

# CAREGIVER



## RESOURCE DIRECTORY

**OFFICE OF AGING, DISABILITIES AND COMMUNITY  
PROGRAMMING**

**(973) 285-6848**

**(800) 564-4656**

**[www.morrishumanservices.org](http://www.morrishumanservices.org)**

**Aging & Disability Resource Connection (ADRC)**

**(877) 222-3737**

**MORRIS COUNTY**  
**OFFICE OF AGING, DISABILITIES AND COMMUNITY**  
**PROGRAMMING**  
**P. O. BOX 900**  
**MORRISTOWN, NEW JERSEY 07963-0900**  
[www.morrishumanservices.org](http://www.morrishumanservices.org)

The Aging & Disability Resource Connection (ADRC) is your doorway to information and assistance on a variety of services.

This resource directory has been compiled by Morris County Office of Aging, Disabilities and Community Programming to provide general information on available services

The Office of Aging, Disabilities and Community Programming reserves the right to publish items as space permits. Listed items are not necessarily under the jurisdiction of the Department of Human Services, and their listing does not imply endorsement. If you would like more information about available services or how to be included in future editions, please call:

Morris County ADRC Toll-Free Number: 1 (800) 564-4656

State Division of Aging Services Toll-Free Number: 1 (800) 222-3737

Nationwide Toll-Free Number ADRC/AAA Contact info: 1 (800) 792-8820

PAAD/Senior Gold Lifeline: 1(800) 792-9745

For access to Aging Services in your county: 1 (877) 222-3737

# **CAREGIVING**

## **Caregiving 101: On Being a Caregiver**

**Caregiving often creeps up on you.** You start by dropping by your mom's house and doing her laundry, or taking your dad to a doctor's appointment. You find yourself doing the grocery shopping and refilling prescriptions. Gradually, you are doing more and more. At some point, you realize you have made a commitment to take care of someone else.

Sometimes, caregiving is triggered by a major health event, such as a stroke, heart attack, or accident. Maybe you suddenly realize that dad's memory lapses have become dangerous. Life as you know it stops, and all your energy goes to caring for your loved one. Caregiving has become your new career, and you adjust to a new normal.

## **The Caregiver Role**

Caregivers can be spouses, partners, adult children, parents, other relatives (siblings, aunts, nieces/nephews, in-laws, grandchildren), friends, neighbors. Whatever your relationship with the person you're caring for, it's important that you add the title **caregiver** to the list of things you are. Without identifying yourself as a caregiver, you won't know to search for resources that can help you navigate this new role.

But caregivers play other roles as well. You may be employed full or part-time. You may be raising children, or be a volunteer, a spouse, have other family commitments. Adding caregiving to that list can easily lead to frustration and exhaustion. You might need to navigate social service systems, call doctors while you're at work, advocate for the care receiver, and take care of their day-to-day needs, while you try to do all of those same things for yourself and your family.

You are rarely trained to do the broad range of tasks you are asked to do as a caregiver. As a result, you may end up, for example, with back strain because you haven't had the benefit of training from a physical therapist on how to correctly transfer someone from bed to chair, or wheelchair to car. Or you find yourself battling with your mother who has Alzheimer's because you have not learned the skills necessary to communicate with someone with a cognitive impairment.

### **Here are some of the common tasks caregivers do:**

- Buy groceries, cook, clean house, do laundry, provide transportation
- Help the care receiver get dressed, take a shower, take medicine
- Transfer someone out of bed/chair, help with physical therapy, perform medical interventions—injections, feeding tubes, wound treatment, breathing treatments
- Arrange medical appointments, drive to the doctor, sit in during appointments, monitor medications
- Talk with doctors, nurses, care managers, and others to understand what needs to be done
- Spend time handling crises and arranging for assistance—especially for someone who cannot be left alone
- Handle finances and other legal matters
- Be a companion
- Be a (usually) unpaid aide, on call 24/7

What are all the things you do? Try making a list, both for your own clarification and for other family members who may not be aware of your efforts.

### **First Steps for New Caregivers**

- It's easy to become overwhelmed as a new caregiver. Here are some steps that can help:
- Identify yourself as a caregiver
- Get a good diagnosis—from a specialist or geriatrician if necessary—of your loved one's health condition
- Learn what specific skills you might need to care for someone with this diagnosis (Caring for someone with Frontotemporal dementia, for example, is different from caring for someone with chronic heart disease)
- Talk about finances and healthcare wishes
- Complete legal paperwork, e.g., Powers of Attorney, Advance Directives
- Bring family and friends together to discuss care
- Keep them up to date on the current situation
- Identify resources, both personal and in the community
- Find support for yourself and your loved one
- Remember, you are not alone

## **Keys to Caring for Yourself**

It's one thing to gear up for a short-term crisis. But it takes different skills to provide care over a longer period of time. You'll be more successful if you learn to take care of yourself, starting immediately. Some things to remember:

- You cannot be perfect
- You have a right to all of your emotions (See FCA Fact Sheet [Emotional Side of Caregiving.](#))
- Depression is the most common emotion of long-term caregivers
- Set realistic expectations—for yourself and your loved one
- Learn about the disease and what you can expect
- Learn the skills you need to care for the care receiver and which ones you are or are not able to perform
- Learn to say “no” to things you cannot do
- Learn to accept help from others
- Build resilience
- Identify your button-pushers/stressors
- Identify your coping skills
- Remember the big three for successful coping:
  - **Eat right**—good nutrition as opposed to stress-snacking. Limit alcohol and other drugs
  - **Exercise**—it may be hard to find time but it's the best cure for depression and increases your endorphins (“good” coping hormones)
  - **Sleep**—7-8 hours is hard to get, but essential. Admit when you are experiencing burnout and get help

Most importantly, remember that taking care of yourself is as important as taking care of someone else.

Source: <https://www.caregiver.org/caregiving-101-being-caregiver>

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*A Care Manager / Social Worker can be of great assistance in finding and connecting to available services.*

## **PRIVATE PAY CARE MANAGERS**

### **Bayer, Lisa Cook BA, JD, CCM**

LMR Eldercare, LLC  
PO Box 2411, Livingston, NJ 07039  
(973) 533-0839  
[www.LMReldercare.com](http://www.LMReldercare.com)

### **Bolaned, Kerry RN**

Garden State Eldercare  
71 Valley Street, Suite 300B  
South Orange, NJ 07079  
(973) 378-9100  
[www.gardenstateeldercare.com](http://www.gardenstateeldercare.com)

### **Colucci-Barbosa, Trish CCM, RN**

Peace Aging Care Experts, LLC  
PO Box 495  
Flanders, NJ 07836  
(973) 459-9966  
[www.peaceagingcare.com](http://www.peaceagingcare.com)

### **Davis, Janine BSN, CGN, RN, BC**

Claddagh Home Care, LLC  
124 Washington Street  
Morristown, NJ 07960  
(973) 598-9730  
[www.claddagghomecare.com](http://www.claddagghomecare.com)

### **Deutsch, Lucille CMC, CALA –LHD Elercare Solutions**

179 Malapardis Road  
Cedar Knolls, NJ 07927  
(973) 267-3616  
[www.lhdeldercaresolutions.com](http://www.lhdeldercaresolutions.com)

## **PRIVATE CARE MANAGERS**

### **Doueck, Vicki MSW,ACSW, LCSW**

Generations Counseling & Care Management  
336 West Passaic Street, 2<sup>nd</sup> Floor  
Rochelle Park, NJ 07662  
(201) 845-7030  
[www.generations-llc.com](http://www.generations-llc.com)

### **Health Partners in Care**

7 MacCulloch Avenue  
Morristown, NJ 07960  
(973) 267-8184  
[ContactUs@SeniorBridge.com](mailto:ContactUs@SeniorBridge.com)

### **Lapides, Andrew, CASWCM**

The Morris Guild of Psychotherapy, LLC  
14 Ridgedale Ave. Suite 207  
Cedar Knolls, NJ 07927  
(973) 832-1715  
[alapides@optonline.net](mailto:alapides@optonline.net)

### **Nalven, Ellen B. M. ED**

Planned Lifetime Assistance Network of New Jersey, Inc.  
80 Loeser Avenue  
Bridgewater, NJ 08807  
(908) 575-8300  
[www.plannj.org](http://www.plannj.org)

### **The Olive Group LLC**

Gladys F. Harris, BS, MBA, CMC, CDP  
P.O. Box 736  
Dover, NJ 07802  
(954) 892-8209 (973) 989-8611 Fax  
[www.theolivegroupllc.com](http://www.theolivegroupllc.com)

### **Porosky, Mary Ann MSW, LCSW, CASWCM**

Caring Choices  
420 Boulevard Suite 101  
Mountain Lakes, NJ 07046  
(973) 627-4087  
[Caringchoicesgcm.com](http://Caringchoicesgcm.com)



## **PRIVATE CARE MANAGERS**

### **Rosenberg, Connie MPS, CCM, CMC, RN**

CR & Associates Care Management

520 Speedwell Ave., Suite 101

Morris Plains, NJ 07950

(973) 984-3707

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

### **Senior Bridge**

60 Washington St., Suite 106G

Morristown, NJ 07960

(973) 267-8184

[ContactUs@SeniorBridge.com](mailto:ContactUs@SeniorBridge.com)

### **Thomas, Dawn MSW, LCSW, CASWCM**

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165 Cedar Knolls Rd.

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(201) 803-4131

[Dawnthomas218@yahoo.com](mailto:Dawnthomas218@yahoo.com)

### **Versaci, Benni, LCSW**

Spectrum Care Management and Counseling

650 Ramapo Valley Road, Suite 102

Mahwah, NJ 07430

(973) 530-4155

[BVersaci@spectrumcmc.com](mailto:BVersaci@spectrumcmc.com)

### **Weiss, Leah R. MSW, ACSW, LSW**

Older Adult Resources & Services Inc.

177 Valley Street

South Orange, NJ 07079

(973) 763-8018

## **PUBLIC CARE MANAGERS**

*The ADRC Care Management program provides in-home assessment, care planning, service coordination, and monitoring.*

### **DAWN Center for Independent Living**

(973) 625-1940

Providing services for Morris County residents under age 60

### **Morris County Office of Aging, Disabilities and Community Programming**

(800) 564-4656 or (973) 285-6848

Providing services for:

Budd Lake	Long Valley
Cedar Knolls	Madison
Chatham	Mendham
Chester	Morris Plains
East Hanover	Morris Township
Flanders	Mount Olive
Florham Park	Mount Tabor
Hackettstown	Netcong
Hanover	Randolph
Harding	Roxbury
Kenvil	Stirling
Landing	Succasunna
Ledgewood	Whippany
Long Hill	Washington Twp.

### **NewBridge Services, Inc.**

(973) 839-2520

Providing services for:

Boonton	Lake Hopatcong	Mount Arlington	Riverdale
Butler	Lake Parsippany	Mount Tabor	Rockaway
Denville	Lincoln Park	Oak Ridge	Towaco
Dover	Mine Hill	Parsippany	Victory Gardens
Jefferson	Montville	Pequannock	Wharton
Kinnelon	Morristown	Pine Brook	
Lake Hiawatha	Mountain Lakes	Pompton Plains	

## **DOWNSIZING / MOVING / DECLUTTER**

### ***Major Housekeeping and/or Relocation Services***

#### **Caring Transitions**

Leigh Schaeffer, owner

(973) 343-7890

#### **Hoarder-Clutterers Express**

(1-888) 792-2362

#### **Just Jim Cleaning Service**

(973) 865-6169

#### **Priority Group Services**

(718) 400-6166 ext. 6

#### **Tranquil Transitions**

(732) 980-9581

## **EDUCATION PROGRAMS**

*Educate, train and provide support to caregivers.*

### **Alzheimer's Association**

24 Hour Help Line, Morris County Chapter  
23 Vreeland Rd. # 105  
Florham Park, NJ 07932  
(800) 272-3900  
[www.alz.org](http://www.alz.org)

### **Care2Caregivers**

A Peer Support Helpline for Dementia Caregivers  
Support, Guidance, Counseling, & Education  
Information on Resources  
1-800-424-2494  
[www.care2caregivers.com](http://www.care2caregivers.com)

### **Caregivers Connections**

Dorot, Inc.  
171 West 85th St.  
New York, NY 10024  
(212) 769-2850  
[www.dorotusa.org](http://www.dorotusa.org)

### **Caregiver Smart Solutions**

913 Route 23 South, Suite 9  
Pompton Plains, NJ 07444  
(888) 585-5022  
[Info@CaregiverSmartSolutions.com](mailto:Info@CaregiverSmartSolutions.com)

### **DAWN Caregiver Support & Connection Program**

DAWN Center for Independent Living  
66 Ford Road, Suite 121  
Denville, NJ 07834  
(973) 625-1940 Fax: (973) 625-1942

## **EDUCATION PROGRAMS**

### **Geriatric Assessment Center – The David and Joan Powell Center for Healthy Aging**

A Patient and Caregiver Education Center is located in the Center with a library of books and literature addressing topics related to aging and caregiving. Caregiver Education Programs are scheduled regularly for family caregivers.

435 South St., Ste. 390

Morristown, NJ 07960

For appointments and to learn more, call (973) 971-7022

### **Healthy Aging Program – The David and Joan Powell Center for Healthy Aging**

Phone and email-based hotline available Monday-Friday.

Assists older people and their caregivers by assisting them with finding the health care services and community resources they need.

(973) 971-5839

[HealthyAging@atlantichealth.org](mailto:HealthyAging@atlantichealth.org)

### **Jewish Family Services of MetroWest**

Eldercare Services

256 Columbia Turnpike; Suite 105

Florham Park, NJ 07932

(973) 765-9050

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

### **Visiting Nurse Association – Northern New Jersey**

In-Home Caregiver Education & Support Program

175 South Street

Morristown, NJ 07960

(800) 938-4748

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256 Columbia Turnpike, Ste. 207  
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[www.edwacks@wackslaw.net](mailto:www.edwacks@wackslaw.net)

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(973) 361-4099

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100 Southgate Parkway  
Morristown, NJ 07962  
(973) 889-4278

**Legal Services of Northwest New Jersey**

30 Schuyler Place  
Morristown, NJ 07960  
(973) 285-6911  
[www.lsnwj.org](http://www.lsnwj.org)

**Legal Services of New Jersey**

(732) 572-9100



# **EMERGENCY RESPONSE SYSTEMS**

*A medical alert system can offer the confidence and security to continue with daily activities and maintain your loved one's independence.*

**Alert USA** (800) 789-6969

**Alert And Response** (800) 693-5433

**Alerts911** (800) 503-5676

**American Medical Alarms** (800) 542-0438

**Emergency Response USA** (855) 237-2500

**Hope Connection** (973) 361-5555 ext. 119

**Life Alert** (800) 338-9090

**Medical Alert** (800) 281-0255

**Philips Lifeline** (800) 635-6156

**Safe Guardian** (800) 378-2957

**Project Life Saver** (973) 285-6681

*Local Morris County Program for wandering – Morris County Sheriff's Office*

## **GERIATRIC ASSESSMENT PROGRAMS**

*Comprehensive multi-disciplinary assessment service*

### **St. Luke's Center for Positive Aging**

St. Luke's Hillcrest Professional Plaza, Bldg. 302

Phillipsburg, NJ 08865

(908) 859-6722

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

### **AMC Internal Medicine Residency Program at Union**

1000 Galloping Hill Rd. Suite 106

Union, NJ 07083

(908) 598-7950

### **Comprehensive Services on Aging COPSA**

Geriatric Services UBHC – Rutgers

(800) 424-2494

[www.ubhc.rutgers.edu/services/geriatric/memory\\_disorders\\_clinic](http://www.ubhc.rutgers.edu/services/geriatric/memory_disorders_clinic)

### **Hunterdon Medical Center-Center for Healthy Aging**

1 Wescott Drive

Flemington, NJ 08822

(908) 788-6373

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

### **Jewish Family Services of Metrowest New Jersey**

256 Columbia Turnpike, Suite 105

Florham Park, NJ 07932

(973) 765-9050

[www.jfs-metronj.org](http://www.jfs-metronj.org)

### **Morristown Medical Center**

Dr. Keerti Sharma, APN; Catherine Thompson, APN; Jeanne Mihalik, APN; Dr.

Jason Prager; Dr. Seema Bery; Dr. Jessica Petilla

Family Medicine at 435 South Street, Suite 390

Morristown, NJ 07960

(973) 971-7022

[www.healthyaging@atlantichealth.or](mailto:www.healthyaging@atlantichealth.or)

# **GERIATRIC ASSESSMENT PROGRAMS**

*Comprehensive multi-disciplinary assessment service*

## **Pelorus Elder Behavioral Health Care**

14 Ridgedale Avenue, Suite 103

Cedar Knolls, NJ 07927

(973) 295-6335

[office@pelorusmemory.com](mailto:office@pelorusmemory.com)

## **St. Clare's Health Geriatric Assessment Program**

### **St. Clare's Behavioral Health Center**

100 East Hanover Avenue

Cedar Knolls, NJ 07927

(973) 326-1988

## **GERIATRIC PHYSICIANS**

*Specialize in the care of older adults.*

### **Anthony Richard Cavazos, MD**

29 South Street  
New Providence, NJ 07974  
(908) 679-8181

### **Michael Gerard Donnelly Sr., MD**

530 Main St., Building A. Ste. 2  
Chester, NJ 07930  
(973) 879-4941

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56 Diamond Spring Rd., Suite 2  
Denville, NJ 07834  
(973) 625-1000

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(908) 879-1997

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205 Morris Turnpike  
Randolph, NJ 07869  
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Morristown, NJ 07960  
(973) 539-3388

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435 South St., Suite 390  
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(973) 971-7022

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195 US Highway 46 Suite 203  
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(973) 328-1040

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Denville, NJ 07834  
(973) 627-0555

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Erickson Health Medical Group  
1 Cedar Crest Dr.  
Pompton Plains, NJ 07444  
(973) 831-3540

# **GRANDPARENTING**

## ***Resources for Grandparents Raising Grandchildren.***

### **AARP Grandparent Information Center**

(1-888) 687-2277

Caregiver line: 1(877) 333-5885

[www.aarp.org/relationships/friends](http://www.aarp.org/relationships/friends)

### **Child & Family Resources**

111 Howard Blvd. # 104

Mount Arlington, NJ 07856

(973) 398-1730

### **Generations United**

(202) 289-3979

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

### **Jewish Family Services of MetroWest NJ**

Grandparents as Parents Program

(973) 765-9050

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

### **Kinship Care Of New Jersey**

(1-800) 222-0047

### **NJ Department of Children & Families**

Information line: (855) 463-6323

[askofc.state.nj.us/def](http://askofc.state.nj.us/def)

### **New Jersey Self Help Clearing House**

(800) 367-6274

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

**HOME VISITING PHYSICIANS/**  
**MOBILE DENTAL SERVICES**  
*Specialize in the care of older adults.*

**Dentists**

Dental Home Care  
(800) 842-4663

**Dental Home Services LLC**

730 Prospect Street  
Maplewood, NJ 07040  
(800) 842-4663

Dr. Demidimoris  
(973) 543-1803

Morristown Hospital-Clinic-  
Medicaid (973) 971-5442

**Visiting Dental Associates, P.C.**

(800) 564-7700

**Zufall Health Center**

Zufall Dental Health Cen  
17 South Warren Street  
Dover, NJ 07801  
(973) 328-3344  
[www.zufallhealth.org](http://www.zufallhealth.org)

**Zufall Health Center**

2-4 Atno Avenue  
Morristown, NJ 07960  
(973) 267-0002

**HOME VISITING PHYSICIANS/**  
**MOBILE DENTAL SERVICES**  
*Specialize in the care of older adults*

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(201) 303-8437 or (201) 492-4987

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Dr. Marino  
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Dr. Samandar  
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Dr. Standsburry  
(973) 722-6960

Dr. Stack  
(973) 794-3383

**Visiting Physician Services (732) 571-1**

**Atlantic Home Care (973) 971-4663**

**Clare Medical Group (856) 282-1540**

**Ennoble Care (973) 435-9463 contact  
Jennifer Davis cell: (551) 228-5114  
[Jdavis@ennoblecare.com](mailto:Jdavis@ennoblecare.com)**

**Family Medicine – contact Sarah Pallone  
(973) 630-2218**

**HOME VISITING PHYSICIANS/**  
**MOBILE DENTAL SERVICES**  
*Specialize in the care of older adults*

**Podiatrists**

**Home Foot Care Services**

877- 417-FOOT (3668)

**Paul Lafergola, MD**

387 West Blackwell Street  
Dover, NJ 07801  
(973)366-7676

**Larry Nelson, DPM**

Foot Care Associates  
344 Lafayette Ave.  
Hawthorne, NJ 07506  
(973) 238-0660

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# **HOME SAFETY**

## **HOME MODIFICATION AND REPAIRS**

*Revisions in order to provide a safe care environment.*

<b><u>A Little Lift</u></b>	(973) 839-0625	<a href="http://www.alittlelift.com">www.alittlelift.com</a>
<b><u>Able Care Group</u></b>	(800) 310-1196	<a href="http://www.able-care.net">www.able-care.net</a>
<b><u>AM Ramp</u></b>	(888) 715-7598	<a href="http://www.amramp.com">www.amramp.com</a>
<b><u>Back Home Safely</u></b>	(973) 219-4147	<a href="http://www.backhomesafely.com">www.backhomesafely.com</a>
<b><u>Handi-Lift, Inc.</u></b>	(800) 432-5438	<a href="http://www.handi-lift.com">www.handi-lift.com</a>
<b><u>Life Alarm</u></b>	(800) 780-5433	<a href="http://www.life-alarm.org">www.life-alarm.org</a>
<b><u>Living Free/Homecare America</u></b>	(973) 377-8990	<a href="http://www.livingfreehome.com">www.livingfreehome.com</a>
<b><u>Mobility Elevator &amp; Lift</u></b>	(800) 441-4181	<a href="http://www.mobilityelevator.com">www.mobilityelevator.com</a>
<b><u>Prism Medical</u></b>	(888) 244-6421	<a href="http://www.prismmedicaltd.com">www.prismmedicaltd.com</a>
<b><u>Spectrum Construction &amp; Development</u></b>	(973) 584-7732	<a href="http://www.spectrum-construction.com">www.spectrum-construction.com</a>
<b><u>Williams Lifts Co.</u></b>	(908) 322-7070	<a href="http://www.williamslifts.com">www.williamslifts.com</a>

## **HOME SAFETY ASSESSMENT & REPAIRS**

*Not for Profit providing safety assessments and minor repairs.*

### **Hope House**

Fix-It Program

(973) 361-5555 ext. 3036

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

### **Jewish Vocational Service of MetroWest, JVS**

Home Maintenance Solutions

(973) 674-2415

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

# **HOSPICE**

***Hospice services are provided to those who are terminally ill. Many services are covered by Medicare when prescribed by a physician.***

## **Atlantic Home Care and Hospice**

465 South St., Ste. 100  
Morristown, NJ 07962  
(973) 379-8440

## **Ascend Hospice**

65 Jackson Drive, Suite 103  
Cranford, NJ 07016  
(866) 821-1212

## **Caring Hospice of Central NJ**

1090 King Georges Post Road, Suite 703  
Edison, NJ 08837  
(732) 661-9373

## **Compassionate Care Hospice**

200 Lanidex Plaza, Ste. 2101  
Parsippany, NJ 07054  
(973) 402-4712

## **Compassionate Care Hospice**

500 International Drive, Ste. 333  
Budd Lake, NJ 07828  
(973) 726-7510 Toll-free (800) 523-5787 (973) 726-3855 Fax

## **Homeside Hospice**

67 Walnut Avenue, Suite 205  
Clark, NJ 07066  
(732) 381-3444

## **Hospice of New Jersey**

400 Broadacres Drive, 1st Floor  
Bloomfield, NJ 07003  
(973) 893-0818

## **HOSPICE**

### **Hospice of Visiting Nurse Association of Northern New Jersey**

175 South Street  
Morristown, NJ 07960  
(973) 539-1216 or 1(800) 938-4748

### **Saint Barnabas Hospice and Palliative Care Center**

95 Old Short Hill Road  
West Orange, NJ 07052  
(888) 724-7123

### **Somerset Hills Hospice**

200 Mt. Airy Rd.  
Basking Ridge, NJ 07869  
(908) 766-0180

### **Visiting Health Services-New Jersey**

783 Riverview Drive  
Totowa, NJ 07512  
(973) 256-4636

### **Vitas Innovative Hospice Care**

70 South Orange Avenue, Suite 210  
Livingston, NJ 07039  
(973) 994-4738

## **IN-HOME SERVICES**

### **Haircuts at home**

Ann Johnson (973) 839-0056

Wheels for Men's Haircuts (Chris) (973) 997-6972

Richie (Randolph) (973) 868-3733

Rolling Shears (201) 27-9602

Paula (973) 694-7299 (home) (973) 908-5231 (cell)

Liz Armeno (973) 714-4153

### **Laundry Service**

Laundry Angels (973) 702-8765 or (888) 702-8765

## **MEDICAL EQUIPMENT AND SUPPLIES**

*Assist seniors and people with disabilities to meet every day needs.*

<b>Able Care Group LLC</b>	(800) 310-1196 or (201) 258-7859
<b>At Home Medical</b>	(800) 287-0643
<b>Central Medical Supply</b>	(973) 927-3032
<b>Device Reutilization Program for Durable Medical Equipment (DME)</b>	(800) 922-7233 or (800) 292-9742
<b>Goodale Surgical Supply Center</b>	(973) 366-0976
<b>Goodwill Home Medical Equipment</b>	(609) 812-2210
<b>Habitat For Humanity</b>	(845) 797-2213 (Rich)
<b>Healthcare Supply Company</b> Works with JACC program	(732) 786-0394
<b>Homecare America</b>	(973) 377-8990
<b>Lake Surgical Supply</b>	(973) 627-8100
<b>Millennium Respiratory Services</b>	(973) 463-1880
<b>Mobile Medical Parts and Services</b>	(908) 604-4737
<b>Valley Pharmacy and Surgical Supplies</b>	(973) 584-4200
<b>Pluckemin Church Medical Equipment Ministry</b>	(908) 396-6057
<b>Senior Community Independent Living Services Program (SCILS)</b>	(888) 285-3036 option 6

## **MENTAL HEALTH PROGRAMS**

*Counseling services for caregivers, seniors and disabled individuals  
living in the community.*

### **Atlantic Health**

4648 Beauvoir Avenue  
Summit, NJ 07902  
(888) 247- 1400  
[www.atlantichealth.org](http://www.atlantichealth.org)

### **Atlantic Rehabilitation**

Behavioral Health Services  
95 Mt. Kemble Avenue  
Morristown, NJ 07960  
(888) 247-1400  
[www.atlantichealth.org](http://www.atlantichealth.org)

### **COPSA Institute of Alzheimer's Disease & Related Disorders**

100 Metroplex Drive, Suite 200  
Edison, NJ 08817  
(800) 424-2494  
<http://ubhc.umdj.edu/copsa/>

### **Carrier Clinic**

252 County Road 601  
Belle Mead, NJ 08502  
(800) 933-3579  
[www.carrierclinic.org](http://www.carrierclinic.org)

### **Christian Health Care Center**

301 Sicomac Avenue  
Wyckoff, NJ 07481  
(201) 848-5200  
[www.christianhealthcare.org](http://www.christianhealthcare.org)

<b>Christian Health Care Counseling Center</b>	(201) 848-5800
<b>Ramapo Ridge Psychiatric Hospital</b>	(201) 848-5500
<b>Ramapo Ridge Partial Program</b>	(201) 848-5500

# **MENTAL HEALTH PROGRAMS**

## **Hope House**

19-21 Belmont Avenue  
Dover, NJ 07801  
(973) 361-5555  
[www.hopehouse.com](http://www.hopehouse.com)

## **Jewish Family Services of MetroWest**

256 Columbia Turnpike, Suite 105  
Florham Park, NJ 07932  
(973) 765-9050  
[www.jfsmetrowest.org](http://www.jfsmetrowest.org)

## **Mental Health Assoc. of Essex & Morris County**

300 Littleton Rd., 3<sup>rd</sup> floor  
Parsippany, NJ 07054  
(973) 334-3496  
[www.mhaessexmorris.org](http://www.mhaessexmorris.org)

## **National Alliance on Mental Health – NAMI**

(973) 285-7578  
[namimorriscounty@outlook.com](mailto:namimorriscounty@outlook.com)

## **NewBridge Services**

640 Newark Pompton Tpke..  
Pompton Plains, NJ 07444  
(973) 839-2521 ext. 2510  
[www.newbridge.org](http://www.newbridge.org)

## **Saint Barnabas Behavioral Health Network**

5 Regent Street  
Livingston, NJ 07039  
(973) 533-7000  
[www.saintbarnabas.com](http://www.saintbarnabas.com)

## **Saint Clare's Behavioral Health**

130 Powerville Rd.  
Boonton Twp., NJ 07005  
(973) 316-1800  
[www.saintclares.org](http://www.saintclares.org)

# **MONEY MANAGEMENT**

*To assist in ongoing management of money matters.*

## **Consumer Credit Counseling**

185 Ridgedale Ave.  
Cedar Knolls, NJ 07927  
(888) 726-3260

## **NORWESCAP Money Management Program**

21 Pine Street, Suite 101  
Rockaway, NJ 07866  
(973) 784-4900



# **NUTRITION OPTIONS**

## **GROCERIES**

*Not for profit and / or grocery purchasing programs for those who can no longer shop for themselves.*

**House Call Groceries for Seniors** (973) 451-4128  
Visiting Nurse Association

**Interfaith Food Pantry** (973) 538-8049

**SAGE Eldercare** (908) 273-5554

**Chore Program** (973) 361-5555  
Hope House

### **Online Shopping Services**

**Shop Rite** [www.ShopRite.com](http://www.ShopRite.com) (800) 746-7748

**Stop & Shop** [www.Peapod.com](http://www.Peapod.com) (800) 573-2763

## **HOME DELIVERED MEALS**

*Providers of home delivered meals for those who are homebound.*

**GA Foods / SunMeadow** (866) 575-2772

**Interfaith Food Pantry** (973) 538-8049

**Moms Meals** (877) 508-6667  
Frozen meals shipped, ready to heat & eat

**Morris County Office of Aging,  
Disabilities and Community Programming** (973) 285-6856  
Nutrition Program Meals on Wheels

**Nourish NJ** (973) 267-0709

**SAGE Eldercare** (908) 273-5554

# **NUTRITION OPTIONS**

## **MIDDAY FRIENDSHIP CENTERS**

***Morris County Senior Citizen Nutrition Program sites serve nutritious noontime meals and offer activities. Reservations are required and transportation is available for those unable to drive.***

Open Monday, Tuesday, and Thursday

### **Butler Borough**

Midday Friendship Center  
26 Carey Avenue  
Butler, NJ 07405  
(973) 838-4472  
Open Monday thru Friday

### **Long Hill Township**

Senior Center  
769 Valley Road  
Gillette, NJ 07933  
(908) 626-1606  
Open Tuesdays

### **Denville**

Cook's Pond Senior Housing  
455 Diamond Spring Road  
Denville, NJ 07834  
(973) 983-1142  
Open Monday, Wednesday and Friday

### **Madison**

Rexford S. Tucker Apartments  
15 Chateau Thierry Avenue  
Madison, NJ 07940  
(973) 822-3129  
Open Monday, Wednesday, and Friday

### **Dover**

St. John's Episcopal Church  
11 South Bergen Street  
Dover, NJ 07801  
(973) 361-9376  
Open Monday and Thursday

### **Montville**

Montville Senior House  
356 Main Road  
Montville, NJ 07045  
(973) 316-8560  
Open Tuesday and Thursday

### **Jefferson Township**

Senior Center  
54 School House Road  
Oak Ridge, NJ 07438  
(973) 208-0788

### **Morris Township**

Dean Gallo Congregate Housing  
99 Ketch Road  
Morris Township, NJ 07961  
(973) 540-8063  
Open Monday thru Friday

# **NUTRITION OPTIONS**

## **MIDDAY FRIENDSHIP CENTERS**

### **Morristown**

Wetmore Towers  
31 Early Street  
Morristown, NJ 07960  
(973) 644-0343  
Closed temporarily

### **Mt. Olive Township**

Mt. Olive Senior Center  
204 Flanders – Drakestown Road  
Budd Lake, NJ 07828  
(973) 448-7474  
Open Monday through Friday

### **Parsippany**

Parsippany Community Center  
1130 Knoll Road  
Parsippany, NJ 07054  
(973) 884-1868  
Open Monday thru Friday

### **Rockaway**

Pleasant View Village  
221 Mt. Pleasant Avenue  
Rockaway, NJ 07866  
(973) 361-9376  
Open Tuesday, Wednesday and Friday

### **Roxbury Township**

Senior Center  
72 Eyland Avenue  
Succasunna, NJ 07876  
(973) 361-5231  
Open Wednesday and Friday

# **RESPIRE CARE PROGRAMS**

*Providing relief to caregivers  
within a facility or in-home setting.*

## **Allegro School**

Family Support Respite Program  
125 Ridgedale Avenue  
Cedar Knolls, NJ 07927  
(973) 267-9678  
\*for People with Disabilities  
[www.allegroschool.org](http://www.allegroschool.org)

## **Visiting Nurse Association**

Respite Care Programs  
175 South Street  
Morristown, NJ 07960  
(800) 938-4748  
[www.vnannj.org](http://www.vnannj.org)

## **Alzheimer's, New Jersey**

Caregiver's Care Assistance Program  
425 Eaglerock Ave., Suite 203  
Roseland, NJ 07068  
(973) 586-4300  
[www.alznj.org](http://www.alznj.org)

## **The Arc of Morris County New Jersey**

P.O. Box 123  
Morris Plains, NJ 07950  
(973) 326-9750  
\*for People with Disabilities  
[www.arcmorris.org](http://www.arcmorris.org)

## **Atlantic Respite Program at Atlantic Adult Day Center**

200 Mt. Airy Rd.  
Basking Ridge, NJ 07920  
(908) 766-2310  
[atlantichealth.org](http://atlantichealth.org)

## **United Cerebral Palsy of Northern, Central and Southern New Jersey**

245 Main Street, Suite 113  
Chester, NJ 07930  
(908) 879-2243  
\*for People with Disabilities  
[www.ucpnscnj.org](http://www.ucpnscnj.org)

## **UTILITY ASSISTANCE**

### **Home Energy Program, Morris County Organization for Hispanic Affairs**

Butler (973) 838-3885

Dover (973) 366-1131

Morristown (973) 644-5627

**Lifeline Credit Program** (800) 792-9745

**NJ Department of Health and Senior Services/NJ Shares** (800) 657-4273





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