

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



December 2025

26th Edition

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Caregiver Encouragement



You're holding a lot right now —
schedules, emotions, fear, hope.

Sometimes it feels like too much.
And still, you show up.

Not perfectly. Not endlessly.
But faithfully, with love that never gives up.

Please know:
what you're doing matters.
You matter.
Take a breath.

You're doing better than you think.

Robin Ennis

**Caregiver Resource &
Information Specialist**

908.866.1333

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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

Tech Basics for Caregiving (in-person)

Wednesday, December 3 at 12:30

Senior Resource Center, 50 Route 24, Chester Township

Caregiving is challenging in different ways for both the caregivers and the recipients of care.

Thankfully, there are a variety of tech tools that can make caregiving easier for both and allow people to do more on their own.

In this lecture, we'll explore ways to integrate technology into your daily routine: from scheduling reminders with your phone or home assistant, to accessing self-care resources and making the most of telehealth appointments. We'll also explore options for ordering and receiving essential items like groceries and prescription drugs from the comfort of your home. Presented by Marty Seiderer, AARP. A light lunch will be served. Registration is required. Email Lisa at happenings@srcnj.org

Navigating the Holidays with Compassion and Connection (virtual)

Wednesday, December 3 at 7:00pm

The holiday season can bring both joy and unique challenges for families caring for someone with dementia. This session offers practical tools to simplify traditions, reduce sensory overload, and create moments of genuine connection. Together, we'll explore ways to manage expectations, set healthy boundaries with family, and maintain calm through mindful routines and small acts of care.

Click [HERE](#) to register. For more information contact Mary Catherine at lundqumc@ubhc.Rutgers.edu or 800-424-2494.

Growing Together: Supporting Sibling Bonds Across the Lifespan (virtual)

Thursday, December 4 from 12:00-1:30pm

Siblings of individuals with intensive needs often carry unique joys and challenges throughout their lives. This talk explores the emotional dynamics that can shape sibling relationships, ranging from love and pride to stress and resentment. The presentation offers practical ways families can foster connection, understanding, and mutual support. Together, we'll discuss both proactive and responsive strategies to help siblings feel seen, supported, and confident in their roles, both now and in the future. Click [here](#) to register.

Managing the Holiday Season: Caregiver Strategies for Coping, Connecting, and Self-Care (virtual)

Wednesday, December 10 from 1-2:30pm

The holiday season can bring unique challenges for those caring for a family member with memory loss. Along with added responsibilities and expectations, caregivers may experience heightened stress, grief, or loneliness, which can take a toll on emotional well-being. With a few practical strategies, it's possible to rediscover the joy and meaning of the season. Join us to explore helpful tips for managing stress, nurturing connection, and creating peaceful, fulfilling celebrations for you and your family. Click [HERE](#) to register. For more information contact Mary Catherine at lundqumc@ubhc.Rutgers.edu or 800-424-2494.

But They Won't Understand: Dispelling the Myths of Grief, Loss, and I/DD (virtual)

Wednesday, December 10 at 12pm

Grief touches every person in unique ways. When someone with an intellectual or developmental disability (I/DD) experiences loss, including the death of someone they love, they feel that loss just as deeply as anyone else. Too often, however, they are left out of conversations about death and grief, not because they cannot understand, but because others are unsure how to talk about it. This workshop offers families, caregivers, and professionals guidance on supporting emotional expression, helping individuals with I/DD honor the person who has died, and creating space for healing and connection for everyone involved. Click [HERE](#) to register.

Financial Planning for Families with a Child with Special Needs (virtual)

Thursday, December 11 at 6:30pm

They will discuss proven innovative strategies that will impact your family and child with special needs. Click [here](#) to register or RSVP to 908-713-0469 or epedersen@newroadsfinancial.com

Communication Tips and Techniques (virtual)

Wednesday, December 10 from 1:30-2:30 pm

As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Join us to learn how to improve communication at each stage of the disease, including how to recognize behavior as a form of communication. Topics will include how to identify verbal and non-verbal messages to connect with the person living with Alzheimer's disease. Click [here](#) to register. Space is limited. Top of Form

This program is not intended for healthcare professionals.

Caregiver TimeOut Group (virtual)

Tuesday, December 16 from 10-11am

Tis the Season for Sanity Clause

Amy Matthews, Dementia Consultant will share tips to help caregivers manage the holidays while still taking care of themselves and the person they care for. Click [here](#) to register. For more information contact RobinEnnisLLC@gmail.com

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

AlzNJ December Programs and Service Bulletin click [here](#)

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

DATE SPECIFIC EVENTS & SUPPORT GROUPS FOR CAREGIVERS

Medicare's Open Enrollment Period

Open Enrollment runs **October 15 through December 7** and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Open Enrollment to make sure your coverage will meet your needs in 2026. Call 1-800-MEDICARE (633-4227) or visit www.Medicare.gov to make changes. You can also call your local [County Division of Aging and Disability Services](#) to schedule a NO COST appointment with a SHIP Counselor. Navigating Open Enrollment [Webinar](#)

Caregiver TimeOut Group (virtual)

Monthly on the 3rd Tuesday

If you are an unpaid caregiver and wish to sign up to receive invitations to this event email RobinEnnisLLC@gmail.com

Technology Webinar Series (Virtual)

2nd 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 marjorie@centerforprevention.org to get more information or register.

[RWJ Barnabas Health Events Calendar](#)

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

1st 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

Visit alz.org/nj to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org

ALZNJ Caregiver Support Group (in-person) **Hunterdon**

3rd 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

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

10/18, 11/15 and 12/13, 2025

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) or thruthetears@gmail.com

Center for the Heart Support Group for Caregivers (virtual)

1st and 3rd 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. Visit [Center for the Heart](#).

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

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

1st Tuesday of most months from 1:30-2:30pm

Tuesday, December 2, Warren County Library, Southwest Branch, 404 CR 519, Phillipsburg From 1:30 - 2:30pm

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 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**

2nd 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 or www.alznj.org. For more information contact Denise Goldstein R.N., Certified Holistic Health Coach Denise.goldsteinrn@gmail.com or 732-563-9056

SUPPORT GROUPS FOR CAREGIVERS

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

1st 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 or [visit](#) To register for this group visit www.alznj.org or call the Helpline: 888-280-6055

Dementia/Alzheimer's Family Support Group (in-person) **Morris**

2nd Monday of every month from 1-2:25pm

West Morris YMCA Group, 14 Dover Chester Rd., Randolph

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. Visit www.alznj.org to register or call Siobhan Flynn-Higgins sflynn-higgins@jfsmetrowest.org or call 973.765.9050x1763

West Morris Area YMCA Caregiver Support Group (in-person) **Morris**

2nd Monday of every month beginning from 11:30am - 12:30pm

West Morris Area YMCA, 14 Dover Chester Rd., Randolph

Offered by West Morris YMCA and Jewish Family Services of MetroWest NJ. This group is for adults caring for a loved one with Parkinson' Disease or 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 email caregivers@jfsmetrowest.org or call 973-637-1740.

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 loisfirz@yahoo.com or Rich Coulther 201-230-8204 rchclr@gmail.com

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 for log in information. For questions contact Rebecca Wanatick, Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ phone (973) 929-3129 or email rwanatick@jfedgmw.org

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. [Register](#)

Brain Injury Alliance of NJ [Support Groups](#) and [Video Resource Hub](#)

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

Mon, December 1 from 9:30-11:30am-Spouse Support Group

Tues, December 2 from 7:00-8:30pm-Adults Caring for Parents Group

Wed, December 3 from 11am-12pm-Spouse Transition Group

Mon, December 8 from 7:00-8:00pm-Adults Caring Transitions Group

Tues, December 9 from 1:00-2:00pm-Caregiver Support Group

Wed, December 10 from 7:00-8:30pm-Caregiver Support Group

Mon, December 15 from 9:30-11:30am-Spouse Support Group

Tues, December 16 from 7:00-8:30pm-Adults Caring for Parents Group

Wed, December 17 from 7:00-8:30pm-Long Term Care Support Group

Thurs, December 18 from 10:00-11:00am-Transitions Bereavement Group

To register or find out more about services call 800-424-2494 or email Mary Catherine lundqumc@ubhc.rutgers.edu

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

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.

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**

3rd 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 or kendnhm21@gmail.com

CAREGIVER RESOURCES

AGING

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

The Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary nationwide model test that aims to support people with dementia and their unpaid caregivers. The model began on July 1, 2024, and will run for eight years.

[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 AlzNJ](#)

[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](#)

Support for older adults, individuals caring for older adults, & older adults who have become legal guardians to their grandchildren. Services include assessments, case management, resource sharing, counseling, & disease self-management

[Connections at home](#)

Connecting Homebound Seniors to their Communities. They assist homebound seniors experiencing social isolation. Their support team connects them to their communities through easy-to-use technology.

[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

[Why Adult Daughters Face Large Financial Impacts from Being Caregivers for Their Elderly Parents](#)

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. For more information call 1-866-785-8537.

[NewBridge@Home: A Counseling Program Morris](#)

This program is designed to provide an opportunity for Morris County seniors and their caregivers to have counseling support in their homes. Contact Katie Skolsky at Kskolsky@newbridge.org

[Caregiver Volunteers of Central Jersey Monmouth & Ocean](#)

For more information call 732-505-2273 or visit cvcj.org

[Atlantic Adult Day Center](#)

200 Mt. Airy Road, Basking Ridge
Contact 908-766-2310 or

Mallory.Dubuisson@atlantichhealth.org

Choices for Seniors an eldercare directory for seniors and their caregivers. Click [here](#) to view. Covering **Hunterdon, Mercer, Somerset, Warren** Counties.

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 \(va.gov\)](#)

[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 or Jennifer.Delpesce@va.gov

[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. General information can be found [here](#). Contact info@homesharing.org or 908-526-4663 for more information.

[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 njsosvets@gmail.com.
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 1st and 3rd 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](#)

CAREGIVER RESOURCES

MENTAL HEALTH

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
Parent to Parent Recovery Support Services 908-223-1951
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/>

<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 Association 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](#)

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

[Parent to Parent Addiction Services](#) (Warren)
325 B. W. Washington Ave., Washington
908-223-1953 or parent2parentwc@gmail.com

[Mental Health First Aid Newsletter](#)

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

MENTAL HEALTH Cont'd

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. For more information click [here](#) or contact Noah Deutsch at (973) 303-3790 or ndeutsch@mcpik.org for more info.

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 or Beth.Schulaka@atlantichhealth.org

SUSSEX SPECIFIC:
[Wellness Hub](#)

83 Spring St., Suite 303, Newton
973-840-1850 or 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 functioning 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

[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 or kens@goldmedalhomehealth.com

Increase Understanding & Acceptance of Autism

Autism New Jersey invites individuals with autism and their caregivers to become Autism Ambassadors for 2025. These Ambassadors advocate, educate, and promote autism awareness and acceptance through various events and outreach activities across the state. This program is open to anyone committed to promoting understanding, acceptance, and inclusion for individuals on the autism spectrum! Participants can order a variety of free printed materials such as posters and bookmarks. Remember, April is National Autism Acceptance Month. [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

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

[Finaly Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

Warren County Advisory Council on Disabilities **2nd 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 (4th 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 \(PASP\)](#)

[Center for Medicare Updates "Quick Guide" to Identifying Coverable Hospice Care](#)

[Center for Medicare Advocacy Webinars](#)

[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. Click [here](#)

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 - Get Free Access to Online Special Education Training](#)

[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](#)

Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress & Grief
By [Pauline Boss](#) (Author)

[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](#)

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

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

MEDICAL

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

Travel Podiatrist

Paul J. Lafergola, DPM, 973.366.7676 or [plafergola59@gmail.com](#)

Gentle Hands Mobile Phlebotomy

For appointment call 862.279.3418 or [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](#)

[Ennable 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](#)

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

[Life Force Senior Care: 24 Hour In-Home Care](#)

Jason Byers 973-586-2900 or 917-821-7758
or [jason@lifeforceseniorcare.com](#)

[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. For more information visit their [website](#).

[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.” See study details here: [Article](#)

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.

Details for both programs can be found here: [brochure](#)

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 utilizing Housing & Urban Development (HUD) funding. [Family Promise of Sussex County](#) is the lead agency for this collective.

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](#)

They serve all of NJ. They are a diverse and multi-talented team with a wide range of expertise including: 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

HUD Makes Finding Housing Resources on the Web Easier

The U.S. Department of Housing and Urban Development (HUD) is the federal government agency that administers the country's housing and urban development

laws. HUD recently streamlined its information for each state, including New Jersey. Sections offer information on the following topics: Rental assistance, Rent and eviction relief, Affordable places to live, How to report housing discrimination, Housing quality and living conditions, Homelessness, and Disaster relief. Go to the New Jersey [HUD](#) web page

Financial Assistance Available for Home Repairs in **Warren County**

If you are a low or moderate-income homeowner in Warren County and your home is in need of repairs, the Warren County Housing Rehabilitation Program may be able to help. To learn more about the program and eligibility requirements or to request an application or for any questions about call 908-475-3989 ext. 229 or email info@warrenhousing.com

[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

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 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 Taylor Ruszczyk 973-637-1742. trusczyk@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

[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](#)

[Parent to Parent Coalition](#)

For Families and Children Struggling with Alcohol and Drug Addiction

[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

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. 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, email pkraemer@cfp-mnh.org or download this printable flier: [Social ADC Flyer Revised 1.22.2024.pdf](#).

GENERAL, Cont'd

[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 or Call 973-579-1180 ext. 1022 to schedule an in-person appointment at our 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

[Greenwich Autism Alliance](#)

[Warren County Transportation Customer Guide](#)

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 in the Caregiver Section or directly on 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
Envision Center, Phillipsburg Housing Authority Community Building. No appointment needed and this program is free. For more information contact Sara at 908-859-0122x112 or 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 to sign-up today. For more information click [here](#).

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

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

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

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

GENERAL, Cont'd

NJ SNAP Information

Suggestions prior to visiting the grocery store:
- Check your EBT balance at 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

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

- EBT Balance Check: NJFamiliesFirst.com or call 1-800-997-3333

- WIC Info: nj.gov/health/fhs/wic

- Local Food Resources: Dial 211 or visit 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](#)

Hoyer Lift Available for Sale – Contact RobinEnnisLLC@gmail.com for seller information.

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 our newsletter

<https://www.lsnwj.org/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

Merry Christmas, Happy Holidays and Happy New Year!



[History of Christmas Trees](#)



**From my family
to your family.**