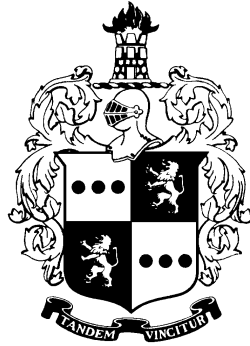


CAREGIVER



RESOURCE DIRECTORY

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

(973) 285-6848

(800) 564-4656

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

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>

TABLE OF CONTENTS

Care Managers.....	1-4
Downsizing, Moving, Declutter.....	5
Education Programs.....	6-7
Elder Law Attorneys.....	8-10
Emergency Response Systems.....	11
Geriatric Assessment Programs.....	12-13
Geriatric Physicians.....	14-15
Grandparenting.....	16
Home Safety.....	17
Hospice.....	18-19
Medical Equipment and Supplies.....	20
Mental Health Programs.....	21-22
Money Management.....	23
Nutrition Options.....	24-26
Respite Care Programs.....	27
Utility assistance.....	28

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

Bolaned, Kerry RN

Garden State Eldercare
71 Valley Street, Suite 300B
South Orange, NJ 07079
(973) 378-9100
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

Davis, Janine BSN, CGN, RN, BC

Claddagh Home Care, LLC
124 Washington Street
Morristown, NJ 07960
(973) 598-9730
www.claddaghhomercare.com

Deutsch, Lucille CMC, CALA –LHD Eldercare Solutions

179 Malapardis Road
Cedar Knolls, NJ 07927
(973) 267-3616
www.lhdeldercaresolutions.com

PRIVATE CARE MANAGERS

Doueck, Vicki MSW, ACSW, LCSW

Generations Counseling & Care Management
336 West Passaic Street, 2nd Floor
Rochelle Park, NJ 07662
(201) 845-7030
www.generations-llc.com

Health Partners in Care

60 Washington St., Suite 106G
Morristown, NJ 07960
(973) 267-8184
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

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

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

Porosky, Mary Ann MSW, LCSW, CASWCM

Caring Choices
420 Boulevard Suite 101
Mountain Lakes, NJ 07046
(973) 627-4087
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

Senior Bridge

60 Washington St., Suite 106G

Morristown, NJ 07960

(973) 267-8184

ContactUs@SeniorBridge.com

Thomas, Dawn MSW, LCSW, CASWCM

Family Support Care Management

165 Cedar Knolls Rd.

Whippany, NJ 07981-1832

(201) 803-4131

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

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

Care2Caregivers

A Peer Support Helpline for Dementia Caregivers

Support, Guidance, Counseling, & Education

Information on Resources

1-800-424-2494

www.care2caregivers.com

Caregivers Connections

Dorot, Inc.

171 West 85th St.

New York, NY 10024

(212) 769-2850

www.dorotusa.org

Caregivers Coalition of Morris County

222 Ridgedale Ave. 3rd Floor

Cedar Knolls, NJ 07927

(973) 993-1160

Live.united@unitedwaynj.org

Caregiver Smart Solutions

913 Route 23 South, Suite 9

Pompton Plains, NJ 07444

(888) 585-5022

Info@CaregiverSmartSolutions.com

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

Jewish Family Services of MetroWest

Eldercare Services

256 Columbia Turnpike; Suite 105

Florham Park, NJ 07932

(973) 765-9050

www.jfsmetrowest.org

Visiting Nurse Association – Northern New Jersey

In-Home Caregiver Education & Support Program

175 South Street

Morristown, NJ 07960

(800) 938-4748

ELDER LAW ATTORNEYS

Attorneys specializing in eldercare issues.

Alan R. Adler, Esq.

10 N. Park Place, Suite 250
Morristown, NJ 07960
(973) 292-9212

www.aadler-esq.com

Hueston McNulty, P.C.

256 Columbia Turnpike, Suite 207
Florham Park, NJ 07932
(973) 377-0200

www.huestonmcnutty.com

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222 Ridgedale Avenue #1
Morristown, NJ 07962
(973) 267-6350

Johnson & Johnson

33 E. Blackwell Street
Dover, NJ 07801
(973) 366-9800

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1719 Route 10, Suite 204
Parsippany, NJ 07054
(973) 434-3300

www.bernsteinstatelaw.com

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Randolph, NJ 07869
(973) 927-8850

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55 Madison Avenue, Ste. 400
Morristown, NJ 07960
(973) 540-8700

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Whippany, NJ 07981
(973) 644-0770

www.edwacks@wackslaw.net

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115 Horseneck Road, Suite #2
Montville, NJ 07045
(973) 263-1114

Fran J. Garb, Esq.

2 Ridgedale Avenue, Suite 245
Cedar Knolls, NJ 07927
(973) 605-1177

www.garblaw.com

Robert F. Long Jr., Esq.

12 Second Avenue
Denville, NJ 07834
(973) 627-1012

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350 Mount Kemble Avenue
Morristown, NJ 07962
(973) 631-6040

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Whippany, NJ 07981
(973) 428-8643

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220 Park Avenue
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(973) 539-1000

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Florham Park, NJ 07932
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Kinnelon, NJ 07405
(973) 838-3636

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Morristown, NJ 07960
(973) 975-4349
www.murphlaw.com

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Florham Park, NJ 07932
(973) 539-1000
www.spsk.com

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32 Cloverhill Place
Montclair, NJ 07042
(973) 347-3347

Ginger H. Stillman, Esq.

201 Route 10
Succasunna, NJ 07876
(973) 927-5882

Roma K. Oster, Esq.

135 Beach Street
Rockaway, NJ 07866
(973) 625-9124

Joseph D. Sullivan, Esq.

8 Ridgedale Avenue
Cedar Knolls, NJ 07927
(973) 361-4099

Keith E. Paterson, Esq.

Schoolhouse Plaza, Suite 104
124 E. Main Street
Denville, NJ 07834
(973) 625-0044

Dierdre R. Wheatley-Liss, Esq.

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

ELDER LAW ATTORNEYS

J. Jeffrey Press, Esq.
8 Wood Hollow Rd.
Plaza 2A
Parsippany, NJ 07054
(973) 507-9955

**Legal Services of Northwest New
Jersey**
30 Schuyler Place
Morristown, NJ 07960
(973) 285-6911
www.lsnwj.org

Legal Services of N.J.
(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.

<u>Alert USA</u>	(800) 789-6969
<u>Alert And Response</u>	(800) 693-5433
<u>Alerts911</u>	(800) 503-5676
<u>American Medical Alarms</u>	(800) 542-0438
<u>Emergency Response USA</u>	(855) 237-2500
<u>Hope Connection</u>	(973) 361-5555 ext. 119
<u>Life Alert</u>	(800) 338-9090
<u>Medical Alert</u>	(800) 281-0255
<u>Philips Lifeline</u>	(800) 635-6156
<u>Safe Guardian</u>	(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

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

Hunterdon Medical Center-Center for Healthy Aging

1 Wescott Drive

Flemington, NJ 08822

(908) 788-6373

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

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.org

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

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

Leslie Feigin, MD

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

George L. Kline Jr., MD

5 Brown Ct.
Chester, NJ 07930
(908) 879-1997

Barrington Lynch, MD

205 Morris Turnpike
Randolph, NJ 07869
(973) 933-2239

Kathryn Peper, MD

264 South Street
Morristown, NJ 07960
(973) 539-3388

Jason Prager, MD

435 South St., Suite 390
Morristown, NJ 07960
(973) 971-7022

Andreas Rotsides, MD

195 US Highway 46 Suite 203
Mine Hill, NJ 07803
(973) 328-1040

Arthur Shepell, MD

16 Pocono Rd. Suite 305
Denville, NJ 07834
(973) 627-0555

Jesse V. Wassner, MD

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

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

Internal Medicine

Robert Bock, MD

1055 Hamburg Tpke., Suite 300
Wayne, NJ 07470
(973) 317-6755

Frederick Stansbury, DO

16 Pocono Road, Suite 313
Denville, NJ 07834
(973) 722-6960

Podiatrists

Home Foot Care Services

877- 417-FOOT (3668)

Paul Lafergola, MD

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

Larry M. Nelson, DPM

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

Dental

Dental Home Services LLC

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

Visiting Dental Associates, P.C.

(800) 564-7700

Zufall Health Center

Zufall Dental Health Center
17 South Warren Street
Dover, NJ 07801
(973) 328-3344

www.zufallhealth.org

Zufall Health Center

2-4 Atno Avenue
Morristown, NJ 07960

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

Child & Family Resources

111 Howard Blvd. # 104

Mount Arlington, NJ 07856

(973-398-1730)

Generations United

(202) 289-3979

www.grandfamilies.org

Jewish Family Services of MetroWest NJ

Grandparents as Parents Program

(973) 765-9050

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

New Jersey Self Help Clearing House

(800) 367-6274

www.njgroups.org

HOME SAFETY

HOME MODIFICATION AND REPAIRS

Revisions in order to provide a safe care environment.

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

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

Jewish Vocational Service of MetroWest, JVS

Home Maintenance Solutions

(973) 674-2415

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

350 South Sparta Avenue, Building B/Suite 2
Sparta, NJ 07871
(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

MEDICAL EQUIPMENT AND SUPPLIES

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

Able Care Group LLC	(800) 310-1196 or (201) 258-7859
At Home Medical	(800) 287-0643
Central Medical Supply	(973) 927-3032
Goodale Surgical Supply Center	(973) 366-0976
Goodwill Home Medical Equipment	(609) 812-2210
Habitat For Humanity	(845) 797-2213 (Rich)
Healthcare Supply Company Works with JACC program	(732) 786-0394
Homecare America	(973) 377-8990
Lake Surgical Supply	(973) 627-8100
Millennium Respiratory Services	(973) 463-1880
Mobile Medical Parts and Services	(908) 604-4737
Valley Pharmacy and Surgical Supplies	(973) 584-4200
Back in Action Assistive Devices Recycling Center	(800) 922-7233
Pluckemin Presbyterian Church Collect & distribute all types of medical equipment	(908) 396-6057

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

Atlantic Rehabilitation

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

COPSA Institute of Alzheimer's Disease & Related Disorders

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

Carrier Clinic

252 County Road 601
Belle Mead, NJ 08502
(800) 933-3579
www.carrierclinic.org

Christian Health Care Center

301 Sicomac Avenue
Wyckoff, NJ 07481
(201) 848-5200
www.christianhealthcare.org

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

MENTAL HEALTH PROGRAMS

Hope House

19-21 Belmont Avenue
Dover, NJ 07801
(973) 361-5555
www.hopehouse.com

Jewish Family Services of MetroWest

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

Mental Health Assoc. of Essex & Morris County

300 Littleton Rd., 3rd floor
Parsippany, NJ 07054
(973) 334-3496
www.mhaessexmorris.org

National Alliance on Mental Health – NAMI

(973) 285-7578
namimorriscounty@outlook.com

NewBridge Services

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

Saint Barnabas Behavioral Health Network

5 Regent Street
Livingston, NJ 07039
(973) 533-7000
www.saintbarnabas.com

Saint Clare's Behavioral Health

130 Powerville Rd.
Boonton Twp., NJ 07005
(973) 316-1800
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

SilverBills

(800) 825-1924

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 (800) 746-7748

Stop & Shop 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

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.

Butler Borough

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

Denville

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

Jefferson Township

Senior Center
54 School House Road
Oak Ridge, NJ 07438
(973) 208-0788
Open Monday, Tuesday, and Thursday

Long Hill Township

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

Madison

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

Montville

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

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

Alzheimer's, New Jersey

Caregiver's Care Assistance Program

425 Eaglerock Ave., Suite 203

Roseland, NJ 07068

(973) 586-4300

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

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

Visiting Nurse Association

Respite Care Programs

175 South Street

Morristown, NJ 07960

(800) 938-4748

www.vnannj.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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