinner of burnt turkey & gray potatoes. Price includes the venue's famous holiday buffet, featuring carved turkey & ham with all the fix-ins, plus bottomless coffee & tea. Other beverages available for purchase. No burnt turkey & gray potatoes on this menu!!!

Office on Aging Holiday Luncheon  
@ Buttonwood Manor  
845 Route 34 North, Matawan, NJ

Friday, December 16, 2016, 12:00pm-4:00pm

Bus pick-up time: 10:30am

Cost: \$25 per person (non-refundable/non-transferrable)

Reservations (sign-up & payment) October 17-November 14

Payment may be submitted at the Office on Aging & on the bus

Join us for some holiday cheer to celebrate this joyous time of year! Office on Aging members are cordially invited to mingle & jingle at our special holiday luncheon overlooking the picturesque Lake Efferts, where panoramic views of the water & meticulously manicured gardens offer the perfect backdrop for the exquisite, mouth-watering buffet, musical entertainment & dancing, all of which will be yours to enjoy. Seating requests are due at time of payment (maximum 10 per table). Transportation requests are due at time of payment; paid members are welcome to transport themselves if so desired; directions are available.

New Year's Eve @ Noon  
@ Li Greci's Staaten  
Staten Island, NY

Friday, December 30, 2016, 10:00am

Cost: \$57 per person (non-refundable)

Reservations (sign-up & payment) begin Monday, November 7

10-9-8-7-6-5-4-3-2-ONE! Let's eat, drink & be merry together!

Join us for an uproarious celebration at this elegant venue, as we bid farewell to 2016 & ring in 2017 with all the fun New Year's Eve traditions: comedian, musical entertainment, hats & noisemakers, eating, drinking, dancing & a balloon drop at daytime midnight. Enjoy the 1-hour open bar, followed by a delicious meal: garden salad, chef's choice of pasta or soup, entree (sirloin of beef, chicken sorrentino or salmon oreganato), coffee, tea & dessert + wine & soda during lunch. Cheers to 2017!



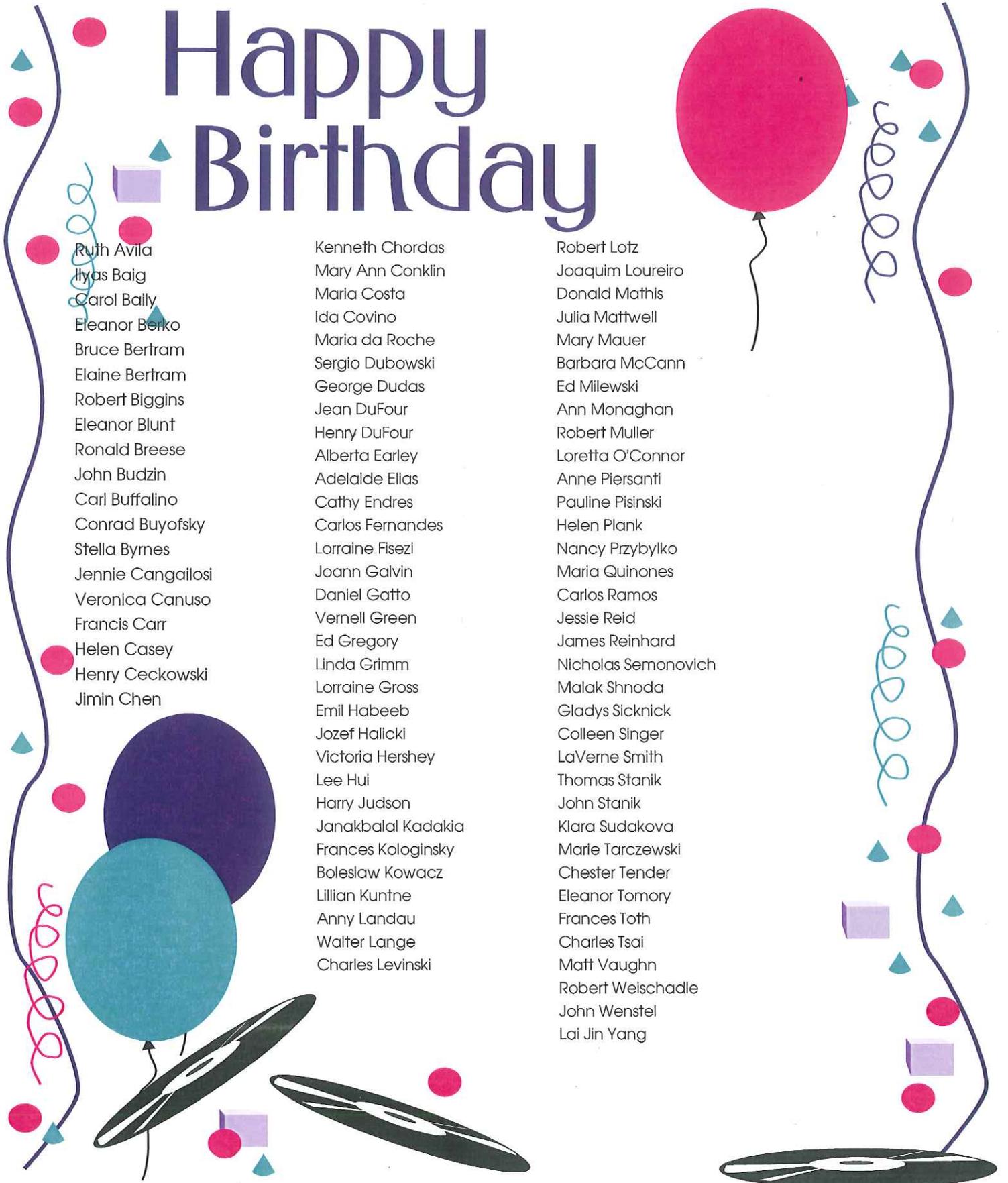
All Members Are Invited  
To Our Monthly Birthday Party  
@ the Office on Aging, 55 Reid Street  
**Tuesday, October 25th @ 10:45am**

# Happy Birthday

Ruth Avila  
Ilyas Baig  
Carol Baily  
Eleanor Berko  
Bruce Bertram  
Elaine Bertram  
Robert Biggins  
Eleanor Blunt  
Ronald Breese  
John Budzin  
Carl Buffalino  
Conrad Buyofsky  
Stella Byrnes  
Jennie Cangailosi  
Veronica Canuso  
Francis Carr  
Helen Casey  
Henry Ceckowski  
Jimin Chen

Kenneth Chordas  
Mary Ann Conklin  
Maria Costa  
Ida Covino  
Maria da Roche  
Sergio Dubowski  
George Dudas  
Jean DuFour  
Henry DuFour  
Alberta Earley  
Adelaide Elias  
Cathy Endres  
Carlos Fernandes  
Lorraine Fisezi  
Joann Galvin  
Daniel Gatto  
Vernell Green  
Ed Gregory  
Linda Grimm  
Lorraine Gross  
Emil Habeeb  
Jozef Halicki  
Victoria Hershey  
Lee Hui  
Harry Judson  
Janakbalal Kadakia  
Frances Kologinsky  
Boleslaw Kowacz  
Lillian Kuntne  
Anny Landau  
Walter Lange  
Charles Levinski

Robert Lotz  
Joaquim Loureiro  
Donald Mathis  
Julia Mattwell  
Mary Mauer  
Barbara McCann  
Ed Milewski  
Ann Monaghan  
Robert Muller  
Loretta O'Connor  
Anne Piersanti  
Pauline Pisinski  
Helen Plank  
Nancy Przybylko  
Maria Quinones  
Carlos Ramos  
Jessie Reid  
James Reinhard  
Nicholas Semonovich  
Malak Shnoda  
Gladys Sicknick  
Colleen Singer  
LaVerne Smith  
Thomas Stanik  
John Stanik  
Klara Sudakova  
Marie Tarczewski  
Chester Tender  
Eleanor Tomory  
Frances Toth  
Charles Tsai  
Matt Vaughn  
Robert Weischadle  
John Wenstel  
Lai Jin Yang





# Important Info.



## Helpful Phone Numbers

The most valuable programs that we offer are TRIAD, Carrier Link & Operation Blue Angel.

### TRIAD

The TRIAD program becomes effective when you submit your completed Office on Aging membership application. The information you provide is entered into a secure database & shared only with local police & emergency personnel. Should a life-threatening incident occur where you require emergency services, the information is readily available to those that will need it to assist you.

### Carrier Link

The Carrier Link program works cooperatively between the Office on Aging, the Post Office & the Middlesex County Office of Aging & Disabled Services. It becomes effective when you submit your completed application & release of liability form. If your mail carrier notices that your mail has piled up in your mailbox & identifies you as a program participant (the Carrier Link decal is adhered to the inside of your mailbox), a call is placed to the Office on Aging or Police Department & one of these agencies will check on your well being.

### Operation Blue Angel

Operation Blue Angel is a voluntary program intended to provide Police, Fire & Emergency Medical Services (EMS) access to a residence in the event of an emergency where the resident becomes incapacitated & is unable to open the door. Lock boxes are installed by the Police Department at the homes of eligible borough seniors, free of charge. Secured inside the lock box is a spare key to the residence, which would be accessed by emergency personnel & used only in an emergency.

If you have not recently provided us with updated information, including illnesses & conditions, emergency contact or medication changes, or if you do not have a TRIAD decal for your front door or Carrier Link decal for your mailbox, please stop by or call us so that we can update your program file.

### CAREGIVER RESOURCES

EARS for Caregivers - Assists unpaid caregivers with emotional support/guidance: (866) 300-3277

Statewide Respite Care Program - Gives unpaid caregivers a break from caregiving responsibilities: (732) 745-3295

### DENTAL PROGRAMS

Middlesex County College Dental Hygiene Clinic - Student clinic offering seniors a complete dental exam, cleaning & oral cancer screening for a \$5 fee; by appointment: (732) 906-2536

NJ Mobile Dental - Dental services for the home-bound: (732) 431-7577

Mobile Dentistry - Dental services for the home-bound & disabled: (732) 901-9036

Senior Dental - PAAD-eligible beneficiaries receive 15% discount at local participating dentists: (732) 821-9400

### ELDER ABUSE

Adult Protective Services - Evaluates referrals of elder abuse: (732) 745-3635

Department of Health & Senior Services, Office of the Ombudsman - Investigates complaints of suspected abuse or exploitation in institutions: (877) 582-6995

### MEAL PROGRAMS

Food Stamp Program - Raises the level of nutrition among low-income households: (732) 745-3019

Meals on Wheels - Home-delivered meals for qualifying home-bound seniors: (732) 254-4299

South River Food Bank - Hours of Operation - Wednesdays & the first 2 Saturdays of every month, 10am - 12pm: (732) 238-3020

### MEDICAL BENEFITS

Centers for Medicare & Medicaid Services - (800) 633-4227

Medicaid (District Office) - (732) 863-4400

Medicare Fraud & Abuse Hotline - (800) 447-8477

### SOCIAL SERVICES

Middlesex County Board of Social Services - (732) 745-3500

Middlesex County Office of Aging & Disabled Services - (732) 745-3295

NJ Department of Health & Senior Services - Pharmaceutical Assistance to the Aged & Disabled (PAAD), Senior Gold & Lifeline programs: (800) 792-9745

Puerto Rican Action Board - Energy & weatherization assistance: (732) 828-4510

Social Security Administration - (800) 772-1213

### TRANSPORTATION SERVICES

Medicaid Transportation - (732) 745-3761 ext. 1

Middlesex County Area Transit (MCAT) - Transportation to medical, nutritional & social service facilities within county lines : (800) 221-3520

NJ Transit, Access Link - (800) 955-2321

### VETERAN SERVICES

Middlesex County Office of Veteran Services - (732) 745-4051

NJ Department of Military & Veteran Affairs - (732) 937-6347

Veterans' Hotline - (800) 624-0508