

# MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



February 2026

28<sup>th</sup> Edition

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Focusing on your heart health has never been more important. Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. [Learn more about heart-healthy living.](#)

•**Self-care is heart-health care.** Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. And, when we take care of our hearts, we set an example for those around us to do the same.

•**Get to know #OurHearts!** Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your risk for heart disease. Having a basic understanding of information that concerns your health and using the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.

**Robin Ennis**

**Caregiver Resource &  
Information Specialist**

**908.866.1333**

[RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

## DEFINITION OF A CAREGIVER:

- Unpaid family member, friend, neighbor, co-worker, etc.
- Full time, part time, long distance
- Become over time; become overnight
- From a check in call once a week to total personal care

## ARE YOU A CAREGIVER:

- Do you provide care for an aging parent, spouse, sibling, friend, or neighbor, or child with special needs?
- Do you care for anyone with a mental illness, physical or developmental disability?
- Do you pick up medication at the pharmacy, make meals, provide help with daily care or with doctor's appointments, pay bills or grocery shop for anyone?

## HOW CAN I ASSIST YOU

- Meet caregivers where they are in the stages of caregiving.
- Recognize that each caregiver experience is unique yet many share common experiences.
- Meet the diverse needs of each caregiver based on their unique caregiver experience.
- Help caregivers identify their needs and connect to resources, support, services, information and education.
- Support self-care for caregivers.

## DATE SPECIFIC EVENTS FOR CAREGIVERS

### **Caring for Them, Caring for You: Nervous Systems Regulation in Dementia Caregiving (virtual)**

**Wednesday, February 4 at 7pm**

Join Dr. Angelica for an educational session for caregivers of individuals living with dementia. Learn about how stress is held in the body, how caregiving roles can disrupt regulation and rest, and how intentional, body-based practices can help caregivers feel more grounded, resilient, and supported. Practical strategies will be shared to help caregivers regulate their own nervous systems so they can continue providing care with greater steadiness, compassion, and sustainability. For questions call 800-424-2494 or email [Mary Catherine](mailto:Mary.Catherine@newroadsfinancial.com) Click [here](#) to register.

### **Understanding Sibling Guardianship: Preparing for Your New Role as Your Parents Age (virtual)**

**Wednesday, February 11 at 12:00-1pm**

Siblings will often face the reality of becoming their brother or sister's guardian as our parents age and/or pass away. This can be a difficult transition, both for your parents and siblings, emotionally and legally. This webinar, will guide you through what to expect and how to prepare, drawing on legal expertise and personal understanding of this journey. The webinar will cover the steps to take both before and after a guardianship transition occurs, including key legal procedures, court processes, ongoing responsibilities, and practical considerations to ensure your loved one continues to receive the care and support they deserve. You don't have to navigate this alone. This webinar is part of the 'Caring Across Generations: A Webinar Series for Families of Individuals with Intellectual Developmental Disabilities,' hosted by the Rutgers Community Living Education Project (CLEP) and presented by Hillary Freeman, Esq. Click [here](#) to register.

### **An Overview of SSI & Medicaid for Individuals with IDD Transitioning to Adulthood (virtual)**

**Wednesday, February 11 at 6:30pm**

Presented by Connor Griffin, MPH, Director of Health Care Advocacy at the Arc of NJ. RSVP at 908-713-0469 or [epedersen@newroadsfinancial.com](mailto:epedersen@newroadsfinancial.com) to receive Zoom link and password.

### **Choosing a Hospice Care Provider - Caregiver TimeOut Group (virtual)**

**Tuesday, February 17 from 10-11am**

Not all Hospice care providers are the same and they don't offer all of the same services. Learn the differences between Hospice vs Palliative Care. Chrissy with Ascend Hospice and Palliative Care will help us to debunk the myths around hospice. She will share tips on what questions to ask to make sure you are making the right choice for you or your loved one. Click [here](#) to register. For more information contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

### **Supporting Heart Health: Loving Yourself with All Your Heart (virtual)**

**Wednesday, February 18 at 1pm**

The word "heart" has many meanings—the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. There is a close link between your emotional health and heart health. This presentation will share tips on heart health to enhance your physical and emotional well-being. This session is free and open to those who are currently caring for a loved one as well as those caregivers whose loved one has died. Join us for this live, interactive session through Zoom or your telephone. For questions call 800-424-2494 or email [Mary Catherine](mailto:Mary.Catherine@newroadsfinancial.com) Click [here](#) to register.

### **Warren Hills Computer Science presents Tech for Seniors (in-person)**

**Wednesday, March 25 from 3-4:30pm**

Warren Hills High School Library, 41 Jackson Valley Road, Washington  
If you are a senior citizen with questions about how to use your electronic devices, Warren Hills Computer Science students are here to help! Please bring your cell phone, laptop, or tablet. Students will work with you one-on-one to answer your specific questions and troubleshoot issues. In addition to personal assistance, we will share a brief presentation on how to identify and avoid common cyber scams. Click [here](#) to register. Registration is required to attend. For questions, contact Daryl Detrick, Computer Science Teacher, at [detrickd@warrenhills.org](mailto:detrickd@warrenhills.org)

### **SAVE THE DATE – SPRING CAREGIVERS CONFERENCE (in-person)**

#### **STEPS ALONG THE WAY: SUPPORT ON YOUR CAREGIVING JOURNEY**

**Saturday, April 18 from 9:30am-1:30pm**

Hackettstown Medical Center, West Wing Conference Room, 651 Willow Grove St., Hackettstown  
**Workshop 1:** Guardianship and Durable Powers of Attorney presented by Julia Fox, J.D. with Hinkle, Prior Fischer & Oberweis, P.C.

**Workshop 2:** Directions to Care: How to Create a Plan of Care to Track Changes in the Person You Care For presented by Amy E. Matthews, Dementia Consultant & Robin Ennis, Caregiver Resource & Information Specialist

**Workshop 3:** Are You Guilty of Feeling Caregiver Guilt? presented by Laura Hawkins, MSW, LSW, Director, Community Health & Care Coordination Social Services Atlantic Health

This event is for unpaid caregivers only. Enjoy a complimentary breakfast and lunch provided by Hackettstown Medical Center, information and resources and door prizes. Registration is required by Wednesday, **April 1** via email to [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) Respite care is not provided for this event.

### **SAVE THE DATE - Virtual Dementia Tour (VDT) (in-person)**

**Saturday, May 9 from 9:30am – 12:30pm**

St. Luke's Warren Hospital, 185 Roseberry St., South Wing Entrance, Phillipsburg, NJ  
VDT sessions are approximately 30 minutes long. Step into the shoes of someone living with dementia during this 30-minute Virtual Dementia Tour. This evidence-based program helps participants build greater understanding, awareness, and empathy for people living with dementia. Guided by certified facilitators, participants will be outfitted with patented sensory tools that temporarily alter their physical and sensory abilities. While completing everyday tasks, you will experience how dementia can affect perception and behavior. This unique, hands-on experience offers valuable insight for caregivers, families, and professionals, helping them provide more compassion, person-centered support. Space is limited. Priority access is provided for family caregivers. Click [here](#) to register. For information contact [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

### **Virtual Program**

To register or for more information: [www.parkerlife.org/events](http://www.parkerlife.org/events) or [email](mailto:RobinEnnisLLC@gmail.com)

**Caregiver Action Network Plug Into Care Webinar Series.** For more information and to register for the webinars, click [here](#).

[Powerful Tools for Caregivers](#) Caregiver Classes and Events

# DATE SPECIFIC EVENTS & SUPPORT GROUPS FOR CAREGIVERS

## Caregiver TimeOut Group (virtual)

Monthly on the 3<sup>rd</sup> Tuesday

If you are an unpaid caregiver and wish to sign up to receive invitations to this event email [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com)

## Technology Webinar Series (Virtual)

2<sup>nd</sup> Wednesday of each month at 12pm

Click [here](#) for a list of program topics and dates. Participation is free but registration is required. [Register here](#)

## Stay Healthy at Home Webinar Series

Every Tuesday at 2:00pm

Created by the New Jersey Self-Advocacy Project as part of our Healthy Lifestyles Project. The New Jersey Self-Advocacy Project will be presenting trainings on a variety of topics relating to self-advocacy and healthy living. Live viewers will be able to share comments and ask questions during the webinar. All webinars will be recorded and archived on our website to view after airing. [Click here to view them.](#)

## American Society on Aging [Webinar Series](#)

## Center for Prevention & Counseling's Recovery Center Events

There are a variety of free or low-cost activities. Call or email [Marjorie](#) at 973.940.2966 or to get more information or register.

## [RWJ Barnabas Health Events Calendar](#)

## Bentley Assisted Living Caregiver Support Group (in-person) **Sussex**

1<sup>st</sup> Wednesday of the month from 10 – 11am

Bentley Assisted Living, 3 Phillips Road, Branchville

Presented by [Alzheimer's Association Greater New Jersey](#)

To register contact Christine Beckmann at 973.948.8884 or [cbeckmann@bentleyassistedliving.com](mailto:cbeckmann@bentleyassistedliving.com)

To further extend your network of support, visit [ALZ connected](#)

## ALzNJ Caregiver Support Group (in-person) **Hunterdon**

3<sup>rd</sup> Tuesday of the month from 6:30 -7:30pm

North County Branch Library, Clinton, NJ

The support group is free and open to those caring for a loved one with dementia. To register, please call the Alzheimer's New Jersey Helpline 888-280-6055 or visit [www.alznj.org](http://www.alznj.org)

## [Center for the Heart Support Group for Caregivers \(virtual\)](#)

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at 7:00pm

Caring for a loved one with a serious or terminal illness can be both deeply meaningful and incredibly challenging. This support group is designed to provide a safe and compassionate space where primary caregivers can connect, share experiences, and find support from others who understand. Click [here](#) to register and receive your meeting link. For more information call 908.503.2484.

## [Alzheimer's New Jersey Family Support Groups](#)

## Caregiver Support Group (in-person) **Warren**

1<sup>st</sup> Tuesday of most months from 1:30-3:00pm

Tuesday, February 3, Warren County Library, Richard D. Gardner Branch, 2 Shotwell Dr. Belvidere

Tuesday, March 3, Warren County Library, Catherine Dickson Hofman Branch, 4 Lambert Rd., Blairstown

Tuesday, April 7, Warren County Library, Southwest Branch, 404 CR519, Phillipsburg

Tuesday, May 5, Warren County Library, Northeast Branch, 40 US 46, Hackettstown

Tuesday, June 2, Warren County Library, R.D. Gardner Branch, 2 Shotwell Dr., Belvidere

Tuesday, July 7, Warren County Library, Catherine Dickson Hofman Branch, 4 Lambert Rd., Blairstown

Tuesday, August 4, Warren County Library, Southwest Branch, 404 CR519, Phillipsburg

Tuesday, September 1, Warren County Library, Northeast Branch, 40 US 46, Hackettstown

Tuesday, October 5, Warren County Library, R.D. Gardner Branch, 2 Shotwell Dr., Belvidere

Tuesday, November 3, Warren County Library, Catherine Dickson Hofman Branch, 4 Lambert Rd., Blairstown

Tuesday, December 1, Warren County Library, Southwest Branch, 404 CR519, Phillipsburg

Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for a support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections. To RSVP or questions [RobinEnnisLLC@gmail.com](mailto:RobinEnnisLLC@gmail.com) or 908-866-1333.

## Dementia Support Group (in-person and virtual option)

First Thursday of each month from 4:30pm – 5:30pm

Arbor Terrace Basking Ridge, 3066 Valley Rd, Basking Ridge

Call Leslie Yngojo-Bowes at 908-498-6677 for in-person registration or to register via Zoom

## [AlzNJ Support Groups \(in person\) Somerset](#)

2<sup>nd</sup> Tuesday of each month from 1-2:00pm

Franklin Library, 485 DeMott Lane, Somerset

Free and open to the community providing families and caregivers with the emotional and educational support they need to better understand and cope with Alzheimer's disease and other dementias. To register call Demi at 973-586-4300x 1108. For more information contact [Denise Goldstein](#) R.N., Certified Holistic Health Coach 732-563-9056

## SUPPORT GROUPS FOR CAREGIVERS

### **Senior Center of the Chatham's Caregiver Support Group (in person) Morris**

**1<sup>st</sup> Thursday of each month from 10:30am to 12:00pm**

Chatham Senior Center, 58 Meyersville Rd., Chatham Township

This caregiver support group is for those who are caring for a loved one with dementia. It is offered in partnership with [Alzheimer's New Jersey](#). Contact Carol Eisenhardt, Administrative and Program Coordinator at (973) 635-4565. To register for this group visit or call the Helpline: 888-280-6055

**West Morris YMCA Parkinson's Support Group, Support Group for Caregivers, and Support Group for Caregivers of People with Alzheimer's Disease (in-person)** Click [here](#) for more information.

### **Stroke Support Group Meetings (in person) Morris**

**Last Wednesday of each month from 1-3:30pm**

Morris County Library, 30 East Hanover Avenue, Whippany

Support, resources and occasional speakers on topics related to stroke survivors, caregivers and their families. Contact [Lois Firzloff](#) 908-578-0812 or [Rich Coulther](#) 201-230-8204

### **Jewish Family Services Support Groups JFS MetroWest (in person)**

[Caregiver Group for Parents of Adults with Disabilities](#)

[Sibling Support Group](#) and [Caregiver Group for Parents of Children with Mental Illness](#)

### **JFS of Central NJ (virtual)**

[Support Group for Caregivers of Children with Disabilities](#)

[Support Group for Caregivers of Adults with Disabilities](#)

Contact Laura Weitzman, [Weitzmanlaura@gmail.com](mailto:Weitzmanlaura@gmail.com) for log in information. For questions contact [Rebecca Wanatick](#), Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ 973- 929-3129

### **NAMI Family Support Groups (virtual)**

**Every other Wednesday from 7-8pm**

This is a support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes.

### **Brain Injury Alliance of NJ [Support Groups](#)**

### **COPSA Institute for Alzheimer's Disease and Related Disorders Support Groups (virtual)**

**Mon, February 2 from 9:30–11:30am**-Spouse Support Group

**Tues, February 3 from 7:00-8:30pm**-Adults Caring for Parents Group

**Wed, February 4 from 11am-12pm**-Spouse Transition Group

**Mon, February 9 from 7:00-8:00pm**-Adults Caring Transitions Group

**Tues, February 10 from 1:00-2:00pm**-Caregiver Support Group

**Wed, February 11 from 7:00–8:30pm**-Caregiver Support Group

**Mon, February 16 from 9:30–11:30am**-Spouse Support Group

**Tues, February 17 from 7:00-8:30pm**-Adults Caring for Parents Group

**Wed, February 18 from 7:00–8:30pm**-Long Term Care Support Group

**Thurs, February 26 from 10:00–11:00am**-Transitions Bereavement Group

To register or find out more about services call 800-424-2494 or email [Mary Catherine](#)

### **Montclair Caregiver Support Group (in-person) Essex**

**Monthly on Thursday beginning January 9 from 2-3pm**

Montclair Edgemont House, 274 Valley Road, Montclair

Offered by Montclair Township and Jewish Family Services of MetroWest NJ. This group is for adults caring for a loved one over the age of 60. This group is free and open to spouses, adult children and siblings of older adults. **Pre-registration is required.** For more information or to register call Michelle DeWitt at 973-744-3278. This group is facilitated by Renee Peters, MSW. She can be reached at 973-637-1763.

### **Caregiver Support Group (Virtual) Sussex**

**3<sup>rd</sup> Thursday of each month from 2-3pm**

For more information and to register, please call Sussex County Office on Aging at 973-579-0555 ext. 1288

### **SMART Recovery Self-Management and Recovery Training (in-person)**

**Wednesdays from 12-1:30pm**

Washington Public Library, 20 Carlton Ave., Washington

SMART Recovery is a scientific, non-faith-based addiction recovery support group. A weekly self-help program for people wanting to change from ANY addiction. An alternative to 12 step programs. For more information contact [Ken](#) 908-310-5660

# CAREGIVER RESOURCES

## AGING

### [Guiding an Improved Dementia Experience \(GUIDE\) Model](#)

A voluntary nationwide model test that aims to support people with dementia and their unpaid caregivers. July 1, 2024-2032..

### [Silver Sneakers](#)

### [American Society on Aging](#)

### [5 days Technology Can Make Life Easier for Caregivers of Dementia Patients](#)

### [Alzheimer's New Jersey Respite Care and Wellness Program](#)

### [Alzheimer's Disease Reference Guide](#)

### [Alzheimer's NJ Caregiver Education](#)

### [Substance Abuse & Addiction in the Elderly](#)

### [National Center on Law & Elder Rights \(NCLER\) and Resources & Webinar Links](#)

### [The Beacon – A Newsletter for Long-Term Care Residents](#)

### [NJ Advocates for Aging Well](#)

### [Live Online Classes for Older Adults](#)

### [Family Connections – Older Adult Services](#)

### [Connections at home](#)

### [NJ Department of Human Services: Division of Aging Services](#)

**Mather: Meaningful Connections from the Comfort of Home** Mindfulness & Brain Health, Aromatherapy, Discussion Groups, Creative Arts & Art Making, and Movement & Dance

**Older Adult Meal at St. Lukes Warren Warren** For Warren County adults 65+ weekdays from 4-6pm. \$3.99 dinner includes entrée. Credit & debit cards only. NO CASH. Call 1-866-785-8537.

**NewBridge@Home: A Counseling Program Morris** For seniors and their caregivers at home. Contact [Katie Skolsky](#)

**Caregiver Volunteers of Central Jersey Monmouth & Ocean** For details call 732-505-2273 or visit

**Atlantic Adult Day Center**  
200 Mt. Airy Road, Basking Ridge, Contact 908-766-2310 or [Mallory.Dubuisson@atlantichhealth.org](mailto:Mallory.Dubuisson@atlantichhealth.org)

**Choices for Seniors** an eldercare directory for seniors and their caregivers. Covering **Hunterdon, Mercer, Somerset, Warren** Counties.

**Center for Medicare Updates "Quick Guide" to Identifying Coverable Hospice Care**

**Center for Medicare Advocacy Webinars**

**Age Friendly NJ**

**Virtual Programs for Seniors**

**Seniors Helping Seniors of Northwest NJ**  
For more information click [here](#). Contact Vinny Marino, Owner at [vinny@shsnorthwestnj.com](mailto:vinny@shsnorthwestnj.com) or 908.987.2100 or 908.334.1552.

## MILITARY/VETERANS

### [Veteran Service Officers](#)

**Veterans Crisis Line:** Dial 988 and Press 1

**[Program of General Caregiver Support Services \(PGCSS\)](#)**

**[Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#)**

**[Caregiver Application For Benefits | Veterans Affairs Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness](#)**

**[VA Caregiver Support](#)** [Jennifer Del Pesce](#), LCSW, Caregiver Support Program, PGCSS Coordinator, VANJHCS East Orange, NJ (973) 676-1000 X203085

### [Community Hope for Veterans](#)

**Call Center for Homeless Veterans** 877-424-3838  
**Resources for Homeless Veterans** and other Veteran Resources are available. Contact your local VSO.  
**National Coalition of Homeless Vets** 800-838-4357  
Veterans are encouraged to register with **211**.  
**Community Home Sharing Program for Veterans.**  
Contact [info@homesharing.org](mailto:info@homesharing.org) or 908-526-4663

**[Bringing Veterans Home initiative in Cooperation with Community Hope](#)**

**[Social Security Administration: Information for Military & Veterans](#)**

**[Veterans Benefits Newsletter](#)**

**[NJ Guide](#)**

**[U.S. Department of Veterans Affairs \(VA\)](#)**

**[Department of Military and Veterans Affairs](#)**

**[Federal Benefits for Veterans, Dependents, Survivors, and Caregivers](#)**

**[Warren County Veterans Website](#)**

**[Welcome Home Vets of NJ](#)**

Call 1-855-289-8527 or Catholic Charities Veteran Services, [David Pearson](#) 973-818-3601.

**[National Resource Directory](#)**

**[VA Health Services in NJ](#)** **[VA Mental Health Services](#)**

**[True North](#)** Behavioral Health Services for Veterans and Families call 1-888-247-1400

**[\\$250 Veterans Property Tax Deduction](#)**

**[ASK VA](#)**- Get answers to your questions about VA benefits and service.

**Morris County Office of Veterans Services – Representation at Morris County College (MCC) (Vet Resource Center)** Open 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the Month from 8:30am – 3:30pm

**Warrior UH20** at West Morris Area YMCA. This is an aquatic exercise class offered for FREE to active-duty military and veterans on Wednesdays from 11:30am-12:15pm in our warm water pool. Membership not required. Proof of veteran status & program registration required.

**[NJ Veterans Transportation Guide](#)**

**[NJ Veterans Handbook 2026](#)**

# CAREGIVER RESOURCES

## MENTAL HEALTH

## MENTAL HEALTH Cont'd

### Mental Health Crisis Resources:

**Children's Mobile Response and Stabilization Services** 24 hours, 7 days a week 1-877-652-7624

**New Hope IBHC Withdrawal Management, Short-Term Residential** 732-946-3030

**Youth Helpline for NJ** <https://www.2ndfloor.org/>  
888.222.2228

**Disaster Distress Helpline:** Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

**e Trevor Project** Immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. 100% confidential and 100% free. 1-866-488-7386

**SAMHSA Treatment Locator:**  
<https://findtreatment.gov/>

[National Council for Mental Wellbeing](#)

[Grow Your Mental Health Page](#)

[Collaborative Support Programs of New Jersey \(CSPNJ\)](#)

[SELF-HELP CENTERS \(SHC\) /COMMUNITY WELLNESS CENTERS \(CWC\)](#)  
For more information click [here](#).

<https://www.discoverynj.org/programs/addiction-therapy/family-support/>

### **988 Suicide & Crisis Hotline**

If you are having thoughts of suicide. If you need mental health-related crisis support. If you are worried about someone else Please call or text **988** or visit the [National Suicide Prevention Lifeline](#) chat to connect with a trained crisis counselor

**The Gathering Place Community Wellness Center (Morris & Sussex)** For more information contact Mental Health Assoc. Morris-973-334-3496x531 Al Shurdom or Sussex-862-946-6544 Kait Barone

**Mental Health Association Social Club**  
For more information and schedule call Christina Binetti at 973-334-3496x509.

**Mental Health Association [In-Home Therapy for Seniors](#) (Morris)**

**Mental Health Association [Resource Directory](#) (Essex, Morris, Passaic, Hudson, and Sussex)**

**Mental Health Matters is a monthly [newsletter](#) from Atlantic Behavioral Health**

**[Mental Health First Aide](#) Training & Information**

**Domestic Abuse & Sexual Assault Crisis Center of Warren County Hotline** 24 hours, 7 days a week 908-453-4181

[Mental Health First Aid Newsletter](#)

[The State of Mental Health in America 2025 Report](#)

**Recovery Management Checkup (RMC) Services through [Prevention is Key \(PIK\)](#)** This program is specifically designed for individuals with substance use disorder (SUD) who have recently been discharged from licensed treatment facilities in New Jersey. The program aims to provide essential support for individuals transitioning to independent living, as well as connecting them with vital resources to aid in their recovery journey. Contact [Noah Deutsch](#) at (973) 303-3790

### **Atlantic Behavioral Health at Hackettstown Medical Center offers outpatient behavioral health services for Adults and Adolescents**

**SUD Intensive Outpatient Program (Day and Evening)** Intensive Outpatient Program for individuals with primary diagnosis of substance use disorders as well as co-occurring mental health disorders.

**SUD Aftercare Program** Step-down once a week group for individuals discharging from SUD IOP.  
**SUD Adolescent Group** Outpatient group therapy for adolescents ages 13-18 yrs old.

**IDRC Outpatient Group** therapy for individuals referred by the Intoxicated Driver Resource Ctr  
**MH Acute Partial Hospitalization Program (Day)** Acute Partial Hospitalization program for individuals with primary mental health diagnoses and co-occurring substance use disorders.

**MH Intensive Outpatient Program (Day)** Intensive Outpatient Program for individuals with primary mental health diagnoses and co-occurring substance use disorders. They are in-network with most insurances, and take Medicaid and Medicare. Contact [Beth Schulaka](#) at 908-441-1586

### **SUSSEX SPECIFIC:**

**Wellness Hub** 83 Spring St., Suite 303, Newton 973-840-1850 or [wellnessHUB@mhainspire.org](mailto:wellnessHUB@mhainspire.org)  
Early intervention support services, a mental health urgent care and drop-in support center.

### **[Willow Tree Therapy Services](#)**

Are You Struggling with Life? Do you feel depressed and anxious? Are you in constant conflict with your spouse, kids, or your work colleagues? Do you have a hard time aren't in daily living activities? Have you lost your ability to focus and concentrate? Services Include [Trauma Focused Therapy](#), [Substance Use Disorders](#), [Individual and Family Therapy](#), [Marriage Counseling](#), [Emerging Adolescent Concerns](#), [DUI Mandated Treatment](#), [Mental Health Treatment](#) and [Child Therapy](#) 50 Wilson Dr., Sparta New Clients: 973-903-5431

### **WARREN SPECIFIC:**

**Warren County Stigma Free Initiative**, For more info. email [humanservices@co.warren.nj.us](mailto:humanservices@co.warren.nj.us)

### **[Stigma Free Newsletter](#)**

**Center for Family Services Designated Crisis Screening & Intervention Services 24 hour hotline:** 908-454-5141. This is for anyone that is having a mental health crisis and needs a mobile assessment to determine if hospitalization is needed. Per State regulations, police will respond to ensure safety for all and may transport to the hospital if needed. They can also offer mental health peer support via this number.

**Center for Family Services Intensive Outpatient Services** 908-689-1000

# CAREGIVER RESOURCES

## DISABILITIES

### **Gold Medal Home Health**

Are you a family member supporting an individual with an intellectual and/or developmental disability? You can be compensated for your work! [Gold Medal Home Health](#) employs family members, neighbors, and others to provide services. All training is completed internally. If interested, please contact [Ken Sullivan](#) at 201.320.0223

### **Increase Understanding & Acceptance of Autism**

Autism New Jersey invites individuals with autism and their caregivers to become Autism Ambassadors. [Learn about becoming an Autism Ambassador](#)

### **[Community Living Education Project \(Rutgers Health\)](#)**

### **Coordinated Care of MetroWest**

Provides assistance and supports individuals, families, and/or caregivers living in Greater MetroWest who are overseeing the lifetime care of adults with developmental or acquired disabilities. The program is designed to meet the unique needs of the individual and family no matter where they are in their journey. CCM ensures ongoing individualized and personal concern for such individuals with disabilities who may survive their caregivers or whose caregivers are not available to support them. They hope to provide peace to caregivers that someone is there to help when they are no longer here and most importantly, they focus on strengths and quality of life for the disabled adult.

Services include:

- -Free phone consultation to connect you to local resources and provide emotional support
  - -Short term fee for service case management to assist with more specific needs and research
  - -Long term fee for service case management to ensure a thorough care plan for future planning that is forever evolving and changing.
- For more information, call (973) 765-9050 or email [coordinatedcare@jfsmetrowest.org](mailto:coordinatedcare@jfsmetrowest.org)

### **[Autism New Jersey Announces Medical Equipment Lending Library](#)**

### **[Finally Home NJ Learning Sessions](#)**

### **[Catastrophic Illness in Children Relief Fund](#)**

### **Warren County Advisory Council on Disabilities** **2<sup>nd</sup> Thursday of every other month**

Are you an advocate for persons with disabilities? Are you interested in advancing the rights of persons with disabilities? If so, join the Council. For more information or to request an application contact 908-475-6591.

### **[New Resource on Self-Direction and Supports Brokerage Now Available](#)**

### **[Special Connections: Parents of Adult Children with Unique Needs 2025-2026](#)**

## DISABILITIES, Cont'd

### **[The Arc of New Jersey Family Institute](#)**

**[Brain Injury Alliance of New Jersey](#)** Helpline 1-800-669-4323

### **[Brain Injury Alliance Video Resource Hub](#)**

### **[Brain Injury Alliance Educational Programs](#)**

### **[ARCH is Access to Respite Care and Help](#)**

### **[Equal Opportunity Support Services](#)**

**West Morris YMCA in Randolph** [Parkinson's Disease Programs](#)

### **[Tri County Care Management Organization](#)**

By working effectively with schools, the Juvenile Justice System, and mental health and behavioral health providers, as well as advocating for family voice, choice and community support, CMOs help youth succeed at home, in school, and in the community.

### **[The NJ Council on Developmental Disabilities Regional Family Support Planning Councils](#)**

### **[NJ Disabilities 101](#)**

### **[An Enhanced Family Crisis Handbook](#)**

The purpose of this expanded version (4<sup>th</sup> edition) of the Toolkit is to empower individuals with disabilities and their family and professional caregivers by providing information to more effectively advocate for persons with complex severe behavioral health conditions (which we formerly referred to as "dual diagnosis") for treatments, supports, services and the conditions that promote mental wellness.

### **[New Resource for New Jerseyans with Disabilities](#)**

### **[Digital Literacy Training \(Virtual\)](#)**

AT&T, The Arc, and The Arc San Francisco have teamed up to produce digital skills training specifically for people with intellectual and developmental disabilities. Sign up to learn about: Getting started with computers, mobile devices, and video conferencing. Navigating websites and search engines, Online safety, passwords, fraud, scams, and more.

### **[Disability Benefits 101: Working with a Disability](#)**

Discover how NJ DB101 provides New Jersey specific information and tools to support employment and community inclusion.

### **[Personal Assistance Service Program \(PASP\)](#)**

### **[Davis Phinney Foundation for Parkinson's Every Victory Counts Manual for Care Partners](#)**

### **[The Boggs Center on Disability and Human Development Online Program Registration System](#)**

## CAREGIVER RESOURCES

### DISABILITIES, Cont'd

[NJ Commission for the Blind and Visually Impaired](#)

[NJ WorkAbility](#)

[The Arc of the United States Announcement](#)

[The Arc of New Jersey Self Advocacy Project Newsletter](#)

[The Arc@School](#)

[The Arc of New Jersey Program](#)

The official source of Medicare information: [Medicare.gov](#) or 800-Medicare (800-633-4273). NJ State Health Insurance Assistance Program (SHIP) website: [SHIP](#) or 1-800-792-8820

[Medicaid Transportation Coverage Guide](#)

NJSAVE Navigators by [County](#).

[Fact Sheet on Medicaid Non-emergency Medical Transportation \(NEMT\)](#)

[Basic Requirements for Conducting Ex Parte Renewals of Medicaid and CHIP Eligibility](#)

**Medicaid for Health and Long-Term Care**

According to [Justice in Aging](#), Medicaid "reform" proposals will lead towards taking federal funding away from states or restrict eligibility. Nearly 80 million (including 13 million seniors and people with disabilities) rely on Medicaid for health and long-term care.

It is important for disability advocates to be prepared with the knowledge and tools to defend Medicaid. We need to tell Congress and the new administration the importance Medicaid is for us, for our independence, and of course our healthcare. Please read the [Medicaid Threats Fact Sheet](#) for more info on these proposed cuts. [Cutting Medicaid Harms Older Adults No Matter How It's Sliced](#)

[Disability Information Hub](#)

[Center for Communication Disorders \(Free\)](#)

[Speech-Language Clinic](#)

[Training seeks to improve police encounters with people with autism](#)

[Autism Communication Disorder Form](#) from [NJ Motor Vehicle Commission](#)

[SPAN Parent Advocacy Network](#)

[Abilities of Northwest Jersey – Residential Services @ The Village at Hawk Point](#)

For more information contact Brian Cook, Residential Services Manager, 908-689-7460 or [bcook@abilitiesnw.com](mailto:bcook@abilitiesnw.com)

[Hunterdon Health & Wellness Center Clinton Rock Steady Boxing](#) for People with Parkinson's

[Caregivers of NJ – Family Resource Network](#)

[Alliance Scholarships for Students with Special Needs](#)

### MEDICAL

**Fox Rehab** - In home PT/OT/ST under Medicare Part B. For more information visit [foxrehab.org](http://foxrehab.org) or call Matthew Evans at 201-364-0871.

**Traveling Podiatrist**

[Paul J. Lafergola](#), DPM, 973.366.7676

**Gentle Hands Mobile Phlebotomy**

For appointment call 862.279.3418 or [gentlehandsmps@gmail.com](mailto:gentlehandsmps@gmail.com)

[Visiting Physician Services](#)

[No Need for a Script for PT](#) in New Jersey, you get direct access to Physical Therapy and don't need doctor's prescription/referral to start treatment. However, some insurance plans may require a referral from a Medical Doctor to reimburse for Physical Therapy services.

[Kessler Institute for Rehabilitation](#) –Chester [Neurological Rehabilitation](#)

What conditions can benefit from neurological rehab? Injuries, infections, degenerative diseases, structural defects, tumors, and disorders in the circulatory system can impair the nervous system. Some of the conditions that may benefit from neurological rehab may include:

- Vascular disorders, such as ischemic strokes (caused by blood clots), hemorrhagic strokes (caused by bleeding in the brain), subdural hematoma, and transient ischemic attacks (TIAs)
- Infections, such as meningitis, encephalitis, polio, and brain abscesses
- Trauma, such as brain and spinal cord injury
- Structural or neuromuscular disorders, such as Bell palsy, cervical spondylosis, carpal tunnel syndrome, brain or spinal cord tumors, peripheral neuropathy, muscular dystrophy, myasthenia gravis, and Guillain--Barré syndrome
- Functional disorders, such as headache, seizure disorder, dizziness, and neuralgia
- Degenerative disorders, such as Parkinson disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Alzheimer disease, and Huntington chorea.

[Statement on Proposed Appeal Rules for Hospital Observation Status FAQ's](#)

[New Observation Status Appeals Webinar Recording](#)

[Observation Status Appeal Results in Hospital Coverage](#)

[Ennoble Care Primary Care House Call Services](#) For more information call 973-879-4034

**St. Joseph's Pharmacy**

758 Memorial Parkway, Phillipsburg  
908-454-0777 or [stjosephrxnj1@gmail.com](mailto:stjosephrxnj1@gmail.com)

[Discount Ramps: Modular Wheelchair Ramp Systems](#)

[Life Force Senior Care: 24 Hour In-Home Care](#) [Jason Byers](#) 973-586-2900 or 917-821-7758

[Donated Dental Services \(DDS\) Program](#)

# CAREGIVER RESOURCES

## MEDICAL, Cont'd

### [Zufall Health](#) Medical, Dental & Behavioral Health

Services are provided to patients of all ages regardless of income, health insurance, immigration status, or language spoken. Their board-certified staff are committed to providing care. They provide services in **Essex, Hunterdon, Middlesex, Morris, Somerset, Sussex, and Warren Counties** as well as on their mobile medical and dental vans.

### [Glaucoma Screenings: Medicare Coverage](#)

### Therapist specializing in Families, Couples & Caregivers

[Advanced Behavioral Counseling](#) 973-579-9394

(Medicare and Private Pay)

[Lakeside Counseling](#) 972-726-4533 (multiple insurance in network including Medicare)

### [NJ Hearing Aid Programs](#)

Hearing loss is more than a matter of increasing volume. Studies show that hearing loss increases loneliness, isolation and can mimic signs of dementia. In one recent study, *The Direct and Indirect Effects of Hearing Loss on Loneliness in Older Adults*, authors found "direct and indirect pathways through which hearing loss contributes to loneliness in older adults. Poor hearing exacerbates functional limitations, depression, and cognitive decline, all of which can further increase the risk of loneliness."

Fortunately, New Jersey has two programs to help residents afford hearing aids!

[The Hearing Aid Assistance to the Aged and Disabled \(HAAAD\)](#) program offers reimbursement for the purchase of hearing aids, for eligible residents age 65+. The *New Jersey Hearing Aid Project* offers free refurbished hearing aids for individuals that meet program eligibility. You can also see details at <https://nj.gov/humanservices/ddhh/services/hearingaid/haaad/> or by calling 1-800-792-9745

## HOUSING & UTILITIES

**Housing Assistance in Warren County - Temporary Assistance and Social Services (TASS)** at 908-475-6218 (Social Services Unit)  
- **211** after hours for emergency assistance  
- **Family Promise** at 908-453-2194 for assistance with homelessness prevention and other housing programs.

[Tri-County Continuum of Care](#) is a group of agencies and partners working to end homelessness in Warren, Sussex & Hunterdon County

**The Supportive Housing Association of New Jersey (SHA)** [Housing Guide](#)

### [Water and Sewer Bill Assistance Available](#)

### [Low Income Household Water Assistance Program \(LIHWAP\)](#)

### [Division of Housing and Community Resources](#)

### [Housing Counseling and Legal Services Program](#)

### [Legacy Empowerment Services - Housing Advocacy Program](#)

For job coaching, special education, finance and economics, social work, psychology, art and music therapy for individuals with special needs 21 and over. Call 732-523-0769 or email [info@legacynj.org](mailto:info@legacynj.org)

### [HUD Makes Finding Housing Resources on the Web Easier](#)

For information on Rental assistance, Rent and eviction relief, Affordable places to live, How to report housing discrimination, Housing quality and living conditions, Homelessness, and Disaster relief.

**Financial Assistance Available for Home Repairs in Warren County** If you are a low or moderate-income homeowner and your home is in need of repairs contact Warren County Housing Rehabilitation Program. For eligibility requirements, an application or questions call 908-475-3989 ext. 229 or [email](mailto:email)

[Habitat for Humanity Home Repair Program](#) for more information or to download an application. For questions call 908-835-1300 or email [office@habitatnwnj.org](mailto:office@habitatnwnj.org)

### **NOTICE OF THE OPENING OF THE PUBLIC HOUSING.**

**TWO (2) & FOUR (4) BEDROOM WAITLISTS. THE THREE (3) BEDROOM WAITLIST REMAINS OPEN. THE ELDERLY & ONE (1) BEDROOM PUBLIC HOUSING WAITLISTS WILL REMAIN CLOSED.**

Executive Director Thomas McGuire and the Phillipsburg Housing Authority (PHA) are pleased to announce the opening of PHA's Public Housing 2 & 4 Bedroom Waitlist on Monday, February 2, 2026. Electronic applications are no longer accepted. Paper Applications will be available for pick-up at the Phillipsburg Housing Authority Main Office, 530 Heckman Street, Phillipsburg, NJ Mondays through Thursdays beginning February 2, 2026, from 10:00AM to 12:00 PM & 12:30PM to 2:00PM until 100 Two (2) Bedroom applications and Twenty-five (25) Four Bedroom applications have been distributed. Current ID is required to receive an application. Applications may not be duplicated. Only original applications with the PHA seal may be returned. Applications will not be accepted by mail. All required documentation must accompany application. Persons applying must meet all income and eligibility requirements. Applicants must be eighteen (18) years of age or older to apply. The waitlist is processed according to HUD regulations with regional preferences.

# CAREGIVER RESOURCES

## GENERAL

[Insurance Covered Incontinence Supplies](#) call 844-276-5588

[The National Alliance for Caregiving \(NAC\)](#)

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

[Karen Ann Quinlan Home for Hospice Community Events](#)

[New Jersey Human Services Newsletter](#)

[NJ Updates: Events, Deadlines, Programs, Guidance, and More](#)

[American Cancer Society Help for Caregivers, Patients and Survivors](#)

[Cancer Caregiver Support | American Cancer Society](#)

[American Cancer Society Taking Care of Yourself When You're a Cancer Caregiver](#)

[I Choose Home New Jersey](#)

[NJ 2.1.1](#) helpline is available 24/7. You can dial 2-1-1, text your zip code to 898-211, or chat online at [www.nj211.org](http://www.nj211.org) for assistance at any time. The service is free, confidential, and multilingual. It connects you to resources for various needs, including housing, food, healthcare, and more.

[Smart 9-1-1](#)    [NJ Silver Alert](#)

[NJ Register Ready](#) – New Jersey’s Special Needs Registry for Disasters” allows NJ residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. Information is confidential and not be available to the public. The information will be held securely and only used for emergency response and planning.

[American Cancer Society Caregiver Resource Guide](#)

[National Alliance for Caregivers Guide Book](#)

[NEW JERSEY HUMAN SERVICES: New Jersey Resources 2024 First Edition](#)

[Advocates for Children of NJ](#)

[Goals of Care Coalition of NJ](#)

[Navigating Hope](#) brings services to you. Visit the van at a location near you to apply for benefits and get connections to social services. For Morris County residents.

[Different Types of Guardianships in New Jersey](#)

[Volunteer Guardianship One on One](#) - Hunterdon, Warren, Somerset

[New Jersey Leisure Guide: Insider Tips to NJ attractions, things to do, and events](#)

[Explore the accessible outdoors: Wheelchair-friendly trails in New Jersey’s scenic parks](#)

## GENERAL, Cont’d

**Tessie’s Touch – Essex & Morris County**

Offered by Jewish Family Service of MetroWest NJ, brings joy & connection to isolated older adults by matching them with a caring volunteer. Tessie’s Touch covers the cost of activities and transportation. If you or a loved one is interested in being paired with a volunteer to enjoy outings together contact 973-637-1742 or [truszczyk@jfsmetrowest.org](mailto:truszczyk@jfsmetrowest.org)

[Lasagna Love](#)

Volunteer to make lasagna or ask for a pan for yourself.

[Get Help with SNAP Food Assistance](#)

SNAP Navigators are available in all 21 counties to help people seeking assistance from the State [Supplemental Nutrition Assistance Program \(SNAP\)](#). SNAP Navigators can answer questions about SNAP and can help people apply for SNAP benefits. There are 11 agencies with SNAP Navigators available to assist residents throughout New Jersey.

[‘Carefluencers’ Are Helping Older Loved Ones, and Posting About It](#) [NY Times Article](#)

**Become a Disaster Response Crisis Counselor**

New Jersey is one of the first states to certify its behavioral health first responders in preparation for response to disasters and traumatic events. The development of a cadre of paraprofessionals enhances the capability of activating a timely and effective behavioral health response. A Disaster Response Crisis Counselor is a volunteer who becomes part of an Emergency Response Network and responds to the needs of communities in the event that a disaster strikes. The counselors are trained in disaster response, disaster behavioral health and crisis counseling among other topics and they collaborate with the various response partners who participate in the statewide emergency response network. The counselor does not need to have a clinical background as the crisis counseling program does not provide traditional mental health services. The training will provide the technical support and knowledge needed to become a Disaster Response Crisis Counselor emphasizing psychological first aid and information and referral services.

[Beware of Scammers Impersonating Charities](#)

[Unpaid Road Toll SMiShing Scams Resurface](#)

[How the Change Healthcare Cyberattack is Impacting the Industry](#)

[Report Social Security-related scams to the SSA Office of the Inspector General \(OIG\)](#)

[Changes to Social Security In-Person Services](#)

On November 13, the Social Security Administration, Office of Communications sent a letter to colleagues noting expanded appointment based services at local Social Security offices. Effective January 6, 2025, Social Security will require customers to schedule an appointment for service in local field offices, including requests for Social Security cards. They still encourage customers to use [online services](#), and [automated services](#), but customers who are not able to handle their business online or with the automated options may call their [local Social Security office](#) or the National 800# to schedule an appointment.

# CAREGIVER RESOURCES

## GENERAL, Cont'd

### **Center For Family Services (CFFS)**

CFFS offers a [comprehensive continuum of care](#) and a broad range of service areas to meet the current and changing needs across the New Jersey community:

[Addiction & Recovery](#)  
[Community Connections](#)  
[Counseling & Behavioral Health](#)  
[Early Childhood Education](#)  
[Family Support & Prevention](#)  
[Safe & Supportive Housing](#)  
[Trauma & Victim Response](#)  
[Workforce Development](#)

Highly trained, dedicated staff work closely with individuals, children, and families to provide exceptional care. Services help people develop solutions and create paths for greater self-sufficiency. Call 877-922-2377 or [access@centerffs.org](mailto:access@centerffs.org)

[Do I Have To Pay New Jersey Inheritance Tax? Pros and Cons of Putting Your Home in a Trust Can Medicaid Take My Home? Understanding Estate Recovery Program in New Jersey CDC Complete Care Form](#)

### **Information for People Helping Others**

The **Social Security Administration** strives to provide easy and convenient information about benefits and the application process. Whether you help a family member or friend or help someone through a group or organization, they created this [page](#) to help you

**Physical Therapy Services – [Medicare Coverage](#)**

[New Jerseys' Parent Caucus](#)

[National Domestic Violence Hotline](#) click on "Chat Now"; or text LOVEIS to 22522. 24-Hour Helpline & Referral: [1.877.782.2873](tel:18777822873)  
Hablamos Español Interpreters Available  
JBWS text/chat is now available.  
Deaf/Hard of Hearing: Text (973) 314-4192  
Visit the Website [here](#).

[The Care Center of New Jersey](#)

**National Consumer Voice Report Evaluates 3 New Jersey Nursing Home Chains Click [here](#) to access "Where Does the Money Go?"**

[How do I Explain Dementia to Kids](#) with Teepa Snow

**Governor-Elect Mikie Sherrill Seeks Public Input from Older Adults and People with Disabilities. [Complete the Public Input Survey](#)**

**Are you still waiting for your Anchor Benefit. It so, click [here](#).**

### **MORRIS**

#### **Social Adult Day Center - Morris**

Helps Aging Adults Combat Loneliness, Boosts Health. The Cornerstone Social Adult Day Center in Morristown provides a safe, upbeat, and welcoming environment for aging adults who could benefit from social interaction and some assistance weekdays between 8 am – 6pm. Attendance flexibility, exceptional staff and door-to-door transportation make the program a hit for clients and caregivers alike.

## GENERAL, Cont'd

This impactful program is funded in part by the Morris County Board of Commissioners so those who live or work in the County are eligible for special sliding scale fees and scholarships. For more information or to arrange a free trial visit, call 973-326-7288 or email [pkraemer@cfp-mnh.org](mailto:pkraemer@cfp-mnh.org)

### **Morris Museum Launches Digital Guide**

Explore [Morris Museum](#) with a new digital guide on Bloomberg Connects, the free arts and culture app. You can plan your visit, access helpful on-site information, and dive deeper into your favorite works from home – or anywhere. Morris Museum joins more than 500 cultural institutions around the globe as a Bloomberg Connects partner.

### **SUSSEX**

#### **The Culinary Institute at Sussex County Community College**

**Dinner:** Thursdays, 5:30-7:30

**Lunch:** Fridays, 11:30 am–1:30 pm

The Culinary Institute is a diverse facility that services the community and prepares our students with the training necessary for a rewarding career in the culinary field. The community can enjoy meals prepared by our culinary students at the Arbor Restaurant or pastries at our Bakeshop. Students learn, first-hand, how to provide quality food and a welcoming experience for guests. Reservations required. There is a price fix menu.

### **Utility Assistance**

Are you one of the 20 million Americans that are behind on their utility bills? Assistance is available in two easy steps!

- Gather Documents: Social Security Verification, Social Security Card or Government Issued Document with Social Security Number
- Address Verification: Current Lease Agreement, Mortgage Statement, or Tax Bill
- Income Verification: Awards Letter, Benefit Statement, or Paystubs
- Utility Bills: Heating: Natural Gas, Propane, Oil, Electric, Wood Email [utilities@familypromisesussex.org](mailto:utilities@familypromisesussex.org) or Call 973-579-1180 ext. 1022 to schedule an in-person meeting in the Newton office or for a home visit

### **WARREN**

#### **Warren County Transportation Advisory Council (TAC)**

All residents in Warren County are invited to attend the TAC meetings and share your thoughts about Warren County Transportation. These meetings are open to the public and are held every other month on the second Thursday at 1:30 p.m. Requests for special accommodations can be made to the Warren County Department of Human Services by calling 908-475-6331. Locations of the meetings vary throughout the county and there are virtual and phone-in options as well. To find out more information, please contact us today. You can call 908-475-6331 or email the Transportation Coordinator, Deirdre Bassin, at [dbassin@co.warren.nj.us](mailto:dbassin@co.warren.nj.us)

[Greenwich Autism Alliance](#)

[Warren County Transportation Customer Guide](#)

[Warren County Warming & Cooling Shelters](#)

# CAREGIVER RESOURCES

## GENERAL, Cont'd

**TRUALTA Resource for Caregivers:** We've received word that a new service is available for residents of Monmouth and Middlesex Counties. Trualta is an extensive online library featuring caregiver training, articles of interest, support groups and chat rooms. It is accessible 24/7 from a person's phone, tablet or computer. Most of the videos and articles are short (5-7 minutes). This is an EXCELLENT resource. You have to register to access the platform. In addition to all the info in the library, you can attend live webinars and support groups. If you miss a webinar, you still have access to the recording. I've watched a few and found them to be excellent. I highly encourage you if you live in Monmouth or Middlesex to sign up. We are hoping that in the near future more counties will be offering this resource and will let you know as soon as we do.

**Monmouth County Residents** the website can be accessed from the county website [www.monmouthadvs.com](http://www.monmouthadvs.com) in the Caregiver Section or directly on [www.monmouth.trualta.com](http://www.monmouth.trualta.com).

**Middlesex County Residents** the website can be accessed at <https://middlesex.trualta.com/>.

**The New Jersey Department of Health & the NJ State Cancer Coalition** are conducting a [survey](#) for cancer survivors and their caregivers. For more information call Katie Stewart at 908-203-6077

**Envision Center Open Computer Lab (Free)**  
Envision Center, Phillipsburg Housing Authority Community Building. No appointment needed. For more information contact Sara at 908-859-0122x112 or [sboehmdavis@phillipsburgha.com](mailto:sboehmdavis@phillipsburgha.com)

[Guiding An Improved Dementia Experience](#)

[\(GUIDE\) Model](#)

[Fraud Prevention](#)

[RAZ Memory Cell Phone](#) Groundbreaking cell phone for seniors with Dementia, cognitive decline, vision loss, or seniors who prefer an easy-to-use experience.

**Hunterdon Help-Line (Hunterdon & Morris County)**

Telephone Reassurance – Calls for Seniors & Persons with Disabilities, 7 days a week, 365 days of the year. Call 908-782-4357.

[Ruth Gilbert Alzheimer's Accessibility Act](#)

[Jersey Center Power & Light](#) Simple Ways to Save Energy

**NJ SNAP Information**

Suggestions prior to visiting the grocery store:  
- Check your EBT balance at [NJFamiliesFirst.com](http://NJFamiliesFirst.com) or call (800) 997-3333.  
- Be aware that eligibility notices or MyNJHelps case summaries may show you're eligible for November benefits, but no new funds will be posted unless federal funding resumes.

Stay informed by visiting the [DFD Emergency/Disaster page](#) for updates.

**Find Food Resources Near You**

If you're concerned about food access, New Jersey offers a Resource Directory with over 500 food programs statewide. These include: Fresh groceries, Prepared meals, Baby food, Pantries and distribution centers

## GENERAL, Cont'd

**How to get help:**

- Visit the [NJ Food Resource Directory](#).
- Enter your ZIP code to find programs near you.
- Explore listings to learn about eligibility, locations, and contact information.
- Bring your SNAP card if requested by the pantry or distribution center.

**Where to Find Help**

- SNAP Updates: [njsnap.gov](http://njsnap.gov)
- EBT Balance Check: [NJFamiliesFirst.com](http://NJFamiliesFirst.com) or call 1-800-997-3333
- WIC Info: [nj.gov/health/fhs/wic](http://nj.gov/health/fhs/wic)
- Local Food Resources: Dial 211 or visit [nj211.org](http://nj211.org)

**New Support from DoorDash**

In a unique public-private partnership, DoorDash has launched a national initiative to support SNAP households during the funding gap:

- 1 Million Free Meals: Delivered through Project DASH food bank partners
- Waived Fees: No delivery or service fees for ~300,000 grocery orders placed by SNAP recipients at participating retailers
- DashMart Donations: Food donations to local food banks
- Click here for more information: [Project DASH](#)

**How You Can Help**

If you're in a position to support others, consider donating food to local pantries. Use the [NJ 211 Food Pantries & Soup Kitchens directory](#) to find drop-off sites near you

**Food Pantries:** [Morris](#), [Somerset](#), [Sussex](#) and [Warren](#)

The National Alliance for Caregiving announces the launch of the new [Caregiving in the US \(CGUS\) Data Hub](#)

**Other Referral Resources for Unemployment, Workers' Rights**

[NJ Department of Labor & Workforce Development](#) - File or follow up on an Unemployment Insurance Benefit claim; learn your rights

[US Equal Employment Opportunity Commission](#) - File a "Charge of Discrimination"  
[NJ Division on Civil Rights](#) - File a complaint

[AARP Family Caregiver Guide](#)

[Senior Resource Center](#) Chester, NJ 908-879-2202 [State & County Resources](#)

[Volunteer Income Tax Assistance Program \(VITA\)](#)

# CAREGIVER RESOURCES

## Legal

### [Legal Services of Northwest Jersey](#)

provides a full range of free legal services to people with limited income in Hunterdon, Morris, Somerset, Sussex, and Warren Counties

LSNWJ's priority is to provide equal access to justice to protect its clients' basic needs that are critical for self-sufficiency: income, safe and affordable housing, access to quality health care, family stability and personal safety, and life with dignity in the community.

#### **APPLY FOR HELP**

**Hunterdon** residents: 908-782-7979

**Morris** residents: 973-285-6911

**Somerset** residents: 908-231-0840

**Sussex** residents: 973-383-7400

**Warren** residents: 908-475-2010

#### **GET HELP WITH:**

**Public Benefits:** Homelessness Assistance, Welfare (TANF & GA), Food Stamps (NJ SNAP), Medicaid, Charity Care Health Care Access, and Social Security Disability SSI/SSD

**Family:** Domestic Abuse, Child Support or Parenting Time and Support for you or your child

**Consumer:** You are being sued to collect a debt, You have a Wage Garnishment or Bank Levy, You need to file for bankruptcy protection, or You need help clearing your credit

**Housing:** Tenants' Rights, Evictions, Home Ownership Issues

**Individual Rights:** Do you need a Will or Powers of Attorney?, Expungement or Driver's License Restoration

Sign up for the [newsletter](#)

**[Legal Services and Unemployment: Legal Services of Northwest Jersey](#)** Now accepts cases to help with Unemployment Insurance Benefits. Unemployment Insurance Benefits are government benefits that give financial support to people who lose their job through no fault of their own. When a person tries to claim unemployment benefits and receives an adverse action notice, they should: make a timely request for hearing as directed in the notice; apply for legal services. They offer consultation and advice, brief or extended service in meritorious claims in the following matters: Denials, Terminations, Overpayments, and in certain circumstances, Deputy Fact-Finding Claims.

[NELA \(National Employment Lawyer's Association\)](#) - Find a lawyer

## Grief Support

### **Bereavement Group (in-person) Warren**

**2026 Dates – 1/10, 2/7, 3/7, 4/4, 5/2, 6/13, 7/11, 8/8, 9/5, 10/3, 11/7, 12/12**

Knoll-DeVoe Funeral Home & Cremation Service, 142 W Washington Ave., Washington  
Facilitated By: Nicole Marie, Certified Grief/Life Coach through [Tears Life Coaching](#). For additional information please contact [Nicole](#) at 908-509-4772 (call/text)

### **GriefShare Series (in-person) Warren**

**Beginning Monday, January 26 for 13 weeks from 6-8pm (ending April 20)**

Knowlton Presbyterian Church, 3 Knowlton Road, Knowlton More info and registration can be found at [griefshare.org](#).

[GriefShare](#) virtual or in person grief support group

### **Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress & Grief**

By [Pauline Boss](#) (Author)

[Woodland Grief Counseling](#) (in-person or virtual)

Jeffrey Findlay, Certified Grief Counselor/ Certified Pet Loss Support Specialist. For more information contact 862-226-1342 or [woodlandgriefcounselingnj@gmail.com](mailto:woodlandgriefcounselingnj@gmail.com)

### **Grief Reading Room**

Sometimes support begins with learning, reflection, and seeing your experience reflected in the words of others. Our Grief Reading Room was created as a resource for individuals and families navigating loss, offering a carefully curated collection of grief related books and resources. These recommendations are meant to offer comfort, understanding, and companionship during moments when grief feels heavy or hard to name. For more information contact [Holly](#) @ Center for the Heart at 908-503-2484

### **Growing Through Loss: Bereavement Support Group (in-person)**

**2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month\* from 6:30-8pm**

HMC Education Center, 215 Route 31, Flemington

To register call 908-788-6600

\*November & December will be on 1<sup>st</sup> & 3<sup>rd</sup> Thursday due to holidays