Aging & Disabled Resource Connection Directory

LAILA CAUNE
Director

OFFICE OF AGING & DISABLED SERVICES
75 Bayard Street, New Brunswick, NJ 08901

Tel: 732-745-3295
Toll Free: 1-877-222-3737

MIDDLESEX
COUNTY • NJ

middlesexcountynj.gov

Area Agency on Aging

The Office of Aging and Disabled Services is the State designated Area Agency on Aging (AAA) for Middlesex County.

As an Area Agencies on Aging the office provides leadership in the coordination and provision of a comprehensive network of services enabling older adults (60+) and persons with disabilities (18+) to function as independently as possible in a community environment which bests suits their needs and interests. Services range from social and recreational activities to in-home and long-term care.

2025 CREDENTIAL PLATINUM

LGBTQ+ Cultural Competency Training

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Need a little help?

Find the resources you need quickly and easily

Find Programs

Connect to Services

Apply for Benefits

View Hours and Locations

FOOD

CARE

HOUSING

EMERGENCY

TRANSPORTATION

EDUCATION

HEALTH

WORK

MONEY

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Because everyone needs a little help sometimes.

middlesexcountynj.gov

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ADULT DAY CARE

Disclaimer: The Middlesex County Office of Aging and Disabled Services does not recommend or endorse the below agencies.

2nd Home Adult Medical Day Care
420 Fayette Street
Perth Amboy, NJ 08861
732-826-8012
2ndhome.org
Bilingual Staff

Golden Era Medical Adult Day Care
23 Nevsky Street
Edison, NJ 08820
732-549-2273

Golden Path Adult Medical Day Care, Inc.
50-52 Charles Street
New Brunswick, NJ 08901
732-640-1122

Graceland Adult Medical Day Care
316 Madison Avenue
Perth Amboy, NJ 08861
732-826-0680
njadultcares.com

Just Home Medical Adult Day Care Center
7 Edgeboro Road
East Brunswick, NJ 08816
732-432-9990
jhcare.org

Parker at Monroe Adult Day Center
200 Overlook Drive
Pondview Plaza
Monroe Township, NJ 08831
609-655-6853
parkerlife.org

Parker at the Pavilion Adult Day Center
443 River Road
Piscataway, NJ 08854
732-565-2400
parkerlife.org

Sewa Adult Day Care
1020 Rt. 18 N, Suite M
East Brunswick, NJ 08816
732-210-2727 or 732-210-2038

Sterling Adult Day Services
120 North Center Drive
North Brunswick, NJ 08902
732-951-2020
healthapps.nj.org

Sunny Days Adult Day Care Center
1 Ethel Road, Suite 106 C
Edison, NJ 08817
908-769-5100

ALCOHOL PROGRAMS & COUNSELING

Alcoholics Anonymous (A.A.)
800-245-1377
aa.org

ALA-CALL/Substance Abuse
NJ State Hotline 800-322-5525
snj.com/ala-call
An information and referral hotline for NJ residents with alcohol and drug problems. A trained volunteer will provide information about meeting times and location for self-help groups. Information is available concerning counseling, hospitalization and treatment facilities which cover the entire State of NJ. Also service for non-English speakers.

Crisis Hotline - Raritan Bay
732-442-3794
rbmc.org/behavioral-health
Raritan Bay Medical Center
530 New Brunswick Avenue
Perth Amboy, NJ 08861
Provides assistance with crisis for mental health and substance abuse.

Carrier Foundation
252 County Road
Belle Mead, NJ 08502
800-933-3579 (24 hrs/7 days)
carrierclinic.org
Private, nonprofit behavioral healthcare system that provides a full range of treatment services for psychiatric, emotional and addiction problems. Outpatient centers are located in South Plainfield, Freehold, Paramus, Belle Mead, Hamilton and Toms River. Specialized treatment programs include an inpatient Senior treatment and evaluation program.

Middlesex County Office of Human Services Division of Addictions & Mental Health Planning
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-4091
middlesexcountynj.gov
Coordinates alcohol and drug programs throughout Middlesex County.

Intoxicated Driver Resource Center
P.O. Box 30
New Brunswick, NJ 08903
732-745-4500
732-745-4464, Bilingual Spanish

New Hope Foundation
80 Conover Road
Marlboro, NJ
732-946-3030 or
800-705-HOPE (4673)
newhopeibhc.org
Intensive outpatient and inpatient rehab. for alcoholism, substance abuse, and compulsive gambling.

Wellspring Center for Prevention
620 Cranbury Road, Suite 105
East Brunswick, NJ 08816
732-254-3344 HelpLine
wellspringprevention.org
Provides prevention, education, information and referral services.

ALZHEIMER'S PROGRAMS

Alzheimer's New Jersey
425 Eagle Rock Avenue
Suite 203
Roseland, NJ 07068
973-568-4300 or 800-280-6055
Helpline 888-280-6055
alznj.org

- Information and Referral
- Family caregiver support groups
- Safe Return program
- Respite information

Alzheimer's Association
225 North Michigan Avenue
Fl. 17
Chicago, IL 60601
24/7 Hotline: 800-272-3900
alz.org
Provides educational information and links families to local programs.

Alzheimer's Foundation of America
National Toll Free Helpline
866-232-8484
alzfdn.org

Care 2 Caregivers COPSA
100 Metroplex Drive, Suite 200
Edison, NJ 08817
800-424-2494
care2caregivers.com
Counselors assist dementia caregivers by providing supportive counseling and information on the broad ranges of services that can help caregivers.

COPSA Alzheimer's Resource Center RUBHC
100 Metroplex Drive, Suite 200
Edison, NJ 08817
800-424-2494
ubhc.rutgers.edu

CAREGIVING RESOURCES

AARP Family Caregiving
aarp.org/caregiving/basics
Caregiving information & resources for family caregivers.

Alzheimer's New Jersey
alznj.org/services/family-support-groups/
Support groups are facilitated by trained and experiences volunteers and staff. Offered in English and Spanish.

Care 2 Caregivers
100 Metroplex Drive
Edison, NJ 08817
800-424-2494
care2caregivers.com
Counselors assist dementia caregivers by providing supportive counseling and information on the broad ranges of services that can help caregivers.

Caregiver Action Network
Caregiver Help Desk
1-855-CARE-640
caregiveraction.org
Provides education, peer support, and resources to family caregivers across the country free of charge.

The Family Resource Network
50 Millstone Road Building 300
Suite 201, East Windsor NJ 08502
800-372-6510
familyresourcenetwork.org

Family Caregiver Alliance
Toll Free 1-800-445-8106
caregiver.org
Addresses needs of families and friends providing long-term care at home. Provide programs at nation, state and local levels to support and sustain caregivers.

National Caregivers Library
caregiverslibrary.org
One of the largest sources of tools for caregivers.

Statewide Respite Care Program Middlesex County Office of Aging and Disabled Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
state.nj.us
A program designed to provide assistance by giving unpaid caregivers a break from their daily responsibility of caring for an elderly or disabled friend or relative. This allows the caregiver to attend to their personal matters, medical appointment, shopping, or vacations. Applicants must meet eligibility guidelines.

WellSpouse Association
732-577-8899
wellspouse.org
Nonprofit membership organization. Offers peer to peer support and ediucates health care professionals and the general public about the special challenges and unique issues “well” spouses face every day.

FOOD PANTRIES & COMMUNITY SERVICES

These organizations provide food and/or outreach services free of charge to persons with limited resources in need of emergency assistance in their respective communities.

REPLENISH
28 Kennedy Boulevard, Suite 850
East Brunswick, NJ 08816
732-729-0880
middlesexcountynj.gov
Provides referrals to food pantries and soup kitchens throughout the County that offer assistance to Middlesex County Residents.

Fish Inc.
456 New Market Road
Piscataway, NJ 08854
732-968-5957
fishhospitality.org
Emergency food, clothing, furniture, blankets, special needs for the elderly.

Jewish Family Services of Middlesex County

219C Blackhorse Lane
North Brunswick, NJ 08902
1600 Perrineville Road
Monroe Township, NJ 08831
jfsmiddlesex.org
Food distribution. Call for appointment. Open to all.

American Red Cross of Central New Jersey

707 Alexander Road, Suite 101
Princeton, NJ 08540
609-951-8550
redcross.org
Food Vouchers available to those affected by disasters.

Elijah's Promise

18 Neilson Street
New Brunswick, NJ 08901
732-545-9002
elijahspromise.org
Prepared meals, health services, educational services, counseling and general assistance.

The Salvation Army

287 Handy Street
P.O. Box 5724
New Brunswick, NJ 08901
732-545-1477
easternusa.salvationarmy.org/new-jersey/new-brunswick/
Food Pantry, Appointment Required.

The Salvation Army

433 State Street
Perth Amboy, NJ 08861
732-826-7040
newjersey.salvationarmy.org/NewJersey/perthamboy
Food pantry, lunch program, and emergency winter shelter. Lunch is available Monday -Friday, the last 10 days of every month.

CONSUMER INFORMATION

Better Business Bureau of Central Jersey

1262 Whitehorse-Hamilton Square Road, Suite 202
Hamilton Twp., NJ 08690
609-588-0808
bbb.org
Offers national and local consumer services online and in-person. Provide the public with information on businesses and charities.

Middlesex County Department of Public Safety & Health Division of Consumer Affairs and Weights & Measures

77 Apple Orchard Lane
North Brunswick, NJ 08902
732-398-2302
middlesexcountynj.gov
Investigate consumer complaints. Educate the public on how to be better consumers and advise businesses on how to comply with the Consumer Fraud Act to avoid complaints.

Federal Trade Commission Consumer Response Center

877-FTC-HELP (382-4357)
ftc.gov
To report fraud and to obtain information about avoiding consumer scams.

National Consumers League

Fraud.org
A project of the National Consumers League. This is the nation's oldest consumers advocacy program.

NJ Division of Consumer Affairs

124 Halsey Street
Newark, NJ 07102
800-242-5846 / 973-504-6200
njconsumeraffairs.gov
Investigate complaints and answer consumer questions. Provide referrals for State or Federal agency that can best help situations.

NJ Board of Public Utilities Division of Customer Relations

800-624-0241
bpu.state.nj.us
Complaints concerning utilities.

NJ Department of Treasury Division of Taxation

state.nj.us/treasury/taxation
Responsible for the administration, enforcement, and collection of individual and business tax types in New Jersey.

NJ Office of Insurance Fraud Prosecutor

877-55 Fraud (553-7283)
njoag.gov/about/divisions-and-offices/office-of-the-insurance-fraud-prosecutor-home/fight-fraud-its-a-crime/

COUNSELING & MENTAL HEALTH

Carrier Foundation

252 County Road 601
Belle Mead, NJ 08502
800-933-3579 24-hours / 7 days
carrierclinic.org
Private, non-profit behavioral healthcare system that provides a full range of treatment services for psychiatric, emotional and addiction problems. Specialized treatment programs include an inpatient Senior treatment and evaluation program.

Catholic Charities Family Service Center

288 Rues Lane
East Brunswick, NJ 08816
732-257-6100
ccdom.org

26 Safran Avenue
Edison, NJ 08837
732-738-3896

319 Maple Street
Perth Amboy, NJ 08861
732-324-8200
Provides counseling, psychiatric and psychological services.

COPSA - University Behavioral Healthcare

100 Metroplex Drive
Edison, NJ 08817
800-969-5300 (for appointments)
732-235-8400 (information)
ubhc.rutgers.edu/
Provides counseling services for adults. Psychiatric & medication evaluation, support groups, case management, and home visits.

George J. Otlowski, Sr. Center for Mental Health Care

570 Lee Avenue
Perth Amboy, NJ 08861
732-442-1666 ext. 2089
middlesexcountynj.gov
Offers treatment for a wide range of emotional disorders, including anxiety, depression, marital, family and other problems of daily living.

The center serves Middlesex County residents of all ages.

Jewish Family Services of Middlesex County

219C Blackhorse Lane
North Brunswick, NJ 08902
732-777-1940
jfsmiddlesex.org

1600 Perrineville Road
Monroe Township, NJ 08831
609-395-7979
Provides a range of counseling, support groups and multi-services for seniors.

Middlesex County Office of Human Services Division of Addictions and Mental Health Planning

75 Bayard Street
New Brunswick, NJ 08901
732-745-4186
middlesexcountynj.gov
Provides information and referral services for behavioral health, mental health and addictions programs.

Princeton House Behavioral Health Services

Senior Link Program
1460 Livingston Avenue
Building 100
North Brunswick, NJ 08902
732-729-3600 or 3636/
1-888-437-1610
princetonhcs.org
Outpatient center that provides intensive, structured mental health care to seniors 65 and older with a variety of psychiatric disorders.

DENTAL PROGRAMS

Senior Dental Program
NJ Dental Association
1 Dental Plaza
North Brunswick, NJ 08902
732-821-9400
njda.org
A service for seniors to receive a 15% reduction from participating dentists. Eligibility is based on PAAD guidelines & is for those who do not have Medicaid or dental insurance.

Donated Dental Services
Dental Lifeline Network
PO Box 2117
Edison, NJ 08818-2117
732-821-3056
dentallifeline.org
If you have a permanent disability, are over 65 years old, or are medically compromised, and don't have enough money to pay for dental care, you may qualify for free treatment through the DDS program.

Middlesex College
Dental Hygiene Clinic
L'Hommedieu Hall - Room 130
2600 Woodbridge Avenue
Edison, NJ 08818
732-906-2536
middlesexcc.edu
A student clinic that offers seniors a complete dental exam including cleaning and oral cancer screening. Please allow sufficient time for the completion of treatment. By appointment only.

Eric B. Chandler Health Center
Dental Department
277 George Street
New Brunswick, NJ 08901
732-235-6700
rwjms.rutgers.edu
Fee based on a sliding scales; accepts Medicaid and private insurance.

JFK Medical Center Dental Clinic
65 James Street
Edison, NJ 08820
732-321-7540
jfkmc.org
By appointment only, fees are on a sliding scale.

New Jersey Dental Association
Homebound Program
732-821-9400
njda.org
Patients or caregivers in need of a dental visit to their home should call to be connected with dentists who make house calls.

DISABILITY SERVICES

ADA National Network
800-949-4232
adata.org
Questions about Americans with Disabilities Act, resources.

Alliance Center for Independence
629 Amboy Avenue
Edison, NJ 08837
732-738-4388
732-738-9644 TTY
adacil.org
Resource center, information and referral, advocacy, training, group peer sharing, and case management.

Arc of New Jersey
985 Livingston Avenue
North Brunswick, NJ 08902
732-246-2525
arcnj.org

Arc of Middlesex County
219 Black Horse Lane
North Brunswick, NJ 08902
732-821-1199
arc-middlesex.org
Enhance the quality of life and advocate for people with disabilities in New Jersey.

Disability Rights NJ
210 South Broad Street, 3rd Floor
Trenton, NJ 08608
609-292-9742/800-922-7233
609-633-7106 (TTY)
drnj.org

Disability Services & Advocacy LLC
P.O. Box 395
South River, NJ 08882
732-238-6133
dsausa.net

Easterseals New Jersey
25 Kennedy Blvd.
Suite 600
East Brunswick, NJ 08816
732-257-6662
easterseals.com/nj

Everas Community Services, Inc.
24K Worlds Fair Drive
Somerset, NJ 08873
732-805-1912 (V/TTY)
everas.org
Provides information and referral for people with disabilities. Coordinates vocational workshops and training centers.

Middlesex County Office of Aging and Disabled Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
middlesexcountynj.gov

NJ Commission for the Blind and Visually Impaired
153 Halsey Street, 6th Floor
P.O. Box 47017
Newark, NJ 07101-47017
973-648-3333 or 877-685-8878
state.nj.us/humanservices

New Jersey Relay
732-440-8822
njrelay.com
New Jersey Relay is a no-cost service that enables people who are Deaf, Hard of Hearing, Deaf, Blind or those with a Speech Disability to place and receive phone calls. Relay operators are specially trained to facilitate the calls

Vocational Rehab Program
973-648-7504
Vocational Rehab Services are designed to assist persons who are blind, visually impaired, or deaf-blind, to develop/update skills that will enable them to secure employment.

NJ Division of Deaf and Hard of Hearing
P.O. Box 074
Trenton, NJ 08625-0074
609-588-2648
nj.gov/humanservices/ddd

NJ Division of Developmental Disabilities
222 South Warren Street
Trenton, NJ 08608
800-832-9173
nj.gov/humanservices/dds

NJ Division of Disability Services
11A Quaker Bridge Plaza
Mercerville, NJ 08619
888-285-3036 / 609-292-7800
609-262-1210 (TDD)
nj.gov/humanservices/dds

DOMESTIC VIOLENCE

Statewide Domestic Violence Information Hotline
800-572-SAFE (7233)
nj.gov/dcf
Information on people's rights, access to emergency care, shelter, and personal counseling.

New Jersey Coalition Against Sexual Assault (NJCASA)
1-800-601-7200 (Hotline)
Connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls are routed to the closest rape crisis care center.

New Jersey Address Confidentiality Program (ACP)
1-877-218-9133 (Hotline)
Provides access to domestic violence information and services including procedures referral and advocacy.

Women Aware Inc.
250 Livingston Avenue
New Brunswick, NJ 08901
732-249-4900
732-249-0600 (TTY)
833-249-4504 (24 Hour Hotline)
womenaware.net
Offers free confidential services to abused women and their families.Services include shelter, counseling, information, referral and advocacy.

Women's Referral Central Hotline
1-800-322-8092
Provides comprehensive information, referrals, active listening and crisis response.

Office of Victim/Witness Advocacy Middlesex County Prosecutor's Office
25 Kirkpatrick Street, 3rd Floor
New Brunswick, NJ 08901
732-745-3300
middlesexcountynj.gov
Victim support includes an escort, a companion in court, transportation, counseling on the legal process, and help in filing for the Victim's Compensation Fund.

The Legal Services of NJ Domestic Violence Representation Project (DVRP)
888-576-5529
lsnjlaw.org
Provides direct representation, referral, and advice to low-income women, including those victimized by domestic violence.

EDUCATION

Higher Education Student Assistance Authority
800-792-8670 or 609-584-4480
hesaa.org
Information on financial aid, grants and loans for education.

Middlesex County College
2600 Woodbridge Avenue
Edison, NJ 08818
732-548-6000
Middlesex County residents who are 65 years or older, may take courses on a space-available basis and have the tuition waived.

Middlesex County Magnet School
mcmsnj.net

East Brunswick Magnet School
112 Rues Lane
East Brunswick, NJ 08816
732-254-8700

Edison Magnet School
100 Technology Dr.
Edison, NJ 08837
732-452-2600

Perth Amboy Magnet School
457 High Street
Perth Amboy, NJ 08861
732-376-6300

Piscataway Magnet School
21 Suttons Lane
Piscataway, NJ 08854
732-985-0717

Woodbridge Magnet School
1 Convery Blvd.
Woodbridge, NJ 07095
732-634-5858
Adult education programs available.

ELDER ABUSE

Adult Protective Services Middlesex County

Family and Childrens Services
191 Bath Avenue
Long Branch, NJ 07740
732-745-3635
fcsmonmouth.org
Evaluates referrals of abuse, neglect, and exploitation of vulnerable adults who reside in a community setting.

NJ Department of Health Facilities, Evaluation and Licensing

Complaint Hotline
800-792-9770
state.nj.us/health/healthfacilities
For complaints or to report an incident concerning: nursing homes, assisted living, residential health care facilities, personal care home, medical day care, hospitals, hospice agencies, home health agencies, dialysis centers.

Office of the Ombudsman for the Institutionalized Elderly

24-Hour Hotline
877-582-6995
state.nj.us/ooie
Receives and investigates complaints of suspected abuse or exploitation of elderly people in institutions.

EMERGENCY ASSISTANCE

American Red Cross of Central New Jersey

707 Alexander Road, Suite 101
Princeton, NJ 08540
609-951-8550
redcross.org
Services residents of Middlesex, Hunterdon, Mercer, and Somerset Counties.

Middlesex County Office of Emergency Management & Preparedness

Emergency Services Center
1001 Fire Academy Drive
Sayreville, NJ 08872
732-316-7100
middlesexcountynj.gov

EMPLOYMENT/VOCATIONAL REHABILITATION/VOLUNTEER

Middlesex County Workforce Development

550 Jersey Avenue
New Brunswick, NJ 08901
732-937-6300

161 New Brunswick Avenue
Perth Amboy, NJ 08861
732-293-0642
middlesexcountynj.gov
Program offers schooling and training.

NJ State Department of Labor Division of Vocational Rehabilitation Service

Middlesex Office
550 Jersey Avenue
New Brunswick, NJ 08901
732-937-6300
careerconnections.nj.gov
The Division of Vocational Rehabilitation Services is responsible for training and placement of persons of employable age with disabilities.

NJ WINS (NJ Work Incentive Network Support)

609-392-4900
njwins.org
NJ WINS provides NJ residents who receive SSDI, SSI, or Medicaid with cost-free informational and technical assistance to make choices about accepting employment or increasing work hours.

NJ Workability

1-888-285-3036
state.nj.us
The workability program offers people with disabilities who are working, and whose income would otherwise make them ineligible for Medicaid, the opportunity to pay small premium and receive full NJ Medicaid coverage. To be eligible one must meet certain eligibility/ income criteria.

Eastseals New Jersey

25 Kennedy Blvd.
Suite 600
East Brunswick, NJ 08816
732-257-6662
easterseals.com
Offers vocational rehabilitation to the handicapped through evaluation, training and provision of competitive employment.

JFK Johnson Rehabilitation Institute

65 James Street
Edison, NJ 08818-3059
732-321-7069
jfkmc.org
Professional Office Skill Training (POS) is a 26-week course available to handicapped persons who meet eligibility guidelines.

Career Center – Jewish Family Services of Middlesex County

219C Blackhorse Lane
North Brunswick, NJ 08902
732-777-1940
jfsmiddlesex.org/volunteers
Work with unemployed or underemployed job seekers from all backgrounds. Provide counseling on resumes, cover letters, job search, interview practice, networking strategies, career planning, and computer classes.

Senior Community Service Employment Program Title V – Workforce 55+

550 Jersey Avenue
New Brunswick, NJ 08901
732-745-3955
careerconnections.nj.gov

Assists individuals 55 years of age or over with their employment and training needs. Individuals must meet income eligibility requirements.

Middlesex County One Stop Career Center

550 Jersey Avenue
New Brunswick, NJ 08901
732-937-6206
middlesexcountynj.gov

161 New Brunswick Avenue
Perth Amboy, NJ 08861
732-826-3200

Provides free job training, including workshops for resume writing. Interviewing techniques, etc. Career counselors are available to assist in job searching. Computers with internet access are available, as well as printers, fax machines and copy machines.

ENERGY ASSISTANCE

Low Income Home Energy Assistance Program (LIHEAP) PRAB/LIHEAP

313 State Street, Suit 301
Perth Amboy, NJ 08861
732-832-7535 ext. 306
prab.org/programs-services/housing-services

This program assists eligible low-income individuals with a benefit towards heating and cooling costs. Must meet eligibility guidelines.

Lifeline Program

P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745
state.nj.us

Lifeline is a utility assistance program that offers $225 annual benefit in the form of credit on utility bill for eligible beneficiaries/ Call for eligibility.

New Jersey Citizen Action Oil Group

1040 Kings Highway N, Suite 308
Cherry Hill, NJ 08034
800-464-8465
njcaoilgroup.com

A project of NJ Citizen Action which provides consumers with an alternate to the high cost of home heating fuel by using group purchasing power to negotiate discount prices with heating oil suppliers for their members.

New Jersey Comfort Partners
800-915-8309
njcleanenergy.com
A program to assist eligible low income families save energy and money by making their homes more energy efficient.

Statewide Heating Assistance and Referral for Energy Services (SHARES)
1901 North Olden Avenue Extension, Suite 1A
Ewing, NJ 08618
866-657-4273
njshares.org
Assists income eligibility households in NJ to pay energy, telephone, and water bills
For information and eligibility guidelines, visit the website at call.

Applications are accepted through these agencies:

Puerto Rican Action Board
732-832-7535

Puerto Rican Association for Human Development
732-442-1081

Payment Assistance for Gas and Electric (PAGE)
Puerto Rican Action Board
PAGE Program
90 Jersey Avenue
New Brunswick, NJ 08901
732-828-4510
njpoweron.org
This program is designed to help households who are experiencing economic hardship and stuggling to pay their electric and natural gas bills. For eligibility requirements call or visit the website.

Jewish Renaissance Foundation
1090 King Georges Post Road
Edison NJ 08837
732-324-2114
jrfnj.org

Universal Service Fund (USF) Puerto Rican Action Board
313 State Street Suite 301
Perth Amboy NJ 08816
732-832-7535 ext. 306
prab.org/programs-services/housing-services/
USF helps make energy bills more affordable for low income customers. If you are eligible, USF can lower the amount you have to pay for natural gas and electricity.

Weatherization Assistance Program (WAP)
11 Harts Lane Suite D
East Brunswick NJ 08816
732-832-7535 ext. 473
prab.org/programs-services/housing-services/
Provides energy conservation measures for eligible low income homeowners by increasing energy efficiency in their homes.

FINANCIAL ASSISTANCE

Middlesex County Board of Social Services
181 How Lane
New Brunswick, NJ 08903
732-745-3500
middlesexsocialservices.com
Administers Federal and State public assistance programs, including: Medicaid, SNAP, Child Support & Paternity Programs, TANF, General Assistance, Emergency Assistance, Board and Care Services, Refugee Resettlement Program, Investigative Department.

United States Department of Agriculture USDA Rural Development
8000 Midlantic Drive, Suite 505
Mount Laurel, NJ 08054
856-787-7700
rd.usda.gov/nj
Provides loans in rural areas to assist income eligible homeowners in obtaining decent, safe, and sanitary housing. The loans may be used for construction, repair, or purchase of housing in rural areas.

Verizon Communications
Lifeline Service
888-337-3339
This program offers discounted local telephone service for qualified low-income residents and seniors 150% or below Federal Poverty Level.

GERIATRIC ASSESSMENT

COPSA Institute for Alzheimer's Disease and Related Disorders RUBHC
100 Metroplex Drive, Suite 200
Edison, NJ 08817
732-235-8400
ubhc.rutgers.edu
Comprehensive program for evaluation, treatment, and diagnosis of disorders. Medication & behavior management, and clinical drug trials.

George J. Otlowski, Sr. Center for Mental Health Care
570 Lee Street
Perth Amboy, NJ 08861
732-442-1666
middlesexcountynj.gov
Provides evaluation, diagnosis, treatments and support for the many types of behavioral issues experienced in the aging process. Treats the physical and emotional needs of both patients and their loved ones.

Geriatric Evaluation and Management Service (GEMS)
Division of Geriatrics
Saint Peter's University Hospital
Cares Building - 4th Floor
254 Easton Avenue
New Brunswick, NJ 08901
732-745-6655
saintpetershcs.com/services/geriatric-medicine
Comprehensive program to treat the physical and psychological needs of persons 60 and over.

HEALTH FOUNDATIONS & ASSOCIATIONS

American Cancer Society
800-227-2345 / 732-297-8000
cancer.org
Information, peer support programs, local transportation to treatment, guidance, counseling, equipment loans, and patient supplies.

National Cancer Institute Cancer Information Service
800-422-6237
cancer.gov
Information source that provides information on various topics such as types of cancers, cancer research, news and events, and some basic facts about cancer.

American Diabetes Association New York/New Jersey Office
P.O. Box 7023
Merrifield, Virginia 22116-7023
703-549-1500
diabetes.org
Provides pamphlets, educational programs, newsletters, referrals, and support groups.

American Heart Association
250 Pehle Avenue, Suite 202
Saddle Brook, NJ 07663
800-242-8721 / 609-208-0020
heart.org
Information and referral services, CPR training, patient education programs, nutrition courses, professional education programs, and cardiac support groups.

American Lung Association of New Jersey
P.O. Box 10188, #37214
Newark, NJ 07101
800-LUNG-USA / 908-685-8040
lung.org
Information and referral services, professional services to consumer and health care providers relating to asthma, tuberculosis, respiratory disease, and environmental health. Low-cost smoking cessation clinics.

American Parkinson Disease Association
Information & Referral Center
Robert Wood Johnson Medical School
125 Paterson Street
New Brunswick, NJ 08901
732-235-5012

P.O. Box 910
New Brunswick, NJ 08903
732-745-7520 / 800-223-2732
Provides information and resources, education programs, newsletters, support groups and speakers.

Arthritis Foundation
1-800-283-7800
arthritis.org/new-jersey
Provides information and referrals, support groups, self-help courses, water exercise and fitness programs, and speakers for community groups.

Deborah Hospital Foundation
212 Trenton Road
Browns Mills, NJ 08015
609-893-0100
deborahfoundation.org
Correction of operable heart defects and treatment of all lung disease without any restriction of race, religion or ability to pay.

Epilepsy Foundation National Information Center
3817 Crosswicks Hamilton Square Road, Suite 343
Hamilton NJ 08691
800-336-5843
epilepsy.com

Muscular Dystrophy Association
3817 Crosswicks Hamilton Square Road Ste 343
Hamilton, NJ 08691
newjersey@efa.org
mda.org
Registered clients can obtain free diagnosis and follow-up care at the JFK Medical Center in Edison, College Hospital and United Hospital in Newark and at Monmouth Medical. DA clinics provide initial diagnosis and comprehensive services inclusive of orthopedic aids, flu inoculation, and recreational outings.

HEARING

Clear Captions
1-866-868-8695
clearcaptions.com
Clear Captions offers telephones with real-time captioning for someone with hearing loss at no cost.

Hearing Aid Assistance to the Aged and Disabled (HAAAD)
NJ Department of Human Services, Division of Aging Services
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745
state.nj.us
Provides a $100 reimbursement to eligible persons who purchase a hearing aid. Must be enrolled in PAAD or Lifeline program. Call or visit website for eligibility criteria.

Hearing Aid Dispenser Examiners Committee
105 College Road East, 2nd Floor
Princeton, NJ 08540
973-504-6331
njconsumeraffairs.gov
Regulates the practice of hearing aid dispensers in the state of New Jersey

Hearing Aid Helpline
P.O. Box 183
Trenton, NJ 08625
609-826-7100
hearingaidcmte@dca.lps.state.nj.us
Provides a free kit of consumer information.

NJ Division of Deaf and Hard of Hearing

P.O. Box 074
Trenton, NJ 08625-0074
609-588-2648
state.nj.us humanservices/ddhh/
Provides interpreter referral service, information and referral hotline, telephone equipment. Also provides advocacy, employment/ vocational opportunities, and assists with social, legal, medical, educational & recreational issues.

HOMECARE SERVICES

Middlesex County Office of Aging and Disabled Services

75 Bayard Street, 5th Floor
New Brunswick, NJ 08901
732-745-3295
middlesexcountynj.gov
Through various County and State programs, in-home support services are available for those who qualify through the following programs: JACC, MCMAP, MLTSS, Statewide Respite Program.

The following services may be obtained through these programs:

- Home Health Aide Services
- Social/Medical Adult Day Care
- Chore Services
- Medical Transportation
- Medical Equipment & Supplies
- Personal Emergency Response System
- Environmental Modification Barrier Free
- In Patient Medical

All programs have specific financial criteria and special requirements to be meet in order to qualify. Call for a screening to determine eligibility.

Robert Wood Johnson Visiting Nurse VNA of Central Jersey

972 Shoppes Boulevard
North Brunswick, NJ 08902
800-400-0981
vnahg.org
Provides skilled nurses, physical and occupational therapists, speech therapists, medical social workers and home health aides.

HOME IMPROVEMENT

Greater Middlesex & Morris Habitat for Humanity

973-891-1934
morrishabitat.org/programs/ home-repair
A home repair program that serves low-income families by performing all component of interior and exterior construction at properties that are owner occupied. Homeowner pays only the cost of materials needed, a small administrative fee, cost of contract labor (i.e. plumber, electrician) and any permit fees associated with the project.

Middlesex County Safe Housing Program

Residential Maintenance Services are provided to seniors, age 60 and over, whom are homeowners residing in the following towns in Middlesex County.

The emphasis of this program is to provide a healthy, safe and secure home to older individuals who can no longer perform the tasks necessary to insure these conditions.

The Residential Maintenance programs provide minor repairs and improvements to the homeowners.

There is no fee for this service but applicants are given the opportunity to voluntarily contribute to the cost of the service.

For further information, contact one of the following agencies:

Perth Amboy Senior Center
732-826-1690

Sayreville Senior Center
732-390-7058

South River
732-257-2340

Spotswood Office on Aging
732-251-3432

Middlesex County Division of Housing, Community Development and Social Services
75 Bayard Street, 2nd Floor
New Brunswick, NJ 08901
732-745-3025

HOMELESSNESS

MUST ENTER THE SYSTEM BY CALLING: 211 HOMELESS HOTLINE

211-NJ Homeless Hotline
nj211.org
If you are homeless or at risk of becoming homeless the homeless hotline should be used 24/7 for assistance in locating shelter or relief from extreme weather conditions.

Coming Home
75 Bayard Street, 2nd Floor
New Brunswick, NJ 08901
732-296-7975
cominghomemiddlesex.org
Case management services for persons experiencing, or at risk of homelessness. Limited funding available for emergency, temporary, and permanent housing.

Catholic Charities
Edison Family Service Center
26 Safran Avenue
Edison, NJ 08837
732-738-1323
ccdom.org
For mortgage/rental assistance.

Middlesex County Board of Social Services
181 How Lane
New Brunswick, NJ 08901
middlesexsocialservices.com
Emergency Assistance for individuals on SSI and TANF only.

HOMELESS SHELTERS

211-NJ Homeless Hotline
Individuals in need of shelter, must call 2-1-1 to register for placement.

Fish Hospitality Program
456 New Market Road
Piscataway, NJ 08854
732-968-5957
fishhospitality.org
Provides homeless women and families with shelter and meals.

Ozanam Family Shelter
Catholic Charities
89 Truman Drive
Edison NJ 08817
732-985-0327
For single women and families with children.

Ozanam Inn Men's Shelter
Catholic Charities
20-22 Abeel Street
New Brunswick, NJ 08901
732-729-0850
For homeless men.

HOSPICE PROGRAMS

Hospice care provides physical and emotional care for the terminally ill and their families.

Caring Hospice Services
of Central Jersey
1090 King Georges Post Road
Suite 703
Edison, NJ 08837
732-661-9373 or 1-866-661-9373
caringhospice.com

Grace Healthcare Services
105 Fieldcrest Ave, Suite 402
Edison, NJ 08837
732-225-4100
gracehcs.com

Hackensack Meridian Hospice
65 James Street
Edison, NJ 08818
732-321-7769
hackensackmeridianhealth.org/hospice

Stein Hospice of NJ
49 Veronica Avenue, Suite 206
Somerset, NJ 08873
732-227-1212
wilfcampus.org/hospice

Princeton Homecare
Hospice Program
88 Princeton-Hightstown Road
Princeton Junction, NJ 08550
609-497-4900
princetonhcs.org

Kindred Hospice
242 Old New Brunswick Road
Suite 140
Piscataway, NJ 08854
732-562-8800
kindredhealthcare.com

VNA Health Group
972 Shoppes Boulevard
North Brunswick, NJ 08902
800-400-0981
732-224-6991
TTY: 800-852-7899
vnahg.org

HEALTH CENTERS/ HOSPITALS

Eric B. Chandler Health Center
Rutgers-RWJ Medical School
277 George Street
New Brunswick, NJ 08901
732-235-6700
rwjms.rutgers.edu

JFK Medical Center Hackensack Meridian Health
65 James Street
Edison, NJ 08818
732-321-7540
hackensackmeridianhealth.org

Princeton Medical Center
Penn Medician Princeton Health
1 Plainsboro Road
Plainsboro, NJ 08536
609-853-7000
princetonhcs.org

Raritan Bay Medical Center
Hackensack Meridian Health
1 Hospital Plaza
Old Bridge, NJ 08857
732-360-1000
rbmc.org

530 New Brunswick Avenue
Perth Amboy, NJ 08861
732-442-3700
rbmc.org

Robert Wood Johnson University Hospital RWJ Barnabas Health
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732-828-3000
rwjbh.edu

Rutgers Cancer Institute of New Jersey
195 Little Albany Street
New Brunswick, NJ 08901
732-235-2465
cinj.org

Saint Peter's University Hospital
254 Easton Avenue
New Brunswick, NJ 08901
732-745-8600
saintpetershcs.com

RWJ University Hospital Somerset
RWJ Barnabas Health
110 Rehill Avenue
Somerville, NJ 08876
908-685-2200
rwjbh.org

Veterans Administration
NJ Health Care System
385 Tremont Avenue
East Orange, NJ 07018
973-676-1000

151 Knollcroft Road
Lyons, NJ 07939
908-647-0180
newjersey.va.gov

Zufall Health
1 Plainsboro Road
Plainsboro, NJ 08536
609-853-7600

HOUSING INFORMATION

Central Jersey Housing Resource Center

92 East Main Street, Suite 407
Somerville, NJ 08876
908-446-0036
cjhrc.gov
Provides housing counseling, information and referral services to meet the needs of low to moderate income people seeking information.

Middlesex County Office of Human Services Division of Housing, Community Development & Social Services

75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3025
middlesexcountynj.gov
Administers federal funding under multiple programs from the US Department of Housing & Urban Development (HUD) that addresses the needs of low and moderate income individuals and families. This includes a Housing Choice Voucher (Section 8) rental assistance program, the American Dream Down payment Assistance Program for 1st time homebuyers, and a Housing Rehabilitation loan program.

There is also funding allocated to municipalities to address local low and moderate income needs and funding for housing developers to create affordable housing.

New Jersey Department of Community Affairs Division of Housing & Community Resources

101 South Broad Street
P.O. Box 800
Trenton, NJ 08625-0800
609-633-6286
nj.gov
Programs include: Homelessness Prevention, Energy Assistance Programs, Neighborhood Programs, Section 8 Housing Choice Voucher, Lead-Safe Home Remediation Pilot Program, Supportive Housing Connection (SHC).

NJ Housing Resource Center

877-428-8844
NJHRC.gov
Free searchable interactive online housing registry of available units and properties in New Jersey, for user both seeking and listing various types of housing, including: rental, for-sale, affordable, and market-rate.

Foreclosure Mediation Assistance Program and First-Time Homebuyer Down Payment Assistance Program also available. For further details, call: **1-800-NJ-HOUSE**

PRAB Housing Coalition
Puerto Rican Action Board
11 Harts Lane
East Brunswick, NJ 08816
732-832-7535 x154
prab.org
Provides housing services to ensure maintenance of safe, affordable residences including: Homebuyer Education & Counseling, Fair Housing Counseling, Mortgage Assistance & counseling, Foreclosure Mediation, and Homelessness Prevention. This is a HUD certified housing counseling program. Please Call for Appointment.

PRAHD Housing Program
Puerto Rican Association for Human Development
100 First Street
Perth Amboy, NJ 08861
732-442-1081
732-638-2800
prahd.org
Addresses unmet housing needs for low to moderate income individuals residing in Middlesex County, including: resolving/preventing mortgage default, first time home buyers counseling & education, non-delinquent/post purchase, American Dream down payment program.

US Dept. of Housing & Urban Development (HUD)
1 Newark Center, 13th Floor
1085 Raymond Boulevard
Newark, NJ 07102
973-622-7900
800-669-9777- Housing Discrimination Hotline
hud.gov
HUD provides information on housing, fairness, rental assistance, sustainability, and research.

HOUSING OPTIONS

ASSISTED LIVING

EAST BRUNSWICK

The Chelsea at East Brunswick
606 Cranbury Road
East Brunswick, NJ 08816
732-651-6100
chelseaseniorliving.com

Sunrise of East Brunswick
190 Summerhill Road
East Brunswick, NJ 08816
732-613-1355
sunriseseniorliving.com

EDISON

Brighton Gardens of Edison
1801 Oak Tree Road
Edison, NJ 08820
732-767-1031
sunriseseniorliving.com

Heritage at Clara Barton
1015 Amboy Avenue
Edison, NJ 08837
732-225-5990
heritageofclarabarton.com

Whispering Knoll
62 James Street
Edison, NJ 08820
732-744-5541
whisperingknoll.org

HIGHLAND PARK

Parker at Stonegate
443 River Road
Highland Park, NJ 08904
732-565-2500
parkerlife.org

MONROE TOWNSHIP

Brookdale Monroe
380 Forsgate Drive
Monroe Township, NJ 08831
609-409-7525
brookdale.com

Monroe Village Assisted Living
One David Brainerd Drive
Monroe Township, NJ 08831
732-521-6400
monroevillageonline.org

The Chelsea at Forsgate
319 Forsgate Drive
Monroe Township, NJ 08831
732-656-1000
chelseaseniorliving.com

NORTH BRUNSWICK

Graceland Gardens
1628 Route 27
North Brunswick, NJ 08902
732-658-6490
gracelandgardensnj.com

OLD BRIDGE

The Reformed Church Home
1990 Rt. 18 North
Old Bridge, NJ 08857
732-607-9230
reformedchurchhome.com

PRINCETON

Atrium Senior Living of Princeton
1000 Windrow Drive
Princeton, NJ 08540
609-514-9111

WOODBRIDGE

St. Joseph's Assisted Living
1 -3 St. Joseph's Terrace
Woodbridge, NJ 07095
732-634-0004
stjosephseniorhome.org

CONTINUING CARE RETIREMENT COMMUNITIES (CCRC)

A CCRC, sometimes called a life care community, is a retirement community where a continuum of aging care, from independent living, assisted living and skilled nursing care can all be met in one community.

Monroe Village
1 David Brainerd Drive
Monroe Township, NJ 08831
732-521-6400
monroevillageonline.org

DEMENTIA CARE HOMES

Dementia Care Homes are licensed facilities that provide 24 hour skilled nursing care to individuals with Alzheimer's Disease or related disorders.

Fox Trail Memory Care Living South River
69 Burton Avenue
South River, NJ 08882
732-201-4979
southriverfoxtrail.com

Goldenview Living
1313 Aaron Road
North Brunswick, NJ 08902
732-820-9700
goldenviewliving.com

Millennium Memory Care at Monroe
310 Buckelew Avenue
Monroe Township, NJ 08831
milleniummemorycare.com
Specializes in very challenging behavioral cases of individuals with dementia.

HOMESHARING & SHARED LIVING RESIDENCES

Community House at St. Thomas
Catholic Charities
124 Bentley Road
Old Bridge, NJ 08857
732-251-0022
communityhouse-saintthomas.org
Provides affordable, stable housing for adults of very low income who have physical disabilities. Also provides social services that compliment, support and foster the resident's independence and quality of life.

HOMESHARING INC.
People Care Center
120 Finderne Avenue
Bridgewater, NJ 08807
908-526-4663
peoplecarecenter.org
Assist home "providers" who have a separate bedroomn for rent, with finding a home "seeker" who is looking for somewhere to live.

RETIREMENT COMMUNITIES

Designed for active, independent older people age 55 years or older. Social and recreational activities and limited services such as transportation are usually provided. Units are usually for sale, but some may be rented. There is usually a monthly fee.

EAST BRUNSWICK

Cedar Village at East Brunswick
5000 Cedar Village Boulevard
East Brunswick, NJ 08816
732-236-7831
cedar-village.com

Waterford at East Brunswick
540 Cranbury Road
East Brunswick, NJ 08816
732-238-1367

HELMETTA

Regency Walk
13 Appleby Drive
Helmetta, NJ 08828
732-521-0398

MONROE TOWNSHIP

Clearbrook Community Association
1 Clearbrook Drive
Monroe Township, NJ 08831
609-655-2706
clearbrook-nj.com

Concordia
1 Clubhouse Drive
Monroe Township, NJ 08831
908-670-0450
concordiamonroe.com

Encore Monroe
1 Brookside Drive
Monroe Township, NJ 08831
609-409-7454
encoremonroe.com

Greenbriar at Whittingham
100 Whittingham Drive
Monroe Township, NJ 08831
609-655-5656
woodbridgehillsrentals.com

The Ponds
100 Waterside Boulevard
Monroe Township, NJ 08831
609-655-0821
thepondsnj.net

Regency at Monroe
61 Country Club Drive
Monroe Township, NJ 08831
732-605-9800
regencyatmonroehoa.com

Renaissance at Cranbury Crossing
48 Vineyard Court
Monroe Township, NJ 08831
609-395-7114

Renaissance at Monroe
101 Medici Road
Monroe Township, NJ 08831
609-443-5446
renaissanceatmonroe.com

Rossmoor Community
128 Sussex Way
Monroe Township, NJ 08831
609-655-1000
rcainj.com

Waterside Villas
1 Overlook Drive
Monroe Township, NJ 08831
609-409-0018
watersidemonroe.com

WOODBRIDGE

Woodbridge Hills
400 Hampton Lane
Iselin, NJ 08830
732-636-5190
woodbridgehillsrentals.com

ROOMING & BOARDING HOMES

For a comprehensive list of Rooming & Boarding Homes contact:

NJ Dept. of Community Affaires Bureau of Rooming & Boarding House Standards
609-633-6251
state.nj.us

SUBSIDIZED & AFFORDABLE APARTMENTS

Apartment style housing designed for seniors and/or the disabled. There are income guidelines for eligibility. Age restrictions apply.

CARTERET

Carteret Housing Authority
96 Roosevelt Avenue
Carteret, NJ07008
732-541-6800
TDD/TTY: 800-545-1833 ext. 845
ci.carteret.nj.us

Jeanette Smith Village
A1 Edwin Street
Carteret, NJ 07008
732-541-6800

Joseph Hermann Gardens
Union Street
Carteret, NJ 07008
732-541-6800

Victoria Copeland Senior Home
Union Street
Carteret, NJ 07008
732-541-6800

CRANBURY

Birchwood at Cranbury
1 Justin Drive
Cranbury NJ 08512
609-664-3430
livebirchwood.com/communities/birchwood-at-cranbury/

Cranbury Housing Associates, Inc.
216 Rockingham Row
Princeton, NJ 08540
609-786-1102
cranburyhousing.org

EAST BRUNSWICK

Halls Corner
551 Cranbury Road
East Brunswick, NJ 08816
732-784-4043
liveathallscorner.com
62 and older only

Oak Creek Village
401 New Brunswick Avenue
East Brunswick, NJ 08816
732-254-4488
eastbrunswick.org

EDISON

Edison Housing Authority
Robert E. Holmes Garden
14 Rev. Samuel Carpenter Blvd
Edison, NJ 08820
732-549-3301
edisonha.org

Inman Grove Senior Housing
1061 Inman Avenue
Edison, NJ 08820
908-561-2203

Julius Engel Gardens
Willard Dunham Drive
Edison, NJ 08837
732-572-4420

Residence at Roosevelt
1 Roosevelt Drive
Edison, NJ 08837
732-844-8491
pennrose.com/apartments/new-jersey/residence-at-roosevelt-park

Robert E. Holmes Gardens
14 Rev. Samuel Carpenter Blvd.
Edison, NJ 08820
908-561-2525
edisonha.org

St. Paul the Apostles Senior Residences
635 Amboy Avenue
Edison, NJ 08837
973-743-2300 or 732-540-5748

Village Court Seniors
32 North Reading Road
Edison, NJ 08817
732-744-1464

HIGHLAND PARK

Highland Park Housing Authority
242 South Sixth Avenue
Highland Park, NJ 08904
732-572-4420
highlandparkhousing.org

AHEPA - Highland Apartments
239 South 6th Avenue
Highland Park, NJ 08904
732-572-0700

Samuel J. Kronman Complex
242 South 6th Avenue
Highland Park, NJ 08904
732-572-4420

JAMESBURG

Barclay Village
20 Lake Street
Jamesburg, NJ 08831
732-521-5003

METUCHEN

Metuchen Senior Citizens Housing
35 Lincoln Avenue
Metuchen, NJ 08840
732-494-6700

MIDDLESEX

Watchung Terrace
100 Watchung Terrace
Middlesex, NJ 08846
732-356-0681

NEW BRUNSWICK

New Brunswick Housing Authority
7 Van Dyke Avenue
New Brunswick, NJ 08901
732-745-5157
newbrunswickhousing.org

55 Harvey at Providence Square
55 Harvey Street
New Brunswick, NJ 08901
732-387-6548
TDD: 800-545-1833 ext. 648

John P. Fricano Towers
90 Neilson Street
New Brunswick, NJ 08901
732-246-7681

Livingston Manor
116 Livingston Avenue
New Brunswick, NJ 08901
732-387-6548

Lord Stirling Senior Apts.
40 Hassart Street
New Brunswick, NJ 08901
732-214-9124
lordstirlingseniorhousing.com

Providence Square
217 Somerset Street
New Brunswick, NJ 08901
732-828-4083

St. Mary's Apartments
260 Remsen Avenue
New Brunswick, NJ 08901
732-247-8470

NORTH BRUNSWICK

No. Brunswick Housing Authority
710 Hermann Road
North Brunswick, NJ 08902
732-549-3301

Martin Gerber Apts.
550 Remsen Avenue
North Brunswick, NJ 08902
732-246-7788

North Brunswick Senior Housing
740 Hermann Road
North Brunswick, NJ 08902
732-296-7122
nbseniorhousing.com

OLD BRIDGE

Old Bridge Housing Authority
2000 Route 18 North
Suite 100
Old Bridge, NJ 08857
732-607-6383
oldbridgehousing.com

Birchwood at Old Bridge
100 Mimi Road
Old Bridge, NJ 08857
732-416-1400

Chuck Costello Complex
1998 Rt. 18 North
Old Bridge, NJ 08857
732-679-0534
For individuals with special needs.

Maher Manor
2000 Rt. 18 North
Old Bridge, NJ 08857
732-679-1763

Rotary Senior Housing
100 Ticetown Road
Old Bridge, NJ 08857
732-679-9070

PERTH AMBOY

Perth Amboy Housing Authority
881 Amboy Avenue
Perth Amboy, NJ 08861
732-826-3110
perthamboyha.org

Birchwood at Perth Amboy
1618 New Brunswick Avenue
Perth Amboy NJ 08861
732-442-2428
livebirchwood.com/communities/birchwood-at-perth-amboy

Dalina Manor
113 James Street
Perth Amboy, NJ 08861
732-486-7326
livebirchwood.com/communities/dalina-manor/

High Street Apartments
315 High Street
Perth Amboy, NJ 08861
732-826-4222

The Parkview
618 New Brunswick Avenue
Perth Amboy, NJ 08861
732-324-1600

Richard F. Stack Apartments
333 Rector Street
Perth Amboy, NJ 08861
732-826-3110 or 732-826-2250

Wesley T. Hansen Apartments
415 Fayette Street
Perth Amboy, NJ 08861
732-826-3110 or 732-826-2250

PISCATAWAY

Piscataway Affordable Housing
505 Sidney Road
Piscataway, NJ 08854
732-562-6570

Sterling Village
1 Sterling Village Drive
Piscataway, NJ 08854
732-699-0033

SAYREVILLE

Sayreville Housing Authority Gillette Manor
650 Washington Road
Sayreville, NJ 08872
732-316-0177
sayrevilleha.org

Lakeview at Sayreville
1 Kulas Lane
Parlin, NJ 08859
201-592-9020

SOUTH AMBOY

South Amboy Housing Authority
250 South Broadway
South Amboy, NJ 08879
732-721-1831
southamboyhousing.com

Hillcrest Manor at South Amboy, LLC
2097 Route 35
South Amboy, NJ 08879
732-721-5300

Robert Noble Manor
241 Gordon Street
South Amboy, NJ 08879
732-721-7500

Dohaney Homes Affordable Housing
250 South Broadway
South Amboy, NJ 08879
732-721-1831

Woodrow McCarthy Towers
250 South Broadway
South Amboy, NJ 08879
732-721-1831

SOUTH BRUNSWICK

Citizens for Independent Living
100 Woods Lane
Monmouth Junction, NJ 08852
732-329-6027

Charleston Place
3424 Route 27
Kendall Park, NJ 08824
732-297-7966
sbseniorhousing.org

Oak Woods Senior Residence
700 Woods Lane
Monmouth Junction, NJ 08852
732-355-9009
sbseniorhousing.org

Woodhaven at South Brunswick
1401 Jones Drive
Princeton, NJ 08540
732-329-6807
emess.com

SOUTH PLAINFIELD

South Plainfield Senior Residence
151 Morris Avenue
South Plainfield, NJ 07080
908-755-6600 or 908-412-1517

SOUTH RIVER

South River Landing
20 Wojie Way
South River, NJ 08882
732-238-3838

Willett Manor
340 Whitehead Avenue
South River, NJ 08882
732-257-8221

SPOTSWOOD

Crescent Park
1 Arlington Avenue
Spotswood, NJ 08884
732-723-0008

Woodmere Senior Housing
250 Crescent Avenue
Spotswood, NJ 08884
732-251-3242

WOODBRIDGE

Woodbridge Housing Authority
800 Bunns Lane
Woodbridge, NJ 07095
732-634-2750
woodbridgehousingauthority.org

Adams Towers
555 Rahway Avenue
Woodbridge, NJ 07095
732-634-2750
livebirchwood.com

Cooper Towers
1422 Oak Tree Road
Iselin, NJ 08830
732-634-2750

Finn Towers
19 Martin Terrace
Woodbridge, NJ 07095
732-634-2750

Greiner Towers
460 Inman Avenue
Colonia, NJ 07067
732-634-2750

Maple Tree Manor
1255 Rahway Avenue
Avenel, NJ 07001
732-636-1313
livebirchwood.com

Olsen Towers
555 New Brunswick Avenue
Fords, NJ 08863
732-618-3672
livebirchwood.com

Reinhard Manor
401 Fairview Avenue
Colonia, NJ 07067
732-428-0300

IMMIGRATION & NATURALIZATION

U.S. Department of Homeland Security Citizenship & Immigration Services (USCIS)
uscis.gov

USCIS National Customer Service Center
800-375-5283
TTY: 800-767-1833
The following agencies provide assistance in citizenship services:

Catholic Charities
319 Maple Street
Perth Amboy, NJ 08861
732-324-8200
56 Throop Avenue
New Brunswick NJ 08901
732-545-1681 or 732-214-8743

Casa de Esperanza
213 West Union Avenue
Bound Brook, NJ 08805
732-748-1111
casaesperanzanj.com

El Centro Hispanoamericano
525 East Front Street
Plainfield, NJ 07060
908-753-8730
elcentronj.org
Provide legal advice, citizenship classes, workshops on immigration issues.

Jewish Family Services of Middlesex County
219 C Blackhorse Lane
North Brunswick, NJ 08902
732-777-1940
Immigration and Citizenship Program is accredited by the US Department of Justice. Provide low-cost assistance with: Green card applications, work authorizations, family visa petitions, consular processing, and citizenship applications. Provide free classes to prepare permanent residents for US Citizenship exam. Advocate for complex cases and representation at naturalization interviews. Bilingual Spanish

PRAB
Boaz Immigration &
Counseling Progam
700 54 Rt 18 N Suite 202
East Brunswick, NJ 08816
732-832-7535
prab.org
Immigrants, individuals and families get accurate legal advice and finalize their citizenship status. Call for appointment.

INCOME TAX PREPARATION

Free state and federal income tax assistance is available:

AARP
Tax Aide - Site locator
1-888-227-7669
aarp.org
A nationwide tax counseling and tax return preparation service for the low-to-moderate income senior. Home visits are available to the homebound and the handicapped.

Internal Revenue Service Volunteer Income Tax Assistance VITA Site Locator
1-800-906-9887
irs.treasury.gov
The Internal Revenue Service provides free assistance in the preparation of tax returns. Call the above number for a site near you.

United Way
732-247-3730
uwcjvitataxappt.as.me/schedule/5542b31f
Vita Tax Preparation
Offers free tax preperation services for federal and state tax returns to eligible taxpayers

LGBTQ+

Garden State Equality
973-509-5428
gardenstateequality.org
Garden State Equality is an LGBTQ+ advocacy organization with services that include advocacy, policy work, and trainings to improve of health services that meet LGBTQ+ community needs, and respectful treatment of seniors.

Pride Center Of New Jersey
85 Raritan Ave Ste 100,
Highland Park, NJ 08904
732-846-2232
pridecenter.org
Provides a safe space for all individuals who identify as LGBTQ+ to find support, educational tools, health and education resources, and social opportunities within a community of acceptance.

PROUD Gender Center of New Jersey at RWJUH

181 Somerset Street
New Brunswick, NJ 08901
833-247-7683 or 908-243-8647
rwjbh.org/rwjuhproudgendercenter

The PROUD Gender Center of New Jersey (PGCNJ) at RWJUH, in partnership with Rutgers Robert Wood Johnson Medical School, provides a full suite of specialized services in support of the transgender and gender diverse community. The Center offers a broad range of gender affirming services and surgeries, educational trainings as well as support groups specifically for the community.

Babs Siperstein Proud Center

128 Rehill Avenue, Suite 1100
Somerville, NJ 08876
1-855-776-8334
rwjbh.org/rwj-university-hospital-somerset/treatment-care/babs-siperstein-proud-center

The PROUD Center is located on the hospital's campus, offering patients access to our comprehensive health care services such as laboratory, radiology, cardiology, emergency, oncology, and rehabilitative services, and an on-site Walgreen's pharmacy. Telehealth services are also available.

Edge New Jersey

35 Waterview Blvd Suite 201
Parsipanny, NJ 07054
973-285-0006
edgenj.org

Provides supportive services, housing opportunities, prevention strategies, and education to enhance the community we serve.

LEGAL SERVICES

Middlesex County Bar Association Lawyer Referral Service

87 Bayard Street
New Brunswick, NJ 08901
732-828-3433
mcbalaw.com

A public service to help find a qualified lawyer who has experience with your particular legal issues. Reduce fee program is available for those who do not qualify for free legal assistance from Middlesex County Legal Services corp.

Middlesex County Legal Services Corporation

317 George Street, Suite 201
New Brunswick, NJ 08901
732-249-7600

313 State Street, Suite 308
Perth Amboy, NJ 08861
732-324-1613
lsnj.org/cjls

Provides free legal services in civil matters to eligible individuals unable to retain a private attorney. Legal assistance and representation are provided in housing problems, public benefits, health, education family matters, employment, and social security. For senior citizens, POA, wills, guardianship, nursing home and other healthcare issues.

Middlesex County Surrogate Office

75 Bayard Street - 1st Floor
New Brunswick, NJ 08901
732-745-3055
middlesexcountynj.gov
Provide information and services pertaining to wills (probate), trusts, adoptions, and guardianship. Satellite offices located throughout Middlesex County. Call for Details.

Office of the Public Guardian and Elder Rights

P.O. Box 812
Trenton, NJ 08625-0812
609-341-5555
state.nj.us/humanservices
OPG acts as a surrogate decision maker for residents 60 and over who have been deemed incapacitated by the Superior Court of NJ.

Inheritance Tax Office - NJ

50 Barrack Street
P.O. Box 249
Trenton, NJ 08695
609-292-5033
state.nj.us/treasury

The Legal Services of NJ

PO Box 1357
Edison, NJ 08818
732-572-9100
Hotline: 1-888-576-5529
lsnj.org
An independent non-profit organization that coordinates a statewide legal assistance service. Free legal help is provided to low income individuals in civil matters.

MEDICAL EQUIPMENT & ASSISTIVE DEVICES

Advancing Opportunities Inc.

610 Beverly-Rancocas Road
Willingboro, NJ 08046
609-882-4182
assistivetechnologycenter.org

Disability Rights NJ The Assistive Technology Advocacy Center (ATAC)

210 South Broad Street - 3rd Floor
Trenton, NJ 08608
1-800-922-7233 or 609-292-9742
at4nj.org
ATAC provides assistance to persons with disabilities to obtain assistance technology devices and/or services.

Goodwill Home Medical Equipment

300 Benigno Blvd.
Bellmawr, NJ 08031
609-812-2210
goodwillhomemedical.org
Gently used home medical equipment and unopened medical supplies at affordable prices.

Middlesex County Office of Aging & Disabled Services

75 Bayard Street, 5th Floor
New Brunswick, NJ 08901
732-745-3295
Medical equipment & supplies may be available through various home care programs, if qualified. Call for screening.

MEDICAID

Medicaid District Office
100 Daniels Way
1st Floor
Freehold, NJ 07728
908-430-0231
Provides information about Medicaid benefits and provides listings of Medicaid Providers.

Middlesex County Board of Social Services
181 How Lane
New Brunswick, NJ 08901
732-745-3500
middlesexsocialservices.com
Applications for all medicaid programs are available through the Board of Social Services. All programs have income and asset guidelines.

Medicaid Fraud and Abuse Hotline
888-9-FRAUD 5
888-937-2835 or 888-692-2140

NJ Medicaid Hotline
1-800-356-1561

MEDICARE

Centers for Medicare and Medicaid Services
7500 Security Boulevard
Baltimore, MD 21244

Medicare
1-800-633-4227
medicare.gov
For general inquiries or questions about eligibility, coverage, and claims, call the number above or visitmedicare.gov or mymedicare.gov

Livanta, LLC.
1-866-815-5440
TTY: 1-866-868-2289
livanta.com
Livanta is contracted by the federal government to ensure that Medicare beneficiaries receive quality medical care. Call to appeal discharges from a hospital, nursing home, rehab facility, hospice or home health agency or to file an appeal if Medicare services are ending. If you have quality of care concerns, call to file a complaint.

Medicare Fraud and Abuse Hotline - Office of Inspector General
1-800-447-8477
TTY: 1-800-377-4950

Medicare Rights Center
1-800-333-4114
medicarerights.org
Helps people with Medicare understand their rights and benefits, navigate the Medicare system and secure quality care.

Medicare Interactive
medicareinteractive.org
A free tool provided by the Medicare Rights Center, that features Medicare information written in user-friendly language.

Senior Medicare Patrol of NJ JFS
219C Blackhorse Lane
North Brunswick, NJ 08902
732-777-1940 or 1-877-767-4359
jfsmiddlesex.org
Educates Medicare and Medicaid beneficiaries about preventing, detecting and reporting fraud.

State Health Insurance Assistance Program - SHIP
Jewish Family Services
219C Blackhorse Lane
North Brunswick, NJ 08902
TTY: 1-866-868-2289
jfsmiddlesex.gov
Counselors provide free help to Medicare beneficiaries who have problems with or questions about Medicare, health insurance, Part D and or dealing with claims.

Specified Low Income Medicare Beneficiary (SLMB)
1-800-792-9745
state.nj.us/humanservices/doas
If eligible, SLMB offers assistance with paying the Medicare Part B monthly premium.
Call to determine eligibility and for application.

NJ Dept of Banking and Insurance Division of Enforcement and Consumer Protection
P.O. Box 329
Trenton, NJ 08625-0325
800-446-7467 or 609-292-7272
state.nj.us/dobi
To make complaints about the business practices of insurance companies.

NURSING & REHABILITATION CENTERS

Alameda Center for Rehab & Healthcare
303 Elm Street
Perth Amboy, NJ 08861
732-442-9540
alamedacenter.com

Amboy Care Center
1 Lindberg Avenue
Perth Amboy, NJ 08861
732-826-0500
amboynursingcenter.com

Aristacare at Cedar Oaks
1311 Durham Avenue
South Plainfield, NJ 07080
732-287-9555
aristacare.com

Atrium of Matawan
38 Freneau Avenue
Matawan, NJ 07747
732-765-5600
atriumhealthusa.com

Atrium Post Acute Care of Princeton
5000 Windrow Drive
Princeton, NJ 08540
609-987-1221
atriumhsl.com

Brighton Gardens of Edison
1801 Oaktree Road
Edison, NJ 08820
732-767-1031
sunriseseniorliving.com

Care One at East Brunswick
599 Cranbury Road
East Brunswick, NJ 08816
732-967-0100
care-one.com

Care One at the Highlands
1350 Inman Avenue
Edison, NJ 08820
908-754-7100
care-one.com

Cranbury Center
292 Applegarth Road
Monroe Township, NJ 08831
609-860-2500
genesishcc.com/cranbury

Elms of Cranbury
61 Maplewood Avenue
Cranbury, NJ 08512
609-395-0641
elmsofcranbury.com

Franklin Care Center
3371 Route 27
Franklin Park, NJ 08823
732-821-8000

Gardens at Monroe
189 Applegarth Road
Monroe Township, NJ 08831
609-448-7036
thegardensatmonroe.com

JFK Hartwyck at Oak Tree
2048 Oak Tree Road
Edison, NJ 08820
732-906-2100
jfkhartwyck.org

JFK Hartwyck at Edison Estates
10 Brunswick Avenue
Edison, NJ 08817
732-985-1500
jfkhartwyck.org

Madison Center
Genesis Eldercare
625 Route 34
Matawan, NJ 07747
732-566-6400
genesishcc.com/MadisonNJ

Merwick Care & Rehab Center
100 Plainsboro Rd.
Plainsboro, NJ 08536
609-759-6000
windsorhealthcare.org

Parker at Landing Lane
503 Easton Avenue
New Brunswick, NJ 08901
732-545-3110
parkerlife.org

Parker at Somerset
15 Dellwood Lane
Somerset, NJ 08873
732-545-4200
parkerlife.org

Parker at Monroe
395 School House Road
Monroe Township, NJ 08831
732-992-5200
parkerlife.org

Parker at River Road
1421 River Road
Piscataway, NJ 08854
732-545-8330
parkerlife.org

New Jersey Fireman's Home
565 Lathrop Avenue
Boonton, NJ 07005
973-334-0024
njfh.org

New Jersey Veterans Memorial Home
132 Evergreen Road
Edison, NJ 08818-3013
732-452-4100
nj.gov

Park Place Center
2 Deer Park Drive
Monmouth Junction, NJ 08852
732-274-1122
genesishcc.com

Power Back Rehabilitation
10 Sterling Drive
Piscataway, NJ 08854
732-917-2900
powerbackrehabilitation.com

Preferred Care at Old Bridge
6989 Rt. 18 South
Old Bridge, NJ 08857
732-360-2277
preferredcareatoldbridge.com

Regency Jewish Heritage
380 Demott Lane
Somerset, NJ 08873
732-873-2000
regencyheritagenursing.com

Reformed Church Home
1990 Rt. 18 North
Old Bridge, NJ 08857
732-607-9230
reformedchurchhome.com

Roosevelt Care Center
118 Parsonage Road
Edison, NJ 08837
732-321-6800
rooseveltcarecenter.com

Roosevelt Care Center at Old Bridge
1133 Marlboro Road
Old Bridge, NJ 08857
732-360-9830
rooseveltcarecenter.com

Rose Mountain Care Center
27 U.S. Highway 1
New Brunswick, NJ 08901
732-828-2400
rosemountaincarecenter.com

St. Joseph's Senior Home Nursing Center
1-3 St. Joseph's Terrace
Woodbridge, NJ 07095
732-750-0077 or 732-634-0004
stjosephseniorhome.com

Autumn Lake Healthcare at Old Bridge
111 Route 516
Old Bridge, NJ 08857
732-254-8200
shnhnj.com

Venetian Care and Rehabilitation Center
275 John T. O'Leary Boulevard
South Amboy, NJ 08879
732-721-8200
windsorhealthcare.org/venetian

Village Point
3 David Brainerd Drive
Monroe Township, NJ 08831
732-521-6400
monroevillageonline.org

Willow Creek Rehabilitation and Care Center
1165 Easton Avenue
Somerset, NJ 08873
732-246-4100
genesishcc.com

NJ Department of Health

800-792-9770
state.nj.us/health/healthfacilities
Regulates a wide range of health care settings for quality of care to ensure compliance with regulations, survey facilities, investigate complaints and penalize facilities for non-compliance.

Office of the Long Term Care - Ombudsman

24-Hour Hotline: 877-582-6995
state.nj.us/ooie
P.O. Box 852
Trenton, NJ 08625-0852
Advocates for residents by investigating allegations of abuse, neglect, exploitation, crime and serious bodily injury of individuals 60 and over living in a long term care facility.

NUTRITION PROGRAMS

NJ SNAP (formerly Food Stamps) NJ Supplemental Nutrition Assistance Program

Toll Free: 1-800-687-9512
Middlesex County: 732-745-3500
middlesexsocialservices.com
Nutrition assistance program to help low-income individuals and families buy the groceries needed to eat healthy. Seniors and people living with disabilities and/or living on low or fixed income may be eligible. To pre-screen or apply on-line, go to NJHelps.org.

Meals on Wheels Program

Home delivered meals are available for isolated, homebound older adults (60+) who have no formal or informal caregiver and are unable to prepare meals. For additional information, call or visit the organizations web site.

Greater New Brunswick Meals on Wheels

94 Church Street, Suite 302
New Brunswick, NJ 08901
732-249-3488
mowgnb.org
Serves residents of Highland Park and New Brunswick.

Kosher Meals on Wheels Jewish Family Services of Middlesex County

1600 Perrineville Road, Suite 26
Monroe Township, NJ 08831
732-777-1940
jfsmiddlesex.org
Serves residents of East Brunswick, Monroe, and Old Bridge.

219C Blackhorse Lane
North Brunswick, NJ 08902
732-777-1940
Serves Avenel, Carteret, Colonia, Edison, Fords, Keasbey, Highland Park, Metuchen, Parlin, Perth Amboy, Port Reading, and Woodbridge.

Meals on Wheels Metuchen, Edison, and Woodbridge
2 George Frederick Plaza
Woodbridge, NJ 07095
732-634-4141
Provides home bound disabled seniors, 60+ and those who have no one to assist them with two thirds of their daily nutritional requirements.

Middlesex County Senior Meal Program
75 Bayard Street
New Brunswick, NJ 08901
732-745-2062
middlesexcountynj.gov
Offers nutritious, hot, mid-day meals in a social atmosphere. Includes transportation, nutrition counseling, and recreation, to those 60 years of age or older. Suggested donations are $2.25 for on-site meals and $2.75 for home delivered meals. For information on congregate and home delivered meals, contact the following nutrition sites:

SENIOR MEAL SITES

CARTERET

Thomas J. Deverin Community Center
100 Cooke Avenue
Carteret, NJ 07008
732-541-6221

EDISON

Edison Senior Center
2963 Woodbridge Avenue
Edison, NJ 08817
732-452-0377

OLD BRIDGE

Old Bridge Senior Center George J. Bush Center for Human Services
1 Old Bridge Plaza
Old Bridge, NJ 08857
732-607-1582

PERTH AMBOY

Alexander F. Jankowski Community Center
1 Olive Street
Perth Amboy, NJ 08861
732-442-0930

PISCATAWAY

Piscataway Senior Center
700 Buena Vista Avenue
Piscataway, NJ 08854
732-743-9844

SAYREVILLE

Sayreville Senior Center
423 Main Street
Sayreville, NJ 08872
732-254-4299

SOUTH BRUNSWICK

South Brunswick Senior Center
540 Ridge Road
Monmouth Junction, NJ 08852
732-329-6171

SOUTH PLAINFIELD

South Plainfield Senior Center
90 Maple Avenue
South Plainfield, NJ 07080
908-753-1040

Kosher Congregate Dining Jewish Family Services of Middlesex County Highland Park Conservative Temple

201 South - 3rd Avenue
Highland Park, NJ 08905
732-777-1940
jfsmiddlesex.org

1600 Perrineville Road
Monroe Township, NJ 08831

220 South 6th Avenue
Highland Park, NJ 08905

PRESCRIPTIONS

Pharmaceutical Assistance to the Aged and Disabled (PAAD), Lifeline and Special Benefits

NJ Department of Human Services
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745 or 609-588-7049
TTY: 609-588-7030
njpaad.gov
PAAD is a state-funded program to help NJ residents, who are at least 65 years of age, or 18 years of age or older and disabled, to pay for prescriptions. Applicants must meet financial eligibility guidelines.

For eligibility guidelines and/or to apply, visit state.nj.us or you can obtain a paper application by calling the MC Office of Aging and Disabled services at 732-745-3295.

Patient Advocate Foundation Co-pay Relief

421 Butler Farm Road
Hampton, Virginia 23666
866-512-3861
copays.org
Provides copay assistance to financially and medically qualified individuals.

Senior Gold

NJ Department of Health and Senior Services
P.O. Box 715
Trenton, NJ 08625-0715
800-792-9745
njsrgold.gov
A prescription discount program for NJ residents, who are at least 65 years of age, or 18 years of age or older and disabled, who do not qualify for the PAAD program. Applicants must meet financial eligibility guidelines.

For eligibility guidelines and/or to apply, visit state.nj.us or you can obtain a paper application by calling the MC Office of Aging and Disabled services at 732-745-3295.

RECREATION

NJ Division of Environmental Protection Division of Fish & Wildlife

P.O. Box 402
Trenton, NJ 08625-0400
609-292-2965
dep.nj.gov/njfw

Middlesex County Arts Institute
11 Livingston Avenue
New Brunswick, NJ 08901
732-745-4489
middlesexcountynj.gov
Provides cultural programming, educational workshops, and folklife projects.

Middlesex County Office of Parks & Recreation - Division of Recreation & Programming
1030 River Road
Piscataway, NJ 08854
middlesexcountynj.gov
732-745-3900
Programs and projects include: Plays-in-the-Park, Kids-in-the-Park, Concerts-in-the-Park, ice & roller skating rink, special events, picnic grove reservations, organized sports activities, sport field reservations, farm wagon and snow mobile rentals.

NJ Department of Environmental Protection Parks, Forests, and Historic Sites
Division of Parks and Forestry
P.O. Box 404
Trenton, NJ 08625-0404
800-843-6420 or 609-984-0370
nj.gov/dep/parksandforests
Senior citizens pass allows free entry and parking for day use at any forest, park, or historic site administered by the State Park Service.

John E. Toolan Kiddie Keepwell Camp
35 Roosevelt Drive
Edison, NJ 08837
732-548-6542
kiddiekeepwell.org
Summer and winter camp programs including arts & crafts, exercise classes, trips and overnight accommodations are available to seniors of Middlesex County 65 years of age or older.

New Jersey Division of Travel & Tourism
P.O. Box 460
Trenton, NJ 08625
Free Publications: 1-800-VISITNJ
Other Inquiries: 609-599-6540
visitnj.org

NJ Department of Community Affairs
45 Kilmer Road – 1st Floor
Edison, NJ 08818
732-777-6999
statenj.us/dca
Provides information and assistance with Section 8 rent assistance for Middlesex County residents.

RENTAL ASSISTANCE

Middlesex County Division of Housing, Community Development and Social Services
75 Bayard Street - 2nd Floor
New Brunswick, NJ 08901
732-745-3025
middlesexcountynj.gov
Provides federal funds for housing, rehabilitation and rental assistance to eligible applicants who reside in.

Respite is a service that provides family members and other non-paid caregivers a break from the daily responsibility of caring for an elderly or disabled person.

RESPITE

Interfaith Network of Care, Inc.
62 South Main Street
Milltown, NJ 08850
732-247-1655
Interfaith volunteers are able to provide respite care once a week for up to 5 hours.

Respite Care and Wellness Program Alzheimer's NJ
425 Eagle Rock Avenue
Suite 203
Roseland, NJ 07068
888-280-6055 or 973-586-4300
alznj.org
Offers family caregivers information about available community respite care resources such as home health care, adult day care and residential respite, as well as a one-time financial scholarship to help offset the cost of respite care.

Statewide Respite Care Program Middlesex County Office of Aging and Disabled Services
75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
middlesexcountynj.gov
This program offers services to the person needs care so that the caregiver has a "break" (respite). Applicant must meet clinical and financial criteria. Call the Middlesex County Office of Aging & Disabled Services for screening.

SENIOR CENTERS AND MUNICIPAL OFFICES ON AGING

Carteret Thomas J. Deverin Community Center
100 Cooke Avenue
Carteret, NJ 07008
732-541-3890
ci.carteretnj.us

Cranbury Senior Community Center
23A North Main Street
Cranbury, NJ 08512
609-395-0990
cranburytownship.org

Dunellen Senior Center
200 Orange Street
Dunellen, NJ 08812
732-968-3033
dunellen-nj.gov

East Brunswick Senior Center Department on Aging
3 Jean Walling Civic Center Drive
East Brunswick, NJ 08816
732-390-6896
eastbrunswick.org

Edison Senior Center
2963 Woodbridge Avenue
Edison, NJ 08817
732-248-7345
edisonnj.org

Mailing:
100 Municipal Boulevard
Edison, NJ 08817

Evergreen Senior Center
400 Inman Avenue
Colonia, NJ 07067
732-726-6261
twp.woodbridge.nj.us

Five Branches Senior Center
1 Brown Avenue
Iselin, NJ 08830
732-726-6277
twp.woodbridge.nj.us

Hickory Senior Center
17 Corielle Street
Fords, NJ 08863
732-726-6288
twp.woodbridge.nj.us

Highland Park Senior Recreational Center / Office on Aging
220 South 6th Avenue
Highland Park, NJ 08904
732-819-0052
hpboro.com

Jamesburg Senior Center
139 Stevens Avenue
Jamesburg, NJ 08831
732-521-2920
jamesburgborough.org

Metuchen Senior Center
15 Center Street
Metuchen, NJ 08840
732-632-8524
metuchennj.org

Middlesex Recreation & Senior Center
1400 Mountain Avenue
Middlesex, NJ 08846
732-356-0414
middlesexboro-nj.gov

Mailing:
1200 Mountain Avenue
Middlesex, NJ 08846

Milltown Senior Center / Office on Aging
60 Violet Terrace
Milltown, NJ 08850
732-296-0681
milltownnj.org

Monroe Senior Center / Office on Aging
12 Halsy Reed Road
Monroe Township, NJ 08831

609-448-7140
monroetwp.com

New Brunswick Senior Center / Office on Aging
81 Huntington Street
New Brunswick, NJ 08901
732-745-5100
cityofnewbrunswick.org

North Brunswick Senior Center
15 Linwood Place
North Brunswick, NJ 08902
732-247-0922 ext. 820
northbrunswicknj.gov

Silver Linings at Old Bridge Senior Center
1 Old Bridge Plaza
Old Bridge, NJ 08857
732-721-5600 ext. 6600
oldbridge.com

Perth Amboy Alexander F. Jankowski Community Center
1 Olive Street
Perth Amboy, NJ 08861
732-826-1690 ext. 4307 or 4326
perthamboynj.org

Piscataway Senior Center / Office on Aging
700 Buena Vista Avenue
Piscataway, NJ 08854
732-562-1133
piscatawaynj.org

Plainsboro Department of Recreation & Community Services
641 Plainsboro Road
Plainsboro, NJ 08536
609-799-0909 ext. 1719
plainsboronj.com

Sayreville Senior Center / Office on Aging
423 Main Street
Sayreville, NJ 08872
732-390-7058
sayreville.com

South Amboy Senior Center/ Office on Aging
108 South Stevens Avenue
South Amboy, NJ 08879
732-525-5960
southamboynj.gov

South Brunswick Senior Center / Office on Aging
540 Ridge Road
Monmouth Junction, NJ 08852
732-329-4000 ext. 7670
or 732-438-0918
sbtnj.net

South Plainfield Senior Citizen Center/Office on Aging
90 Maple Avenue
South Plainfield, NJ 07080
908-754-1047
southplainfieldnj.com

South River Senior Center / Office on Aging
55 Reid Street
South River, NJ 08882
732-257-2340
southrivernj.org

Spotswood Office on Aging
1 Arlington Avenue
Suite 401
Spotswood, NJ 08884
732-251-3432
spotswoodboro.com

Sycamore Senior Center
290 Old Road
Port Reading, NJ 07064
732-726-6272
twp.woodbridge.nj.us

Woodbridge Division of Aging
400 Inman Avenue
Colonia, NJ 07067
732-726-6262
twp.woodbridge.nj.us

Maple Tree Senior Center
109 Morrisey Avenue
Avenel, NJ 07001
732-259-0910
twp.woodbridge.nj.us

Oak Tree Senior Center
571 Lincoln Highway
Iselin NJ 08830
732-259-2008
twp.woodbridge.nj.us

SENIOR CITIZEN ORGANIZATIONS

AARP
601 E. Street NW
Washington, DC 20049
800-687-2277
aarp.org

State Office - AARP NJ
303 George Street, Suite 505
New Brunswick, NJ 08901
Organization for those over 50 (retired or not). Membership includes legislative representation, publication, travel, health insurance programs, pre-retirement counseling, continuing education, and hospitality facilities.

Driver Safety: Available to all drivers 50 years and older to help sharpen your driving skills. Insurance companies offer reduced rates for drivers who successfully complete the program.

Legal Services Network Access to attorneys who practice in over 20 different legal areas from real estate and family law to estate planning assistance.

Tax-Aide Program: Nationwide tax counseling and return preparation for the low-to-moderate income. Home visits are available to the homebound and the handicapped.

For information about these programs:
1-888-AARP-NOW (227-7668)

Senior Corps - Foster Grandparents Program
NJ Commission on National and Community Service
225 W. State Street, 4th Floor
P.O. Box 456
Trenton, NJ 08625
609-633-9627
nj.gov
Connects volunteers 55 + with children and young people with exceptional needs. Volunteers mentor, support and help the children.

Wellness Initiative for Senior Education (WISE)
NJ Prevention Network
30 Park Road, Suite 2
Tinton Falls, NJ 07724
732-367-0611
njpn.org/initiatives/wise
A prevention program enlisting the aid of older adult volunteers who work toward increasing the awareness of alcohol, tobacco and other drugs as they affect older adults in areas of medication management, stress, nutrition, isolation and loss.

SOCIAL SECURITY

Social Security Administration

800-772-1213
ssa.gov
For new or replacement social security cards.
Assists in filing for or receiving social security retirement, survivors, disability, Medicare & supplemental security income.
Free literature describing benefits

Eligibility for social security retirement, survivors, disability, and Medicare benefits is based on insured status attained by covered work. Eligibility for SSI is based on financial need, determined by income and resources. SSI beneficiaries are automatically entitled to Medicaid.

District Office
190 Middlesex Turnpike, 3rd Floor
Iselin, NJ 08830
877-600-2852 or 800-325-0778
Serves residents of Avenel, Carteret, Cliffwood Beach, Colonia, Fords, Hopelawn, Iselin, Lawrence Harbor, Morgan, Parlin, Perth Amboy, Port Reading, Sayreville, Sewaren, South Amboy, and Woodbridge.

District Office
29 Davenport Street
Somerville, NJ 08876
800-772-1213
Serves residents of Dunellen.

District Office
550 Jersey Avenue, Suite 200
New Brunswick, NJ 08901
877-803-6313
Serves residents of New Brunswick.

SOCIAL SERVICE & SUPPORT AGENCIES

Middlesex County Office of Aging and Disabled Services

75 Bayard Street - 5th Floor
New Brunswick, NJ 08901
732-745-3295
middlesexcountynj.gov
Provides information and assistance, referral and advocacy for seniors, persons with disabilities, their caregivers, and the general public needing access to services. Older adults and people with disabilities may be able to obtain in-home support services through various home care programs. Call for a screening to determine eligibility.

Catholic Charities Diocese of Metuchen

288 Rues Lane
East Brunswick, NJ 08816

319 Maple Street
Perth Amboy, NJ 08861
732-324-8200
ccdom.org
Elderly Support Services: Outpatient mental health assessments and ongoing counseling to Middlesex residents 60 years and older, grandparents, caregivers of the elderly and disabled at little to no cost. Services provided in the East Brunswick location and insurance is not required to receive services. Call for access to elderly support services.

Comprehensive Services on Aging COPSA-UBHC

100 Metroplex Drive
Edison, NJ 08817
800-424-2494
ubhc.rutgers.edu

Interfaith Network of Care, Inc.

62 South Main Street
Milltown, NJ 08850
732-247-1655
interfaithnetworkofcare.org
A network of volunteers from faith congregations and the community which provides supportive home care services to the frail, elderly and disabled in the areas of East Brunswick, Helmetta, Edison, Highland Park, Kendall Park, Metuchen, Milltown, New Brunswick, North Brunswick, Old Bridge, Parlin, South River, and Spotswood. Services include friendly visiting, respite care and telephone reassurance.

Jewish Family Services of Middlesex County

219C Blackhorse Lane
North Brunswick, NJ 08902
732-777-1940

1600 Perrineville Road, Suite 52
Monroe Township, NJ 08831
jfsmiddlesex.org1
609-395-7979
JFS provides a variety of services for senior adults to help individuals enjoy better nutrition, stay connected to the community, and live comfortably at home as long as possible including Kosher Meals on Wheels, State Health Instance Assistance Program (SHIP), & Senior Medicare Patrol (MP).

Middlesex County Board of Social Services

181 How Lane
PO Box 509
New Brunswick, NJ 08901
732-745-3500
middlesexsocialservices.com

Middlesex County Board of Social Services administers the NJ FamilyCare Medicaid Medical Assistance Program, Food Stamp Program (SNAP), Temporary Assistance for Needy Families (TANF) & other services.

Perth Amboy Human Services

1 Olive Street
Perth Amboy, NJ 08861
732-826-1690
perthamboynj.org

The Department consists of four offices that include the Office on Aging, Office of Housing & Social Services, Office of Recreation and the Office of Vital Statistics.

Puerto Rican Action Board (PRAB)

700 54 Rt 18 N Suite 202
East Brunswick, NJ 08816
732-832-7535
prab.org

Puerto Rican Association for Human Development (PRAHD)

100 First Street
Perth Amboy, NJ 08861
732-442-1081
prahd.org

PRAHD operates 12 programs across a wide spectrum of unmet human service needs which target education, housing, benefits access, youth development, preventative health, respite home care for the developmentally disabled, and senior services. Their Senior Services Center (SSC) is a direct service provider that has operated for over 40 years and addresses the broad spectrum of unmet needs facing Middlesex County seniors. Their Resources for Independent Living (REFIL) program provides personal care services primarily for seniors and developmentally disabled individuals and their families.

Woodbridge Multi-Service Program on Aging

400 Inman Avenue
Colonia, NJ 07067
732-726-6262
twp.woodbridge.nj.us

SUPPORT GROUPS

CrossRoads for Hope

3 Crossroads Drive
Bedminster, NJ 07921
908-658-5400
cancersupportcnj.com

Professionally led programs of support, education and hope.

NJ Self - Help Clearinghouse
673 Morris Avenue, Suite 100
Springfield, NJ 07081
1-800-367-6274
njgroups.org
Self-help groups are support groups organized and run by and for people who share a life situation or similar problem. This clearinghouse has a database of contacts for self-help groups throughout New Jersey.
It assists individuals in locating groups and provides information on how to start and develop a new group.

COPSA Rutgers University Behavioral Health Care
732-235-8400
copsainstitute.com
Monthly support groups for spouses and other caregivers to the elderly. Call for information on the time and place of meetings.

Council on Compulsive Gambling of New Jersey, Inc.
3635 Quakerbridge Road, Suite 7
Hamilton, NJ 08619
800-GAMBLER
800gambler.org
CCGNJ offers a wide range of services to assist NJ's residents: Education, public awareness, treatment, advocacy and outreach.

Kinship Navigator Program - The Children's Home Society of NJ
635 South Clinton Avenue
Trenton, NJ 08611
800-396-4518
chsofnj.org
Information, referral and advocacy services for family caregivers of children.

Jewish Family Services of Middlesex County
219C Blackhorse Lane
North Brunswick, NJ 08902
609-395-7979
jfsmiddlesex.org
Call for more information about support groups that are available. Registration is required. A Court order is required

JFK Medical Center Support Groups
65 James Street
Edison, NJ 08818
732-321-7000
jfkmc.org
Call for information about topics and dates and times of meetings.

Robert Wood Johnson University Hospital Community Health Education
1 Robert Wood Johnson Place
New Brunswick, NJ08901
908-685-2814
rwjuh.edu
The hospital offers various health related support groups. Call for specific information about the types of groups offered, location, dates and times of meetings.

Saint Peter's University Hospital
254 Easton Avenue
New Brunswick, NJ 08901
732-745-8600
saintpetershcs.com
The hospital offers a variety of health related, caregiver and bereavement support groups. Call for information about location, dates and times of meetings. Registration is required.

The Cancer Institute of New Jersey

NJ Department of Social Work and Outreach
195 Little Albany Street
New Brunswick, NJ 08901
732-235-6792
cinj.org
CINJ provides outstanding oncology support services including psychosocial support, nurse navigation, nutritional counseling, health and wellness programming, and general and disease-specific support groups.

TRANSPORTATION

RIDE

97 Apple Orchard Lane
North Brunswick, NJ 08902
800-221-3520
middlesexcountynj.gov

Mailing Address:
PO Box 871
North Brunswick, NJ 0803

Demand Response/Reservation:
MCAT provides transportation for $3.00 a trip (one way) fee, to seniors 60+ and disabled residents of Middlesex County. Intermittent transportation is available so that residents may obtain the necessities of life, with priority given to non-emergency medical services. Registration and reservations are required.

Community Shuttle:
MCAT shuttle service is a fixed route service, reservations are not required. Shuttle service runs Monday - Friday and is available to the general public. Call for the Community Shuttle schedule or visit middlesexcountynj.gov.

American Cancer Society Road to Recovery

2600 U.S. Hwy. #1
North Brunswick, NJ 08902
800-227-2345 or 732-297-8000
cancer.org
A volunteer program providing free rides to and from medical appointments. Rides are not guaranteed, contact your local office for availability.

Amtrak

800-872-7245
amtrak.com/seniors-discount
Amtrak travelers 62 and over are eligible to receive a 15% discount on the lowest available rail fare on most Amtrak trains. Valid proof of age is required when purchasing your ticket and on board the train.

Interfaith Network of Care

62 South Main Street
Milltown, NJ 08850
732-247-1655
interfaithnetworkofcare.org
Interfaith volunteers are able to provide transportation to non-emergency medical appointments in the local area.

NJ Transit Access Link
ADA Paratransit

973-491-4224
accesslink.njtransit.com

Access Link is for people with disabilities who are unable to use the local fixed route bus. This service is a shared ride, curb to curb service and is available when bus service is available. Access Link may be used for trips of any purpose. Contact Access Link to apply for eligibility.

NJ Transit Reduced Fare Program

One Penn Plaza East, 5th Floor
Newark, NJ 07105
973-491-7112
njtransit.com

Reduced fares, at anytime, are available on NJ Transit buses, trains and light rail, to seniors age 62 and over and people with disabilities. Personal assistants ride for free. Seniors must present a valid ID or NJ Transit Reduced Fare ID card. People with disabilities may show NJ Reduced Fare ID card or Medicare card. Applications for Reduced Fare ID cards are available online at njtransit.com or your local Office of Aging and Disabled Services.

Mini Bus Transportation Service:

This service is free to seniors and disabled persons. Includes local transportation to doctors, hospitals, social service agencies and centers. Some agencies may have restrictions, please inquire when requesting service.

Carteret
732-541-3890

Dunellen
732-968-3033 ext. 4

East Brunswick
732-390-6896

Edison
732-248-7345

Highland Park
732-819-0052

Metuchen
732-632-8525

Middlesex
732-356-0414

Milltown
732-296-0681

Monroe
609-443-0511

New Brunswick Dial-A-Ride
732-745-5161

North Brunswick
732-247-0922 Ext. 820

Old Bridge
732-721-5600 Ext.6600

Perth Amboy
732-826-1690 Ext.4326 or 4307

Sayreville
732-390-7058

South Brunswick
732-329-4000 Ext.7361

South Plainfield
908-754-1047

South River
732-257-2340

Spotswood
732-251-3432

Woodbridge
732-726-2394

VETERAN SERVICES

Brigadier General William C. Doyle Veterans Memorial Cemetery
350 Provinceline Road
Wrightstown, NJ 08562
609-738-2400
nj.gov/military/cemetery
It is open to eligible New Jersey veterans; residents who are members of the armed forces or reserve units on active duty at time of death, certain dependents, and certain merchants marines and civilians who have been awarded veteran status.

Hope for Veterans Supportive Services for Veteran Families Program (SSVF)
1-855-483-8466
va.gov/homeless/ssvf
Providing case management to assist veterans and their families in securing housing and developing housing stability.

Middlesex County Veteran Services
75 Bayard Street - 2nd Floor
New Brunswick, NJ 08901
732-745-4051
middlesexcountynj.gov
Providing Veterans Housing Assistance Program, Rapid re-housing, Homelessness Prevention, and Veterans service cards.

NJ Department of Military and Veteran Affairs
101 Eggert Crossing Road
Lawrence Township, NJ 08648
609-530-6892
nj.gov/military

Menlo Park Veteran's Memorial Home
132 Evergreen Road
P.O. Box 3013
Edison, NJ 08818-3013
732-452-4100
nj.gov/military/veterans/memorial-homes/
The soldiers' home is open to veterans who served active duty and to certain family members.

Soldier On
1-866-406-8449
wesoldieron.org
Assists veterans and their families experiencing homelessness or are at risk of becoming homeless. Other services include: peer support, financial support, education and employment services, and transportation assistance.

Veterans Administration New Jersey Health Care System

East Orange Campus
385 Treemont Avenue
East Orange, NJ 07018
973-676-1000

Lyons Campus
151 Knollcroft Road
Lyons, NJ 07939
908-647-0180
newjersey.va.gov
Provide in- and out-patient medical, psychiatric, and rehabilitation services. Nursing home care is available for eligible veterans with an honorable discharge. Priority for veterans with a service-connected disability or disease.

VA New Jersey Health Care System Outpatient Clinic

14 Wills Way
Piscataway, NJ 08854
732-981-8193 ext 295481
newjersey.va.gov

NJ Vet 2 Vet Helpline

1-866-VETS-NJ4U
(1-866-838-7654)
NJvet2vet.com
24hr/7 day week helpline coordinated by Rutgers University Behavioral Healthcare. The helpline features peer counseling, clinical assessments, and assistance to family members.

US Dept of Veterans Affairs

844-698-2411
va.gov
Access and manage your veteran benefits and healthcare.

Veterans Benefits Hotline

888-8NJ-VETS or 888-865-8387
Get answers to your questions about VA benefits and services.

Veteran's Crisis Line

988 (Press 1)
veteranscrisisline.net
Access free, confidential support 24/7, 365 days a year. Serves Veterans, Their Families, and Friends.

Vets 4 Warriors

855-838-8255
vets4warriors.com
Vets4Warriors, housed at the Rutgers University, is a one-of-a-kind, 24/7 peer support network. We operate completely independent of the VA and the U.S. military.

VISION

Eye Care America

655 Beach Street
San Francisco, CA 94109

Mailing Address:
P.O. Box 7424
San Francisco, CA 94120-7424
877-887-6327
eyecareamerica.org
A public service program for eligible citizens age 65 and older with medical eye problems who do not have eye doctor or have not seen one in the past three years. A volunteer physician's name will be mailed, and an appointment scheduled.

Eye 2 Eye Peer Support Program
Rutgers/UHBC
833-932-3931
shp.rutgers.edu/psychiatricrehabilitation/eye2eye
A phone-based program that offers information, support, resources & referrals for individuals with vision impairment and blindness.

New Eyes for the Needy
549 Millburn Avenue
Short Hills, NJ 07078
973-376-4903
new-eyes.org

Mailing Address:
PO Box 332
Short Hills, NJ 07078
Provides prescription eyeglasses for-low income individuals through a voucher program.

NJ Commission for the Blind and Visually Impaired
153 Halsey Street, 6th Floor
Newark, NJ 07101-47017
973-648-3333 or 877-685-8878
state.nj.us/humanservices/cbvi/
Provides education, counseling, rehabilitation, job placements, home instruction, O&M instruction, nursing unit and eye screenings.

NJ State Library for the Blind and Handicapped
185 W. State Street
Trenton, NJ 08608

Mailing Address:
P.O. Box 501
Trenton, NJ 08625
800-792-8322 or 609-406-7179
njstatelib.org
Books and magazines in special format are available to any resident who is unable to read normal print. Materials are loaned through a postage free mail service.

Seeing Eye, Inc.
P.O. Box 375
Morristown, NJ 07963-0375
973-539-4425
seeingeye.org
Trains dogs and instructs blind and visually impaired persons.

VOTING

Middlesex County Board of Elections
26 Kennedy Boulevard
East Brunswick, NJ 08816
732-745-3471
middlesexcountynj.gov
Voters who are blind, disabled, or unable to read or write, are entitled to receive assistance at the polls.

OUT OF STATE ASSISTANCE

Benefits Checkup
800-794-6559
BenefitsCheckUp.org
Quickly find benefit programs that could help you pay for medication, healthcare, food and more.

Eldercare Locator
800-677-1116
eldercare.acl.gov
A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

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