

Princeton Senior Resource Center

**COMMUNITY RESOURCE
DIRECTORY
2009**

Princeton Senior Resource Center

Suzanne Patterson Building

(Behind Princeton Borough Hall)

45 Stockton St.

Princeton, NJ 08540

Phone: (609) 924-7108

Fax: (609) 497-1977

E-mail: info@princeton senior.org

www.princeton senior.org

And at Spruce Circle

(Off Harrison St.)

Phone: (609) 252-2362

Fax: (609) 924-9305

The Princeton Senior Resource Center is a member of the National Institute of Senior Centers and the National Council on the Aging

The mission of Princeton Senior Resource Center is to empower older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals, their families and caregivers.

DISCLAIMER

The Princeton Senior Resource Center does not endorse any of the resources listed in this guide. We have collected information from organization literature and representatives, other directories and the experiences of our clients, in an effort to make this information available to others who are seeking services in the Princeton area. No listed provider pays to be in our directory.

Please note that all listings are subject to change. We make every effort to list services accurately, and appreciate when we are notified of changes of address, phone, and services offered. We will try to make corrections as we learn of them on the web-site version of the Directory.

Please let us know which resources and services have been helpful to you. If you do not find what you are seeking, please call and we will do our best to find what you need.

The PSRC Staff
January 2009

MESSAGE FROM THE DIRECTOR

The Princeton Senior Resource Center (PSRC) staff and volunteers are pleased to bring you the latest edition of the Princeton Area Community Resources Directory. We hope it helps you and your family connect more easily with the information and services you need in the Princeton area.

Although this Directory contains a great deal of information, it may not include the most up-to-date information or address a particular issue at the time you are seeking information. We invite you to call or visit us in person, where our professional staff, who are experts in gerontology, can help you find solutions, make difficult decisions, and provide support when you need it most. We can direct you to appropriate resources in the community and to relevant literature, as well as assist in completing paperwork. PSRC also offers several classes and activities for those over 55 to help you remain engaged, connected, healthy and actively learning.

Some issues we address:

- Support for aging in place
- Lifelong learning classes, lectures
- Maintaining wellness through exercise, yoga, strength training, education
- Opportunities for creative expression in arts, music, dance
- Social opportunities such as luncheons, bridge, games, conversation groups
- Linkage to area resources and care coordination
- Making housing decisions
- Coping with health issues
- Assistance with life transitions
- Caregiver issues—visit our Caregiver Resource Center
- Counseling for grief, loss, depression and anxiety
- Making meaningful contributions through volunteering
- Successful transition into “retirement”
- Assistance in seeking and applying for benefits

If you are seeking information on the range of living alternatives for seniors, we encourage you to request our publication *Living Arrangements for Older Adults*. It describes various types of living arrangements and lists the choices in the greater Princeton area, as well as questions to consider in exploring which alternative is right for you.

Please accept this invitation to become acquainted with the Princeton Senior Resource Center. Call us at 924-7108, or stop by our offices at Spruce Circle (off Harrison Street just north of Nassau Street) or the Suzanne Patterson Center (behind Princeton Borough Hall on Route 206 South). Meet the staff, pick up our monthly activity calendar, attend a class or event, or register to volunteer. We will do our best to help you find what you are seeking. We encourage you to visit our website (www.princetonsenior.org), where we list current activities, helpful information, links to many resources, and an updated resource directory. We invite your input on how we can serve you better.

We look forward to getting to know you!

Susan W. Hoskins, LCSW
Executive Director

January 2009

About the Princeton Senior Resource Center

The Princeton Senior Resource Center opened in 1974 with a grant from the New Jersey Division on Aging, Department of Community Affairs, through the combined efforts of co-founders Jocelyn Helm and Karin Slaby. We are a registered 501(c)(3) non-profit organization providing programs and services to older (over 55) and/or disabled adults in the greater Princeton area.

In 1994, PSRC joined with the Suzanne Patterson Senior Center to unify their senior services, programs and activities. The Princeton Senior Resource Center became the first senior center in New Jersey to earn full accreditation from the National Institute of Senior Centers/National Council for the Aging in 1998. PSRC was awarded the 2006 Princeton Human Service Commission Community Service Award for its work with older adults throughout this diverse community.

In fiscal year 2007-8, PSRC received 26% of its support from a contract with Princeton Borough and Township to provide these services. Over 22% of our revenue is from individual donors and events. 29% is made possible by grants from private and corporate foundations, churches and the United Way of Greater Mercer County, 14% participant fees and 9% other sources.

Programs, activities and services include:

- **Opportunities for Active Living:** health and fitness classes, enrichment programs and classes, informational seminars and fairs, Evergreen Forum lifelong learning, social events.
- **Social Services:** information and linkage to local resources, care coordination, consultations, assistance with applications for benefits, education, resource library, home visits, volunteer support.
- **Caregiver Resource Center:** information and linkage to caregiver resources, education, counseling and consultations, support groups, resource library.
- **Transitions:** Assistance with life transitions, short-term counseling, consultations, support groups.
- **HomeFriends:** Adult volunteers visiting home-based older and disabled adults for assistance and companionship.
- **LINK:** Teen volunteers visiting home-based older and disabled adults for assistance and companionship.
- **GrandPals:** Older adult volunteers paired with children in the Princeton Public Schools for friendship and to promote a love of learning.
- **Volunteer Opportunities:** With PSRC or in the community.
- **Publications:** Community Resource Guide, Living Arrangements for Older Adults, Mature Princeton monthly bulletin, website.

We are deeply committed to living life to the fullest throughout the lifespan, helping older adults age in place throughout the wider Princeton community and assisting with life transitions. We also offer services to families and caregivers both near and distant.

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ADAPTIVE TECHNOLOGY & HOME MODIFICATION

Developing new technology for senior safety is a rapidly growing field. Examples include devices to magnify books, speaking computers, door alarms, SOS buttons, medication dispensers, home monitor systems and much more. Some health-related home modifications may be tax-deductible (IRS Publication 502).

AOA FACT SHEET: http://www.aoa.gov/PRESS/fact/pdf/fs_home_mod.pdf

AARP

- www.aarp.org/families/home_design
- www.aarmagazine.org/family/caregiving/caregiving_staying_connected.html

ACCESSIBLE HOMES

- Adaptations for your home
- 732-886-5800

ADAPTIVE ACCESS

- Sales of adaptive equipment and information toolbox about remodeling.
- www.adaptiveaccess.com

DISABILITY RIGHTS NEW JERSEY

- home modification guide, list of contractors, and programs for low-income people
- 210 S. Broad St, Third Fl., Trenton, NJ 08608
- 800-922-7233 or 609-292-9742
- www.drnj.org

CAREPATHWAYS

- Information and contractors
- www.carepathways.com/HMRx.cfm

CENTER FOR AGING SERVICES TECHNOLOGIES

- Coalition of manufacturers, researchers and government bodies supporting emerging technologies for improving the aging experience.
- www.agingtech.org/index.aspx

GOLD VIOLIN INDEPENDENT LIVING CATALOG

- Products for easier living
- 866-206-3448
- www.goldviolin.com

NATIONAL RESOURCE CENTER ON SUPPORTIVE HOUSING & HOME MODIFICATION

- Based at Andrus Gerontology Center, USC
- 1-213-740-1364
- www.usc.edu/dept/gero/nrcshhm/ or www.homemods.org

WELLCOMEHOME

- Resources and information on home modification, based at Ball State Univ.
- www.bsu.edu/wellcomehome/contact.html
- 1-765-285-1471

See also Disability Services, Vision & Hearing, Medical Equipment

ADULT DAY PROGRAMS

Day care provides a safe setting for those unable to remain at home alone during the day and also provides respite for those who must care for them. Day care can enable people to remain at home for a longer period and delay institutionalization. When choosing a day care center, it is important to visit a few before deciding which one is best for your family member. Adult day care centers have different costs, philosophies, goals, and physical amenities. Centers often update or modify daily schedules, meals, transportation abilities, costs, and staffing. Please contact individual centers for this information.

COPSA INSTITUTE DAY PROGRAM FOR ALZHEIMER'S & RELATED DISORDERS

- Social day program for older adults with dementia, no transportation: None, but will help families locate transportation resources
- UMDNJ, 671 Hoes Lane, Piscataway, NJ 08855
- 732-235-2858 or 1-800-424-2494
- www2.umdnj.edu/~coyne/copsa.html

ELITE CARING ADULT MEDICAL DAY CARE CENTER

- Medical and social day care program, transportation
- 80 West Upper Ferry Road, West Trenton, NJ 08638
- 609-883-0020
- www.elitecaring.com

THE GALLERY AT BUCKINGHAM PLACE

- Medical and social adult day care, transportation
- 155 Raymond Road, Princeton, NJ 08540
- 732-329-8954
- www.buckinghamplace.net

JUST HOME

- Medical & social day program, transportation, Russian language.
- 7 Edgeboro, East Brunswick, NJ 08816
- 732-432-9990
- www.justhome-broadway.com

MERCER ADULT DAY CARE CENTER

- Social day care for older adults with memory loss, Transportation within 10 miles part of Capital Health System
- 433 Bellevue Ave, Trenton, NJ 08618 1st Fl.
- 609-394-4387
- www.capitalhealth.org/department.cfm?deptid=34

ST. PETER'S ADULT MEDICAL DAY CARE CENTER

- 200 Overlook Drive, Pondview Plaza-Building B, Monroe, NJ 08512
- 609-655-6853
- Medical and social day care program
- Transportation: Yes
- www.saintpetersuh.com/CenterExcel/Geriatrics/AdultDayCare/adultdaycare

SENIOR CARE OF TRENTON

- Medical and social day care, transportation
- 1450 Parkside Avenue, Suite 7, Ewing, NJ 08638
- 609-883-0200
- Email: trenton@seniorcarectrs.com

SENIOR STAR ADULT DAY CARE

- 1980 Olden Ave., Ewing, NJ 08628
- 609-434-0041

ASSISTED LIVING

Please see our publication, *Living Arrangements for Older Adults*.

BENEFITS

Income guidelines and benefit programs change every year. Try these resources for finding out if you are eligible for any local, state or federal benefits: Veterans can also contact *veterans services*. See insert on current Income Guidelines.

BENEFITS CHECK UP

- www.benefitscheckup.org
An online screening tool sponsored by the National Council on Aging for checking eligibility for federal, state and local benefits, housing, prescription drug coverage and more.

NJ DEPARTMENT OF HEALTH & SENIOR SERVICES

- Programs and services for older adults are summarized in a brochure entitled *Are you a Senior Citizen?*
- 877-222-3737
- www.state.nj.us/health/senior

NJHELPS.ORG

- NJ Department of Human Services website for seniors and people with disabilities for finding resources, benefits, and more.

CAREGIVER SUPPORT SERVICES

AARP

- www.aarp.org/family/caregiving

CARE FINDER

- Caregiver resources, care options, planning for those coping with Alzheimer's
- 1-800-272-3900
- www.alz.org/carefinder

CAREGIVER RESOURCE CENTER

- A program of the Princeton Senior Resource Center, providing information, referral, counseling & consultations, resource library, education, support groups for caregivers of older adults.
- 609-924-7108
- 45 Stockton St., Princeton, NJ 08540
- www.princetonsenior.org

CAREGIVERS OF NJ

- A central point of contact for caregivers of all kinds
- www.njcaregivers.org

CARING FROM A DISTANCE

- An organization for long-distance caregivers
- 1-202-895-9465
- www.cfad.org

CAREPAGES.COM

- On this website, you can set up a secure page where you can create a "blog" about your care recipient then give family and friends the link to keep them informed and allow them to respond.
- www.carepages.com

DOROT CAREGIVERS CONNECTIONS

- Phone support & workshops from professionals and peer groups
- 171 West 85th St, New York, NY 10024
- 212-769-2850 or 973-736-1511
- www.dorotusa.org

FAMILY CAREGIVER ALLIANCE

- 800-445-8106
- www.caregiver.org

FAMILY CAREGIVING 101

- website sponsored by NFCA and NAC for caregivers
- www.familycaregiving101.org

GREATER TRENTON BEHAVIORAL HEALTHCARE

see under Mental Health

NATIONAL ALLIANCE FOR CAREGIVING

- www.caregiving.org

NATIONAL CAREGIVERS LIBRARY

- Faith-based resources for caregivers
- www.caregiverslibrary.org

NATIONAL FAMILY CAREGIVER ASSOCIATION

- caregiver ID bracelets and resources
- 800-896-3650
- www.nfcacares.org

NEW JERSEY DEPARTMENT OF HEALTH & SENIOR SERVICES

- 1-877-222-3737
- www.caregovernj.nj.gov

NEW JERSEY RESPITE CARE PROGRAM

- Caregiver education and support, can be in-home
- Respite care if income eligible
- 609-599-5246, Statewide, call 1-877-222-3737

STRENGTH FOR CARING

- Johnson & Johnson sponsored site for caregiver support & resources
- www.strengthforcaring.com

WELL SPOUSE FOUNDATION

- Support services for spouses in caregiving roles
- 1-800-838-0879
- www.wellspouse.org

See also Respite

CLUBS AND GROUPS

AARP (AMERICAN ASSOCIATION OF RETIRED PERSONS)

- State Headquarters: 101 Rockingham Row, Forrestal Village, Princeton, NJ
- 866-542-8165
- **Princeton Chapter #459** local meeting: Kingston Presbyterian Church, 4565 Rte 27, PO 148, Kingston, NJ 08550
- Meets 3rd Friday of month at 1:30 pm except July and August.
- www.aarp.org/states/nj/

COMMUNITY WITHOUT WALLS

- An association of individuals and couples who desire, and actively seek, ways to remain in their communities as they age. Annual membership to belong to a “House.” Activities include social support, information, education, and advocacy.
- www.princetonol.com/groups/cww

FIFTY-FIVE PLUS

- Non-sectarian group organized to facilitate social contact and friendships among men who are retired or who enjoy flexible working hours.
- Jewish Center of Princeton at 435 Nassau St., Princeton, NJ 08540, 921-0100
- Meets 1st & 3rd Thursdays, Sept - May at 10 am
- www.princetonol.com/groups/55plus

FIFTY SOMETHING GROUP (sharing common interests)

- Sponsored by the YMCA, Paul Robeson Pl.
- 609-497-9622
- Meets 2nd & 4th Thursdays of each month at 7:00 pm

PRINCETON RECREATION DEPARTMENT

- Sponsors trips, exercise programs, and other recreational activities
- Co-sponsors senior activities with the Princeton Senior Resource Center
- 380 Witherspoon St., Princeton, NJ 08540
- 609-921-9480
- www.princetonrecreation.com

READINGS OVER COFFEE

- Monthly literary readings at the Princeton Public Library
- 609-924-9529
- 2nd Wednesday each month, 10:30-11:30 am and selected evenings at 7:30 pm.

SENIOR CITIZENS CLUB OF PRINCETON

- Meets at the Suzanne Patterson Building, 45 Stockton St., Princeton.
- 609-921-8857
- Meets last Friday of each month at 1:00 pm

SILVER CIRCLE

- For senior members of the Jewish Center, 435 Nassau St., Princeton
- 609-921-0100
- www.thejewishcenter.org

CRISIS ASSISTANCE PROGRAMS

ADULT PROTECTIVE SERVICES-Mercer County Board of Social Services

- Emergency services to prevent abuse, neglect, or exploitation
- Homemaker services related to abuse, neglect, or exploitation
- Psychosocial assessment

- 200 Woolverton St., Trenton, NJ 08650
- 609-989-4451 or 800-792-8672 - all calls CONFIDENTIAL
- 609-989-4683 – to report the abuse of an elderly person

CRISIS MINISTRY OF PRINCETON AND TRENTON

- Financial assistance to prevent evictions and utility cut-off; emergency funds for prescriptions by referral. Non-perishable food on a per need basis.
- Princeton: Nassau Presbyterian Church. 61 Nassau St, Princeton, NJ 08542 1:30-4 pm weekdays 609-921-2135 if located in Princeton (weekday afternoons)
- Trenton: 123 E. Hanover St, Trenton, NJ 08608, 609-396-9355 (weekday mornings)
- www.thecrisisministry.org

HEALTHCARE MINISTRY OF PRINCETON

- Provides limited assistance in the home, grocery shopping, rides to appointments
- Non-sectarian, Sponsored by the Knights of Columbus at St. Paul's, Princeton
- PO Box 1517 Princeton, NJ 08540 120 John St, Princeton, NJ 08542
- 609-921-8888-leave a message on the answering machine if no answer
- www.healthcareministry.org

HOMEFRONT

- Shelter and resources for homeless people
- 1880 Princeton Ave, Lawrenceville, NJ 08648
- 609-989-9417

HOMELESS HOTLINE

- Emergency, short term, referral.
- 609-278-1481 - 24 hours a day

MERCER COUNTY DEPARTMENT OF HUMAN SERVICES

- Connection with organizations providing emergency assistance
- 609-989-6926
- www.Mercercounty.org/departments/hs/

MERCER COUNTY HISPANIC ASSOCIATION (MECHA)

- Information and assistance for Spanish-speaking individuals. Informacion y asistencia en Espanol.
- 18 E 6th Ave Hamilton, NJ 08619
- 609-587-8897

See also Low Income Assistance

DISABILITY SERVICES

DISABILITYINFO.GOV

- Federal government's website for Americans with disabilities. Federal, state and local resources.
- www.disabilityinfo.gov

ENABLE

- Community services for individuals with disabilities. Respite care available for the developmentally disabled. Home modification services available for Mercer County residents - disabled before the age of 65.
- 13 B Roszel Road, Princeton, NJ 08540
- 609-987-5003 ext. 18
- www.enablenj.org

DISABILITY RIGHTS NEW JERSEY

DRNJ, a non-profit funded by the US Department of Health and Human Services, is a consumer-directed organization that serves as New Jersey's designated protection and advocacy system for people with disabilities. It offers a number of programs including:

- Health Care Consumer Assistance Program (HCCAP)
- Assistive Technology Advocacy Center (ATAC):
- 210 S. Broad St, 3d Fl., Trenton, NJ 08608
- 609-292-9742 or 800-922-7233 in NJ only.
- www.drnj.org

MERCER COUNTY OFFICE ON DISABILITY SERVICES

- Support for people with developmental and physical disabilities
- 640 S. Broad St, Trenton, NJ 08650 PO 8086
- 609-989-6468
- <http://nj.gov/counties/mercerc/departments/hs/disability.html>

NEW JERSEY ACCESS LINK – see Transportation

NEW JERSEY DEPARTMENT OF HUMAN SERVICES-DIVISION OF DISABILITY SERVICES

- Info on Traumatic Brain Injury, Personal Assistance Service Program, Home & Community Base Services, State Disability Benefits, PASP and more
- 222 S. Warren St., Trenton, NJ 08625-0700
- 1-888-285-3036
- www.state.nj.us/humanservices/dds

NEW JERSEY DIVISION OF VOCATIONAL REHABILITATION (WORKFORCE NJ)

- 28 Yard Ave., Trenton, NJ 08609, PO 0959
- 609-292-2940
- <http://lwd.dol.state.nj.us/labor/dvrs/DVRIndex.html>

PHARMACEUTICAL ASSISTANCE TO THE AGED AND DISABLED (PAAD)

see Pharmaceutical Assistance

PROGRESSIVE CENTER FOR INDEPENDENT LIVING

- Advocacy, resources, support of people with disabilities
- 609-581-4500
- 1262 Whitehorse-Hamilton Square Rd, A102, Hamilton, NJ 08629
- www.pcil.org

See also Adaptive Technology & Home Modification

Downsizing & Moving

There are many resources to assist you in selling your home, downsizing, organizing, and recycling what you no longer need.

CERTIFICATIONS

- Certified Relocation & Transition Specialist CRTS, offered by www.SeniorStages.com Professionals in staging the sale of your home.
- National Association of Senior Move Managers Dedicated to helping older adults and their families with physical and emotional aspects of moving. www.nasmm.org
- Senior Real Estate Specialists® have earned the SRES® designation, demonstrating necessary knowledge and expertise to counsel clients age 55+ through major financial and lifestyle transitions involved in relocating, refinancing or selling the family home. www.seniorsrealestate.com/sarec/

ASSISTANCE SERVICES

- **A home that works for you** Cyndi Kawabata, Professional organizer. 609-933-1550. Ckawa@juno.com
- **Byron Homes** Assistance with moving & downsizing, CRTS certified, 57 Linden Ave., Haddonfield, NJ 08033. 856-216-1780
- **Clear Your Space** Steven Serradilla, 118 Jencohallo Ave, Hamilton, NJ 08619. www.clearyourspace.net 609-587-2626.
- **Ecofresh Cleaning.** 877-632-6373, www.myecofresh.com

- **Homeworks**, 7 Columbia Pl., Princeton Junction, NJ 08550, 609-933-1550
- **Rightsizing Design** Joyce Kelleher. www.kelleher-design.com. 609-530-1855
- **Simple Solutions** Linda Manzo. Organizing and clutter control. 215-702-8387. simplesolutionz@aol.com
- **Suzanne C. Neilson** Senior Services. Personal & general organizing. sneilson@verizon.net 609-688-9853
- **1-800-GOT-JUNK** Will haul away unwanted items. http://www.1800gotjunk.com/us_en/
- **A Truck and Two Guys** hauling unwanted items 609-240-8022

Look also in phone directory under “hauling”

PLACES TO DONATE, SELL AND RECYCLE

Amazon.com – Sell books

Bryn Mawr & Princeton Public Library Book Sales

Car donations – check with your favorite charities, National Kidney Fdn. – cars www.kidney.org

Consumer Electronics Assoc. – electronics – www.mygreenelectronics.org or www.earth911.org

Craigslist – free classified listing for anything for sale– www.craigslist.com

Dress for Success – professional women’s attire. www.dressforsuccess.org/mercercounty

eBay® - auction sale of anything – www.ebay.com

Freecycle – free posting of anything for free – www.freecycle.org

Goodwill Industries – clothing, household items, computers, cars www.goodwillnj.com

HomeFront – clothing, household items, furniture - www.homefrontnj.org

Mercer County Improvement Authority – County recycling, hazardous waste disposal,

MercerMAX materials exchange www.mcia-nj.com

PSRC – cell phones, eyeglasses and hearing aids

Princeton Township – computer equipment (residents only) 688-2566 x 478

Staples – Ink cartridges

Your Resource –rehabilitation equipment and medical supplies www.yourresourcenj.org

US Environmental Recycling Hotline – 1-800-253-2687

Vietnam Veterans – clothing, electronics, household items, toys, etc. 1-800-775-8387

www.clothingdonation.org

Womanspace – clothing and household goods, 609-394-9000, www.womanspace.org

EDUCATION

Many colleges and universities permit auditing of classes or matriculation of older adults. Call the Admissions Office or Registrar.

DOROT University Without Walls

- Telephone conference-call program offers classes and support groups on many topics.
- 171 W. 85th St., New York, NY 10024
- 1-877-819-9147
- www.dorotusa.org

ELDERHOSTEL

- Education and travel for people 55+
- 11 Avenue de Lafayette, Boston, MA 02111
- 1-877-426-8056
- www.elderhostel.org

EVERGREEN FORUM

- Lifelong learning program with small discussion-based classes
- Program of Princeton Senior Resource Center
- 609-924-7108
- www.theevergreenforum.org

LITERACY VOLUNTEERS OF MERCER COUNTY

- Affiliate of Pro-Literacy; Meets in County Libraries
- 3535 Quakerbridge Rd., Ste 104, Mercerville, NJ 08619
- 609-587-6027
- www.princetonol.com/groups/lvamc/home.html

MERCER COUNTY COMMUNITY COLLEGE

- Credit and non-credit courses and certificates. Mercer Co. residents age 65+ may register free of tuition charges on a space-available basis for courses, provided all course pre-requisites are met. Must pay for books, fees, materials, etc.
- 1200 Old Trenton Rd., PO Box B, Trenton, NJ 08690
- 609-570-3311
- www.mccc.edu

MERCER COUNTY LIBRARY SYSTEM

- Home-delivered library books to homebound residents (except Princeton, Hamilton, Trenton) with valid library card.
- 609-989-6923

NEW JERSEY DEPARTMENT OF EDUCATION – BUREAU OF ADULT EDUCATION AND FAMILY LITERACY (GED)

- PO Box 500, Trenton, NJ 08625
- 609-777-1050 for information, test sites
- www.state.nj.us/education/students/ged/

OSHER LIFELONG LEARNING INSTITUTE AT RUTGERS UNIVERSITY

- Non-credit courses for those 50+
- 55 Commercial Ave 2nd Fl, Ste 201, New Brunswick, NJ 08901
- 732-932-7233 <http://olliru.rutgers.edu/>

PRINCETON ADULT SCHOOL

- P.O. Box 701, Princeton, NJ 08542
- Phone: (609) 683-1101
- www.ssreg.com/princeton/aboutUs.asp

PRINCETON PUBLIC LIBRARY

- Home Delivered Library Books (Princeton residents,) community information
- 65 Witherspoon St., Princeton, NJ 08540
- 609-924-9529
- www.princeton.lib.nj.us

PRINCETON UNIVERSITY COMMUNITY AUDITING PROGRAM

- Adult non-credit auditing of University lectures, priority for Princeton residents
- 609-258-0202
- www.princeton.edu/community/learning/auditing/

PRINCETON YWCA-ENGLISH AS A SECOND LANGUAGE

- 59 Paul Robeson Place, Princeton, NJ 08540
- 609-497-2100 x 320 or 329

SENIORNET COMPUTER LITERACY CENTER

- Computer education for seniors 50+
- Local center: 999 Lower Ferry Rd., Ewing, NJ 08628
- 609-883-1009
- www.ewingsnet.com

EMERGENCY RESPONSE SYSTEMS

See also Identification, Adaptive Technology & Home Modification and Disability Services

A & R SECURITY SYSTEMS

- Remote front door locks, intercoms, etc
- 609-883-6130

AMAC

- Emergency response and home health monitoring
- Mt. Laurel, NJ
- 1-800-552-5378

LIFELINE Medical alert system

- For people who live at home who may need emergency assistance. Worn as a bracelet or necklace in the home, can call for assistance 24/7. Monthly fee. Local program thru University Medical Center at Princeton: 609-497-4941
- 800-543-3546 or 800-242-3175
- www.lifelinesys.com

MEDICAL IDENTIFICATION BRACELETS

- American Medical Identifications Inc. Engraves name, medical condition, prescriptions, other information on identification bracelet or necklace.
- 800-363-5985
- www.americanmedical-id.com

PROJECT LIFESAVER

- FREE tracking system for those at risk of wandering, run by Mercer County Sheriff's Office. Uses a radio transmitter bracelet
- 877-580-5433 or 278-7159
- www.projectlifesaver.org

QUIETCARE

- Home monitor system, "early detection and warning system that can enable caregivers to recognize emerging problems."
- 1-866-216-4600
- www.quietcaresystems.com

READY RESPONSE

- Walgreen's medical alert system
- 1-866-310-9061
- www.walgreens.com/readyresponse/default.jsp

RESPONSE LINK

- Medical emergency response, medication reminders, dispensers & monitoring, health test reminders.
- 1-866-802-3676 or 732-272-5466
- www.responselink.com

SAFE RETURN PROGRAM FOR WANDERERS.

- A collaboration of the Alzheimer's Association and MedicAlert.
- Fee for bracelet plus annual fee
- 1-888-572-8566 registration
- www.alz.org/we_can_help_medicalert_safereturn.asp

EMPLOYMENT

AARP MONEY & WORK

- Review of related issues and links to websites
- www.aarp.org/money/

JOBSEEKERS

- Volunteer-run counseling and support.
- Meets Tues. 7:30 pm Trinity Church, Princeton, NJ (924-2277)
- www.trinityprinceton.org/jobseekers.cfm

RETIREMENTJOBS.COM

- Full + part time jobs for people over 50
- www.retirementjobs.com

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

- Administered by National Council on Aging
- 55+, 125% of poverty level or less
- Mercer Co.: 609-984-8247 or 732-367-7111
- www.state.nj.us/health/senior/federalbenefits/employment.shtml#scsep

There are other online employment sites, including Craigslist.

FINANCIAL SERVICES

FINANCIAL PLANNERS & ADVISORS

There are many companies and individuals who offer to advise you financially. Banks, brokerage houses and individuals provide services. You might want to seek a person who is a Certified Financial Planner and charges a fee for services rather than one who sells a particular product line. Listings of local Certified Financial Planners can be found at www.cfp.net.

The Financial Planning Association offers help connecting to a CFP, email hotline, brochures on financial planning topics, and more. www.fpaforfinancialplanning.org

There are several helpful financial information websites, including www.aarp.org/money and www.finance.yahoo.com

CONSUMER CREDIT COUNSELING SERVICE (A Program of the Family Guidance Center)

- Provides counseling on money management, a plan for repayment of debt as an alternative to bankruptcy, assistance in establishing or reestablishing credit, and education on various financial topics helpful to consumers. Free.
- 609-586-2574 or 888-379-0604
- www.cccscentralnj.com

PRINCETON FINANCIAL CARE SERVICES

- Help with personal finances such as bill paying, medical claims, other forms.
- Barbara Kady & Hilly Berlin, CPA
- Straube Center, 114 W. Franklin Ave., Pennington, NJ 08534
- 609-730-0067
- www.princeton-financial.com

SENIOR FINANCIAL CONSULTING

- 199 Gatzmer Ave, Jamesburg, NJ 08831
- 732-656-3600
- seniorfc@comcast.net

VIASOURCE

- Help getting cash from life insurance policies you no longer need
- 2 Hartford Dr., Ste 201 Tinton Falls, NJ 07724
- 888-828-4404
- www.viafunding.com

For assistance with bill paying, see Personal Assistance. For Reverse Mortgages, see Reverse Mortgages.

FITNESS

PRINCETON SENIOR RESOURCE CENTER

- Fitness classes tailored to a wide range of needs and abilities.
- 45 Stockton St, Princeton, NJ 08540
- 609-924-7108
- www.princetonsenior.org

PRINCETON RECREATION DEPARTMENT

- 369 Witherspoon St, Princeton, NJ 08540
- 609-921-9480
- www.princetonrecreation.com

YWCA PRINCETON

- Fitness, swim & other programs, Newcomers Club, special arthritis program
- 59 Paul Robeson Place
- 609-497-2100
- www.ywcaprinceton.org

YMCA OF PRINCETON

- Fitness, swim & other programs
- 59 Paul Robeson Place
- 609-497-9622
- www.ymcaprinceton.org

There are also many for-profit fitness clubs in the area. See your telephone directory.

FOOD & NUTRITION

CRISIS MINISTRY OF PRINCETON

Non-perishable food bank – see *Crisis Assistance section*

FOOD STAMPS (Supplemental Nutrition Assistance Program – SNAP)

- Income and asset limits for eligibility.
- Provides coupons for food only for eligible Mercer County residents.
- Outreach workers from Mercer Co. Board of Social Services make appointments in Princeton at the Princeton Senior Resource Center at Spruce Circle.

- Main phone: 1-800-792-9773 or 989-4320
 - 609-252-2362 for an appointment in Princeton
 - 609-989-4514 for an appointment outside of Princeton
 - 609-989-4482 to schedule a home visit if necessary
 - 609-989-4491 phone interview – leave a message
- www.mercercounty.org/mcbss

HOME DELIVERED MEALS

- Meals delivered (hot lunch and in some instances cold dinner) to shut-ins, the elderly, convalescent, or disabled who find it difficult to prepare meals.
- **American Red Cross/Meals on Wheels**
 - 609-951-2120
 - Mon-Fri unless otherwise specified
 - there is a per-meal cost
- **F.I.S.H. of Hopewell Valley**
 - 609-737-9123
- For other meal programs in Mercer County, call the Office on Aging 989-6661.

KOSHER MEALS ON WHEELS

- Jewish Family & Children’s Services, 707 Alexander Rd., Princeton, NJ 08540
- 609-987-8100

MERCER COUNTY NUTRITION PROJECT FOR THE ELDERLY

- Hot, nutritious meals served at noon at many sites in Mercer County for seniors 60+. Most programs also provide activities such as games, cards, bingo, and other entertainment. Check with individual programs.
- 609-989-6650 for all Mercer County locations
- 609-921-1104 in Princeton at Mt. Pisgah Church on Witherspoon Street
- Transportation available by TRADE (*see Transportation section*)

FRIENDLY VISITORS/REASSURANCE

CONTACT OF MERCER COUNTY

- 24/7 crisis hotline for information, referral, assistance.
- 609-896-4434 or 896-2120
- www.contactofmercer.org

Reassurance Contact

Volunteers provide friendly daily phone calls at a prearranged time to senior citizens or disabled citizens who live alone in Mercer County. The call provides a daily check on the safety and well being of the individual. No fee.

- 609-883-2880

HOMEFRIENDS PROGRAM

- Friendly visitor support service for the homebound elderly in East & West Windsor, Princeton, Hightstown, Cranbury, Plainsboro, Pennington, Hopewell, and N. Lawrence. A Princeton Senior Resource Center program.

- 609-252-2362 - HomeFriends Director
- www.princetonsenior.org

HEALTHCARE MINISTRY OF PRINCETON

- Shopping, transportation, companionship, caregiver respite provided by staff or volunteers. Also under *Crisis Assistance*
- PO Box 1517, Princeton, NJ 08542
- 609-921-8888-leave message if no answer
- www.healthcareministry.org

INTERFAITH CAREGIVERS OF GREATER TRENTON, INC.

- Friendly visitor, non-medical, in-home, volunteer support service for Trenton area. Serves Trenton, Ewing, South Lawrenceville, Hamilton & Washington Townships.
- 229 Lawrence Rd., Lawrenceville, NJ 08648
- 609-393-9922
- www.interfaithcaregiverstrenton.org

LINK (Local Intergenerational Network of Kindness)

- Program of trained high school volunteers who provide services and companionship to elderly and disabled. Services may include reading aloud, writing letters, and light housekeeping chores. A program of the Princeton Senior Resource Center.
- 609-252-2362 - LINK Director
- www.princetonsenior.org

GERIATRIC CARE MANAGERS

A geriatric care manager is a professional who specializes in assisting older people and their families with long-term care arrangements. GCMs have extensive knowledge about the cost, quality, and availability of services in their community. They charge a fee for their services.

ELDER CARE SOLUTIONS – Bonnie Kramer

- 35 Welcome Farm Road, Monmouth Jct., NJ 08852.
- 732-438-0731

ELDER OPTIONS –Sydell Fagen

- 56 Probasco Rd., East Windsor, NJ 08520.
- 609-490-1194

SENIOR CARE MANAGEMENT – Barbara Bristow & Jan McCurdy

- also provides home care
- 261 Upper Ferry Rd, Ewing, NJ 08628
- 609-882-0322
- www.seniorcaremgmt.com

For help locating a Geriatric Care Manager outside Central NJ:

National Association of Geriatric Care Managers - 520-881-8008

www.caremanager.org, 1604 N. Country Club Rd. Tucson, AZ 85716

GOVERNMENT AGENCIES

MERCER COUNTY BOARD OF SOCIAL SERVICES

- Information and referral service, food stamps, financial assistance, social services, Medicaid, adult protective services, safe housing program for the elderly, medical transportation, home care, CCPED.
- 200 Woolverton St, CN 01450, Trenton, NJ 08650
- 609-989-4664 or 800-564-1595
- www.mercercounty.org/mcbss/ or www.mcboss.org

MERCER COUNTY OFFICE ON AGING-EASE

- Information, referral & assistance, assistance with entitlement program applications (PAAD, HEAP, Foodstamps, Medicaid), outreach and case management for JACC, CAP, GO, and Medicaid Waiver Assisted Living
- Mailing: 640 S. Broad St, Box 8068, Trenton, NJ 08650-0068
- location: 200 Woolverton St., Trenton, NJ 08611
- 1-877-222-3737 or 609-989-6661
- <http://www.nj.gov/counties/mercerc/department/hs/aging.html>

○ **NJ EASE (Easy Access Single Entry)**

- Statewide information and referral for seniors

○ **JACC (JERSEY ASSISTANCE FOR COMMUNITY CAREGIVING)**

- Broad array of in-home services and supports that enable an individual (age 60+) at risk of placement in a nursing facility to remain in home. Income-eligible program. Not for those on Medicaid or Medicaid waiver. Copays for services apply.
- Applications through Office On Aging 877-222-3737

○ **CAP (CAREGIVER ASSISTANCE PROGRAM)**

- Program to assist income eligible individuals (65+) remain in or return to the community rather than be cared for in a nursing facility by offering community-based services to supplement the assistance of that person's own caregiver(s). *Program is expected to be incorporated into Global Options in 2009*
- Applications through Office on Aging 877-222-3737.

○ **GLOBAL OPTIONS**

Program to assist income eligible individuals (65+) remain in or return to the community rather than be cared for in a nursing facility by offering community-based services to supplement the assistance of that person's own caregiver(s). Services include case management, homemaker, respite, emergency response system, social adult day care, transportation, home meals, and more. *Currently must be in a medical center or skilled nursing center at least 21 days to apply, but will expand in 2009.* Applications through Office on Aging 877-222-3737.

NEW JERSEY DEPARTMENT OF HEALTH & SENIOR SERVICES

- Supports Area Offices on Aging, state-wide wellness programs, SHIP, Caregiver Programs, Housing, Information, Long-term care, licensing
- www.state.nj.us/health/senior
- PO Box 807, Trenton, NJ 08625-0807
- 1-800-792-8820
 - **OMBUDSMAN FOR THE INSTITUTIONALIZED ELDERLY**
 - 877-582-6995 to report neglect, abuse, exploitation of nursing home residents.
 - **OFFICE OF THE PUBLIC GUARDIAN**
 - Makes legal, financial, healthcare decisions for adults 60+ who have been found incapacitated to make own decisions by Superior Court judge.
 - (609)341-5555
 - **ADULT PROTECTIVE SERVICES**
 - 609-989-4451 or 800-792-8672 All Calls Confidential.
 - Report suspicions of abuse, neglect, exploitation of an adult by self or others.
 - Emergency services for abuse, neglect or exploitation of the elderly or disabled. Psychosocial assessment.
 - **CAREGIVER NJ**
 - website of resources for caregivers-*see Caregiver Resources*
 - **STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)**
 - Assistance and information about Medicare-*See Medicare*

NEW JERSEY OFFICE OF VITAL STATISTICS

- Birth certificates, marriage licenses, death certificates
- 609-297-4087

SOCIAL SECURITY ADMINISTRATION

- Provides assistance and information with SS matters: retirement and survivor's benefits, Medicare, disability, supplemental security income (SSI), etc. Will also replace lost Social Security and Medicare cards.
- Roebing Market, 635 S. Clinton Ave. Trenton, NJ 08611 2nd Fl. (enter Elmer St)
- 800-772-1213 or TTY: 800-325-0778 or 609-989-2110
- www.socialsecurity.gov

HEALTH INFORMATION

For information on various senior health issues, go to reliable websites like www.cdc.gov, www.nihseniorhealth.gov, www.WebMD.com or www.mayoclinic.com. See also telephone directory, Internet and N.J. Self-help Directory for specific disorder not listed below.

For Medical Centers and Hospitals, go to Medical Centers

ALZHEIMER'S ASSOCIATION, GREATER NEW JERSEY CHAPTER

- Support groups and information for those affected by Alzheimer's disease. Also additional information, newsletter, referrals, and safe return program.
- 800-272-3900 for up-to-date information
- 800-883-1180 for caregivers, 24 hours a day
- NJ Central Regional Office: 196 Princeton-Hightstown Rd., Bldg 2, Ste 11, Princeton Junction, NJ 08550. 609-275-1180
- www.alznj.org

AMERICAN CANCER SOCIETY

- Information, local support, services
- 3076 Princeton Pike, Lawrenceville, NJ 08648
- 609-895-0101
- www.cancer.org

AMERICAN DIABETES ASSOCIATION, PRINCETON CHAPTER

- Local chapter, devoted to preventing and curing diabetes and improving lives
- CenterPointe II, Suite 103, 1160 Route 22 East, Bridgewater, NJ, 08807
- 888-342-2383 (local)
- 800-342-2383 (national)
- www.diabetes.org

AMERICAN HEART ASSOCIATION

- 609-208-0020
- 1 Union St., Ste 301, Robbinsville, NJ 08691
- www.americanheart.org

ARTHRITIS FOUNDATION

- N.J. chapter, 200 Middlesex Turnpike, Iselin, NJ 08830
- 888-467-3112 or 732-283-4300
- www.arthritis.org

BRAIN INJURY ASSOCIATION OF N.J.

- Stroke and brain injury information and resources
- 800-669-4323
- www.bianj.org

BREAST CANCER RESOURCE CENTER

- Information, referral, support, prosthetics & wigs
- (609)497-2126 or 497-2100 x349
- YWCA, 59 Paul Robeson Pl, Princeton, NJ 08540
- www.brcnj.org

CANCER CARE

- Resources, support, financial assistance for people with cancer and their caregivers, transportation, homecare, pain management.
- 800-813-HOPE, 201-444-6630
- www.cancercare.org

COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

- 800-424-2494 Appointments 800-969-5300
- <http://www2.umdnj.edu/~coyne/copsa.html>
- Geriatric assessment
- Assistance is available through the following programs:
 - Resource Center
 - Diagnostic Clinic
 - Dementia Management Clinic
 - Dementia Day Care Program
 - Outpatient Geropsychiatry Services

PARKINSONS DISEASE INFO AND REFERRAL CENTER - at Robert Wood Johnson

University Hospital

- 1 Robert Wood Johnson Place, New Brunswick, NJ 08901
- 732-745-7520
- www.apdaparkinson.org

PRINCETON SENIOR RESOURCE CENTER

- Offers various health screenings, health fair and flu/pneumonia vaccines
- 609-924-7108
- www.princetonsenior.org

HOME CARE

Skilled Home Care Services include health care services provided by Licensed professionals, such as nurses (RN, LPN), rehabilitation therapists (OT, PT), social workers and dieticians. Skilled home care services are most frequently enlisted after a hospitalization or an acute event covered by Medicare, or private insurance. These skilled services are generally time limited and focused on rehabilitation.

Call 800-367-6543 or go to www.nj.gov/health/healthfacilities/ for Medicare licensed home care agencies.

Private Duty Home Care: focuses on long-term care needs and is often used once the skilled services have been discontinued. This type of home care is paid for out of pocket or by long-term care insurance or Medicaid. There are two types of Private Duty home care providers: The first is an agency which provides companion/non-medical services and is licensed by the state as an **Employment Agency**. The second type of agency is a **Health Care Services Firm**, which can provide companion and hands-on patient care. The Health Care Services Firms must employ Certified Home Health Aides (CHHA) and provide a Registered Nurse for supervision of the aide and client. An agency should conduct an assessment, create a care plan, provide training, supervision and absence coverage for the aide, and be available 24/7 for emergencies. One can also employ an individual **privately** to provide homecare, in which case you are responsible as the employer for getting references, doing background checks, payroll taxes, insurance, supervision, and absence coverage. *PSRC does not match private care providers with families.*

The National Private Duty Association is the national association for providers of private duty nursing and homecare. 317-663-3637 www.privatedutyhomecare.org

Companions are paid to help and sometimes live in your home. They can provide meal preparation, housekeeping, shopping, transportation, companionship and laundry. They do no hands-on care and are not regulated.

Home health aides are trained, certified and work under the supervision of a registered nurse. They help with personal care such as dressing, bathing and personal hygiene, and ambulation, physical therapy exercises and wheelchair transfers.

Home health aides are not permitted to handle medication although they can give reminders. They are hired to provide care for the client, not be a house cleaner or provide services to other family members. Live-ins provide up to 8 hours of care during the course of a day, but are not expected to provide constant care 24/7. Families provide them with private sleeping quarters and food in addition to compensation. It is important to maintain clear expectations, boundaries and communication.

Medicare-certified agencies

- Mercer Street Friends Home Health Care, 7 Dunmore Ave, Ewing, NJ 08618
609-396-1507 www.mercerstreetfriends.org
- Princeton Healthcare System Home Care Department, 208 Bunn Dr, Princeton, NJ 08540
609-497-4900 www.princetonhcs.org
- Robert Wood Johnson Visiting Nurses, 972 Shoppes Blvd. North Brunswick, NJ 08902
888-997-9584
- Visiting Nurse Assoc. of Mercer County, 171 Jersey St, Ste 201, Trenton NJ 08610,
mail: PO Box 441 Trenton, NJ 08603 609-695-3461 www.vnahomecare.org

Licensed Health Care Service agencies are licensed by the State of NJ. Some of these are local franchises of State or Regional organizations while others are small local agencies. Local providers include:

- Bayada Nurses, 168 Franklin Corner Rd, Lawrenceville, NJ 08648
609-219-9600 www.bayada.com
- Buckingham Home Health Care, 155 Raymond Rd., Princeton, NJ 08540
732-329-8888 www.buckinghamplace.net
- Care Choice, 1 Rossmore Dr #2, Monroe Township, NJ 08831
609-395-5575
- ComForcare, 1901 N. Olden Ave. Ste. 14, Trenton, NJ 08618 609-771-0083
www.comforcare.com
- Comfort Keepers, 1337 State Hwy 33, Ste B, Hamilton Square, NJ 08690
609-890-2888 www.comfortkeepers.com

- Expert Home Care, 100 Bayard St., Ste 206, New Brunswick, NJ 08901
800-848-2336 www.experthomecare.com Live-ins.
- Firstat, 20 Texas Ave., Lawrenceville, NJ 08648
609-219-1400
- Gentle Care Home Services, 1180 Stelton Rd, Piscataway, NJ 08854
732-777-0021
- Health Force, 396 Whitehorse Ave, Hamilton, NJ 08610
609-581-8750
- Home Instead Senior Care, 104 Hickory Corner Rd, Ste 203, E. Windsor NJ 08520
609-448-7555 www.homeinstead.com
- Homecare Partners, 349 Applegarth Rd, Monroe Twp, NJ 08831
609-655-4800 www.homecarepartners.com
- Idam Home Care Services, 2572 S. Broad St, Trenton, NJ 08610
609-888-4844
- Maxim, 1675 Whitehorse Mercerville Rd Ste 106, Hamilton, NJ 08619
609-890-6373 www.maximhealthcare.com
- Princeton Caregivers, 208 Bunn Drive Princeton, NJ 08540
609-497-4958 www.princetonhcs.com
- Right at Home, 43 W. Prospect St, Ste 204, East Brunswick, NJ 08816
732-967-0900 www.rightathome.net
- Senior Care Management, 261 W. Upper Ferry Rd, Ewing NJ 08628 609-882-0322
www.seniorcaremgmt.com
- SJ Nurses, 850 Hamilton Ave., Trenton, NJ 08629 609-396-7100 www.sjnurses.com
- Visiting Angels 3371 Rte 1 So., Ste. 218, Lawrenceville, NJ 08648 609-716-8600,
www.visitingangels.com
- We Care, 941 Whitehorse Ave Ste 20, Trenton, NJ 08610 609-581-8400

Non-medical Companion agencies hire independent contractors to provide services. Local providers include:

- A+ Senior Care, 1873 Rte 70 E. Ste 203, Cherry Hill, NJ 08003 609-450-1719
www.aplusseniorcare.com
- Griswold Special Care 14 Washington Rd, Ste 615 Princeton Jct, NJ 08550 609-799-8856 www.griswoldspecialcare.com
- Home Helpers, Monroe Twp, 732-656-1514 and Hillsborough 908-281-5300

- Vivian Agency (companions from E. Europe) 1075 Mt. Vernon Rd., Union, NJ 07083
908-500-1067

HOSPICE

Hospice programs provide a variety of medical, social, spiritual and caregiving support services for patients near the end of life and for those who care for them. Most patients are able to remain at home with this support, and most services are currently covered by Medicare. Some have in-patient care as well as in-home care. To learn more about hospice or to find one, these resources may be helpful: www.hospicenet.org or www.hospicefoundation.org,

NATIONAL HOSPICE & PALLIATIVE CARE ORGANIZATION www.nhpco.org
800-658-8898

HOSPICELINK

- Hotline for people seeking information about hospice care & referrals
- 800-331-1620
- www.hospiceworld.com

CHANDLER HALL HEALTH SERVICES

- 99 Barclay St., Newtown, PA 18940
- 215-860-4000
- www.chandlerhall.org

COMPASSIONATE CARE HOSPICE (at St. Francis Medical Ctr)

- 601 Hamilton Ave., Trenton, NJ 08629
- 800-844-4774

ODYSSEY HOSPICE

- 20 New England Ave., Ste 101, Piscataway NJ 08854
- 888-556-8880
- www.odyshealth.com

PRINCETON HEALTHCARE SYSTEM HOSPICE PROGRAM

- 208 Bunn Dr. Princeton, NJ 08540
- 609-497-4900
- www.princetonhcs.org

SAMARITAN HOSPICE (in home only)

- 5 Eves Dr., Ste 300 Marlton, NJ 08052
- 800-229-8183
- www.samaritanhospice.org

VNA HOMECARE OF MERCER COUNTY COMMUNITY HOSPICE

- 171 Jersey St, PO 441, Trenton, NJ 08603
- 609-815-3667
- www.vnahomecare.org

HOUSING

Princeton Senior Resource Center Transitions staff are available to help you learn about available housing options and to select the one that is right for you or your family member(s); call 609-924-7108 to make an appointment. To better understand the various levels of care, see listings of local communities/ residences and review questions that will help you make the best choice for your situation, please refer to our *“Living Arrangements for Older Adults”* guide, which is available at Spruce Circle and Suzanne Patterson Building, as well as integrated into our website directory.

For a list of all types of Senior Housing throughout New Jersey

- N.J. Dept of Health and Senior Services – www.state.nj.us/health 800-792-8820
- www.benefitscheckup.org, a website sponsored by the National Council on Aging has recently added a senior housing locator function.

INDEPENDENT LIVING

Community housing where the resident assumes responsibility for meeting their own needs (or with support of family, friends or hired assistance), such as your own home, living with family, active adult communities, and affordable/subsidized senior housing. Care managers can help you obtain and coordinate care when you need it.

ACTIVE ADULT (AGE RESTRICTED) COMMUNITIES

These communities offer condominium, townhome or detached homes in contained communities where a monthly fee covers all outdoor maintenance and membership in pool/tennis/community room activities. No personal care or transportation are offered. Units are bought/sold through realtors or developers.

AFFORDABLE/SUBSIDIZED HOUSING

Independent living available to those who meet income criteria. Often long waiting lists.

CONTINUING CARE RETIREMENT COMMUNITIES (CCRC's)

These communities provide housing, services, and health care to people of retirement age. The community provides increasing levels of care to meet the needs of residents from independent living through assisted living and skilled nursing care. There is usually an entrance fee and a monthly fee.

ASSISTED LIVING RESIDENCES

Apartment-style housing and congregate dining with a coordinated array of supportive personal and health services, available 24-hrs/day to residents who have been assessed to need these services, including residents requiring long-term care. Many include a secure community for residents with memory loss.

SKILLED NURSING & REHABILITATION (NURSING HOMES)

These residential skilled nursing facilities provide 24-hr. supervision by licensed nurses. Care must be prescribed by a physician. Emphasis is on medical care with various therapies supplementing medical treatment. Other services such as meals, housekeeping, and recreational

services are also provided. For an up-to-date list of local facilities and recent state performance assessments of all facilities in the U.S. see www.medicare.gov.

CONGREGATE HOUSING Available in some communities, ranging from family homes to boarding homes. An individual rents a private (or semi-private) room and eats meals in a communal dining room. Laundry, housekeeping and some support services are available. There is a non-medical staff person on duty part or all of the day. Such “Comprehensive Personal Care Homes” are licensed by the Department of Health.

ADULT FAMILY CARE

Provides an alternative to institutional or nursing home care for frail, disabled, or elderly persons. Clients are placed with a trained caregiver who provides room, board, and personal care services. Supportive health and social services are provided. Licensed by the NJ Department of Health & Senior Services. This option is more common in some other states. Income eligibility requirements apply.

- MERCER STREET FRIENDS ADULT FAMILY CARE 609-396-1506

TENANT RIGHTS IN NJ

- 1-888-lsnjlaw
- www.lsnjlaw.org

NEW JERSEY HOUSING & MORTGAGE FINANCE AGENCY

- 637 S. Clinton Ave, PO 18550, Trenton, NJ 08650
- 609-278-7400
- www.state.nj.us/dca/hmfa/

For **financial assistance** programs for Homeowners, *see Tax Assistance* or call 877-222-3737.

ID CARDS

See also Emergency Response Systems

HANDICAPPED AUTO TAGS

- Permanent: NJ Motor Vehicle Commission
- 1-877-368-6548 or 609-292-6500
- www.state.nj.us/mvc/Vehicle/HandicappedPlates.htm
- Temporary (up to 6 months) through local police department, fee of \$4.00

NEW JERSEY MOTOR VEHICLE COMMISSION

- Non-driver photo ID
- Baker’s Basin DMV location
- Must bring specific forms of identification which are listed on the website (www.njmvc.gov) or by calling 888-486-3339 or 609-292-6500.

MERCER COUNTY ID

- approved government photo id-call to get list of approved documents which include passport, drivers license, birth certificate, no appt. needed

- Mercer County Clerk's Office-209 S. Broad St., Trenton, NJ, Rm. 100
- 609-989-6998

NATIONAL PARK PASS (Golden Age Passport)

- Lifetime free admission to national parks, recreation areas, forests, BLM, Fish & Wildlife. Also 50% discount on service fees.
- At least age 62, or disabled
- Must be purchased at a park

NEW JERSEY STATE PARK PASS

- Free or reduced admission to state parks, forests, historic sites, recreation areas
- 800-843-6420
- NJ Dept. of Environmental Protection, Div. of Parks & Forestry, CN404, Trenton, NJ 08625-0404

PROJECT LIFESAVER

- Free tracking bracelet for anyone at risk of wandering and getting lost
- Mercer County Sherriff's Department
- 609-989-6111
- Nationwide: www.projectlifesaver.org/site/

ROAD ID.COM

- Range of id bracelets, originally designed for athletes
- 1-800-345-6336

IDENTITY THEFT, FRAUD, SCAMS

Do not give any personal information (birthdate, social security number, account number, etc) in response to an email or phone call. If you suspect you have been a victim of identity theft, call your local police, credit card companies, banks, investment companies, licensing agencies and Social Security Admin. You can also call the **Federal Trade Commission** at 1-877-438-4338 or www.ftc.gov. Take careful notes and record names/phone numbers of each person you talk to.

- For information on what to do in NJ, go to www.nj.gov/identitytheft
- **New Jersey Department of Banking & Insurance:** For issues with bank, insurance and real estate fraud. 1-800-446-7467, <http://www.state.nj.us/dobi/index.html>
- **Fraud Guides:** All areas. <http://www.fraudguides.com>
- **New Jersey Department of Consumer Affairs** 609-989-6671
www.nj.gov/oag/services_crim.htm

CREDIT REPORTS Check your credit reports annually at www.annualcreditreport.com, free. You do not need your credit score unless you are seeking credit. You are also allowed to freeze access to your credit information, but will need to un-freeze it if you apply for any type of credit.

DO NOT CALL REGISTRY

reduce telemarketer calls by going to www.donotcall.gov, or call 1-888-382-1222.

OPT OUT

You can opt out of pre-approved credit card offers for 5 years by going to 1-888-5OPTOUT or www.optoutprescreen.com

For more information on avoiding unsolicited advertising, go to www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt063.shtm

SCAMBUSTERS.ORG

- A website listing current scams.

SNOPE.COM

- To check the validity of stories/rumors found on the internet

INFORMATION & REFERRAL RESOURCES

PRINCETON SENIOR RESOURCE CENTER has up-to-date information about all programs and services in the wider Mercer County area, or we will find out or refer you to someone who does have what you need.

- 45 Stockton St, Princeton, NJ 08540, 9-5 pm weekdays. 609-924-7108
- Spruce Circle, Princeton, NJ 08540, 9:30-4 pm weekdays. 252-2362
- www.princetonsenior.org

2-1-1 INFOLINE OF CENTRAL JERSEY

- Connects you to local free information hotline, funded by United Way. Multilingual.
- call 211 or 888-908-4636
- www.nj211.org

AARP NEW JERSEY-STATE OFFICE

- Provides a number of services such as health, life, and long term care insurance.
- Forrestal Village, 101 Rockingham Row, Princeton, NJ 08540
- 866-542-8165
- www.aarp.org/states/nj/

COUNTY OFFICES ON AGING

- HUNTERDON COUNTY 908-788-1363
- **MERCER COUNTY 609-989-6661**
- MIDDLESEX COUNTY 732-745-3295
- MONMOUTH COUNTY 732-431-7450
- SOMERSET COUNTY 908-704-6346

Exist throughout the U.S.-see your telephone directory or internet browser.

ELDERCARE LOCATOR

- A nation-wide service to help families and friends find information about state and local resources for the elderly.
- 800-677-1116
- Hours of operation: Mon-Fri 9 am - 8 pm
- www.eldercare.gov

FUNERAL CONSUMERS ALLIANCE OF PRINCETON

- Education regarding funeral and memorial planning
- 50 Cherry Hill Rd, Princeton, NJ 08540
- 609-924-3320
- www.princetonol.com/groups/fcap

MERCER COUNTY HISPANIC ASSOCIATION (MECHA)

- Information and assistance for Spanish-speaking individuals.
Informacion y asistencia en Espanol.
- 18 E 6th Ave Hamilton, NJ 08619
- 609-587-8897

NATIONAL ASIAN PACIFIC CENTER ON AGING

- 1-800-582-4218

NEW JERSEY DEPARTMENT OF HEALTH & SENIOR SERVICES - EASE

- Information and referral for seniors in all 21 counties in New Jersey
- 877-222-3737

PRINCETON HUMAN SERVICES

- Civil rights, welfare, senior transportation (Crosstown)
- 380 Witherspoon St., Lower Level, Princeton, NJ 08540
- 609-688-2055

SENIOR CENTERS – *See Senior Centers*

SENIORS A2Z

- www.seniorsA2Z.com
- Website for senior resources

LEGAL SERVICES

Elderlaw attorneys can be found through NAELA or local referral sources, listed below.

*A **will** is a legal document stating how you want any belongings or property disposed of upon your death.*

*A **Durable Power of Attorney** is a written document in which a person appoints someone else to act on his/her behalf. Most commonly, one is made for health care decisions and one for financial decisions.*

*A **Living Will** indicates your thoughts about the decisions you would like to have made at the end of life. An **Advance Directive** often includes Power of Attorney and Living Will. There are many templates for these documents online. Each state has different regulations about whether you can create it yourself or if you need an attorney. Some people prefer the **FIVE WISHES** documents which can be found at www.agingwithdignity.org/5wishes.html*

*It is also recommended that you write a **HIPPA** release, which simply states your permission for your doctors to talk to the people you specify. This can help in a situation when you are able to make decisions for yourself but others need to be included to help you get the treatment you need.*

AARP LEGAL SERVICES NETWORK

- Members are entitled to a free 30-minute legal consultation with a local attorney who meets AARP standards. Reduced fees for simple wills, powers of attorney and other legal services.
- For a list of local participating attorneys look in your Yellow Pages in the "Associations," "Attorneys," or "Lawyers" sections, and then under the heading "AARP - Legal Services Network."
- 888-687-2277.
- LSN Fulfillment, P O Box 100084, Pittsburgh, PA 15233
- List also available online at www.aarp.org/LSN

ADULT PROTECTIVE SERVICES –abuse & neglect

See Government Agencies- NJ Department of Health & Senior Services

CENTRAL JERSEY LEGAL SERVICES - PROJECT FOR THE ELDERLY

- Provides legal advice and/or representation in non-fee gathering matters: power of attorney, wills for small estates, Social Security and Medicare problems, consumer matters, tenants' rights, divorces, property problems. For Mercer Co. residents 60+.
- 198 W. State St, Trenton, NJ 08608
- . 609-695-6249
- Appointments available at Lawrence Library once a month by appointment.

COMMUNITY HEALTH LAW PROJECT

- CHLP represents elderly and disabled who are unable to afford the services of private attorneys. CHLP attorneys, social service advocates and volunteers serve vulnerable people who are in crisis and at risk of losing their homes, their income, their health care and other essential components of their lives. Must be income-eligible (75% poverty level).
- 225 E. State St. Trenton, 08608
- 609-392-5553
- <http://www.chlp.org>

LEGAL AID

- 198 W. State St. Trenton, NJ 08608
- 609-695-6249

LEGAL COUNSEL FOR THE ELDERLY

- Legal services for Washington DC seniors, many good publications for sale
- 601 E St. NW, Washington DC 20049
- 202-434-2120

LEGAL SERVICES OF NEW JERSEY

- 100 Metroplex Dr, Ste 402, Edison, NJ 08817

- 1-888-576-5529
- Free legal help over the phone for low-income people. Includes HCAP program for problems with healthcare system.
- www.LSNJLAW.org

LEGAL SERVICES FOR THE ELDERLY-MIDATLANTIC PENSION COUSELING PROJECT

- 130 W. 42nd St, Ste 1700, New York, NY 10036
- 800-355-7714

MERCER COUNTY LAWYER REFERRAL SERVICE (BAR ASSOC.)

- Wills if referred through CJLSP for eligibility, referrals for Power of Attorney.
- In-home service for the elderly homebound and other services provided.
- 1245 Whitehorse-Mercerville Rd. Ste 420, Mercerville, NJ 08619.
- 609-585-6200
- **LAWYERS CARE**
Quakerbridge Mall, Lawrence. Upper level. 2nd Weds. of month, 5:30-7 pm.
Attorneys give 15 minutes free legal advice/direction to Mercer Co. residents.

MERCER COUNTY SURROGATE'S OFFICE

- Probate of wills, administration of estates, appointment of guardian for incapacitated persons, contested will filings.
- Surrogate schedules monthly sessions at the Princeton Township Building. Currently the 4th Thursday of the month 9:30-11:30 am.
- 175 S. Broad St. Rm 420, Trenton, NJ 08608
- 609-989-6331

NATIONAL ACADEMY OF ELDER LAW ATTORNEYS REGISTRY

- For a referral to a local elderlaw attorney:
- Web site: www.naela.com
- 520-881-4005

MIDATLANTIC PENSION RIGHTS PROJECT

- Free pension and retirement savings plan counseling.
- Public Advocate's Office for NY and NJ.
- 1 Centre St, 15th Fl. New York City, NY 10007
- 800-355-7714 or 646-442-3310

NEW JERSEY DIVISION OF CONSUMER AFFAIRS

- "Do not call" registry, complaints about businesses and agencies
- 800-242-5846

NEW JERSEY STATE BAR FOUNDATION

- Publishes *Law Points for Senior Citizens* which covers wills, powers of attorney, grandparent rights, discrimination, and more
- www.njsbf.org/images/content/1/1/11092/seniors.pdf

OMBUDSMAN & ADVOCATE *see NJHSS under Government Agencies*

VICTIM / WITNESS ADVOCACY PROGRAM

- Mercer County Prosecutor's Office
- 609-989-6428 or 609-989-6274
- Assist persons who are victims of violent crime
- Liaison for persons needing assistance who are victims of crime and want compensation
- Victims of domestic violence, call 609-989-6810

LONG TERM CARE INSURANCE

Long term care insurance offers some coverage for in-home and residential facility care. LTC Insurance is regulated by the State Insurance Department and sold by most brokers. Look for representatives who are affiliated with AHIP (America's Health Insurance Plans) as Long Term Care Planners. You may want to look for agents who sell a variety of LTC products, and who specialize in LTC insurance. SHIP counselors can direct you to local providers at 1-800-792-8820. Two local representatives are:

N.P. MORITH, INC. OF PRINCETON

Brokerage and consulting

- 13 Roszel Rd C-226, Princeton, NJ 08540
- 609-452-1571 or 800-793-4422

DAVE SALTZMAN INSURANCE

- 609-430-1033

LOW-INCOME ASSISTANCE

Programs and eligibility may change annually. See Insert on current guidelines.

BENEFITSCHECKUP.ORG

- A nation-wide website of the National Council on Aging which identifies federal, state and local benefits, as well as other helpful links.

COMFORT PARTNERS

- New Jersey Public Utilities program to help people reduce energy use, lower costs and protect the environment. Eligibility for those on PAAD, HEAP, SSI, TANF.
- 1-888-773-8326
- www.njcleanenergy.com

MEDICAID & FOOD STAMPS

See Government Programs- Mercer Co. Board of Social Services or Medicaid

MERCER COUNTY HOME ASSISTANCE PROGRAMS

Mercer County Board of Social Services Assistance for clients on public assistance, including home repair, modification, residential security, food stamps, Medicaid, CCPED

- 609-989-4664

- **Low Income Home Energy Assistance Program (LIHEAP)**
 - Financial assistance to income eligible to help pay heating and cooling bills
 - 609-989-6959 or 989-6544 or 1-800-510-3102
 - www.njcommunityresources.info/njliheap.html
- **Residential Weatherization Assistance Program**
 - Grants and technical assistance to income eligible families
 - 609-989-6858
- **Residential Home Rehabilitation**
 - Interest-free loans for income-eligible owner-occupiers
 - 609-278-8076
- **Helping Hands for Seniors**
 - Assistance for income-eligible seniors for repair/modification
 - 609-989-6858
- **Mercer Co./Enable Accessibility Program**
 - Assists with installation of ramps and interior modifications
 - 609-989-6858

MEDICARE SAVINGS PROGRAMS – *See Medicare*

NJHELPS.ORG

- A website that helps you find out if you are eligible for New Jersey assistance programs. Currently includes food stamps, Medicaid, NJ FamilyCare, LIHEAP, WFNJ/TANF, NJ Care for Kids, Kinship Navigator.
- www.njhelps.org

NJ SHARES (Statewide Heating Assistance & Referral for Energy Services)

- One time crisis grant for utility and phone bills. Not eligible if receiving other benefits.
- 1230 Parkway Ave Suite 302, Ewing, NJ 08628
- 609-883-1626 or 866-657-4273
- www.njshares.org

PRINCETON HUMAN SERVICES

- Municipal General Assistance, Latino Services, Taxi, Other Assistance.
- 380 Witherspoon St, Princeton, NJ 08540
- 609-688-2055

PRINCETON TOWNSHIP No-Interest Home Improvement Loans

- Princeton Township seniors who own their homes and have an annual income within the limits listed below may qualify for a loan to help with major home repairs such as roof replacement, electrical, plumbing and structural repairs, among others. The loan is interest free if the person continues to live in the home for at least six years. Payment of the loan is deferred until the home is sold.
 - 609-688-2029 - Princeton Township Housing Coordinator

- www.princetontwp.org (click on Affordable Housing)
- Check with Princeton Borough Affordable Housing for available assistance 497-7634.

PRESCRIPTION DISCOUNT PROGRAMS

See Pharmaceutical Programs

PROPERTY IMPROVEMENT BUREAU

- funds for owner occupants for housing rehabilitation, loans, grants.
- 609-989-3522
- 319 E. State St, 2nd Fl. Annex, Trenton, NJ 08608

UNIVERSAL SERVICES FUND

- Board of Public Utilities-complaints and assistance
- Monthly credit on utilities for income eligible
- 1-800-624-0241 or 1-877-951-9514

UTILITY ASSISTANCE (LIFELINE CREDIT PROGRAM) Utility credit for seniors 65+ who meet guidelines for PAAD. Apply through Mercer County Office on Aging (see Government Agencies)

- 877-222-3737 or 609-588-7048

VISION, HEARING, DENTAL PROGRAMS

see Vision, Hearing & Dental

Other possible sources of assistance:

- Crisis Ministry
 - 609-921-2135 (Princeton)
 - 609-396-9355 (Trenton)
- United Progress Inc: 609-392-2161
- Catholic Charities: 609-394-8847

MEDICAID

Medicaid is a Federal medical assistance program administered by the State of New Jersey for the needy. It covers most hospital, medical and prescription expenses.

To apply for Medicaid, call the Mercer County Board of Social Services 609-989-4664, 200 Woolverton St. CN01450, Trenton, NJ 08650. Appointments for Medicaid applications can be made on Wednesdays at the University Medical Center at Princeton. Call 609-497-4229.

NJ MEDICAID PROGRAM:

- Division of Medical Assistance and Health Services
CN 712, 7 Quakerbridge Plaza, Trenton, NJ 08625-0712
- General information: 609-588-2721 Hotline: 800-356-1561
- Pharmacy: 609-518-3045
- Dental: 800-588-7140
- Podiatry: 609-782-0181
- Medicaid HMO: 800-701-0710

MEDICAID for INSTITUTIONALIZATION (Nursing Homes)

To qualify for nursing home benefits an applicant must meet not only financial criteria, but also medical necessity requirements and be 65+, blind, or disabled. Each of these eligibility processes is complex and must be evaluated according to the applicant's individual circumstances.

Mercer County: 609-989-4664 or 989-4491
Middlesex County: 732-745-3500
Monmouth County: 732-431-6000
Somerset County: 908-526-8800

SPECIAL MEDICAID PROGRAMS

- **Community Care Program For The Elderly And Disabled(CCPED)**

CCPED is a special Medicaid waiver program which offers an array of home care services. Its intent is to help eligible individuals (65+) continue to reside in the community rather than entering a nursing home. Services include visiting nurse, prescription plan, social worker, therapists, medical day care, medical transportation, home health aide, social adult day care, and respite care. **It does not pay for in-patient hospital stays or doctor visits.** *This program will become a part of Global Options in 2009*

- 609-989-4664

- **Medically Needy Medicaid**

Program provides some medical benefits for needy individuals who may not be able to afford health care services but have income or assets too high to qualify for regular Medicaid program. It allows the individual to spend down outstanding medical bills. It does not provide full Medicaid coverage.

- Services: Home health aides, eyeglasses, hearing aids, doctor, dentist, clinics, transportation, medical day care. Not full Medicaid.
- Eligibility: 65 or older, blind, disabled, child under 21, or pregnant
- Income Eligibility: Contact Board of Social Services.
- 609-989-4664

- **Global Options (GO) or “Community Choice Options”**

For those at risk of skilled nursing placement but seeking to remain at home. Extensive list of community-based, in-home services available. In 2008, must apply while in a skilled nursing or rehabilitation center. In 2009, will expand to include other home-based Medicaid waiver programs.

- 856-787-3830 or 609-704-6050
- State hotline 877-856-0877

MEDICAL CENTERS

CAPITAL HEALTH SYSTEMS

- **(Fuld) 609-394-6000** 750 Brunswick Ave, Trenton, NJ 08638
- **(Mercer) 609-394-4000** 446 Belleview Ave, Trenton, NJ 08618
- **Physician referral** 800-255-3440
- www.capitalhealth.org

PRINCETON HEALTHCARE SYSTEM

- www.princetonhcs.org
- **University Medical Center at Princeton**
 - 609-497-4000
 - 253 Witherspoon St, Princeton, NJ 08540
- **Merwick Rehab Hospital and Nursing Care**
 - 609-497-3000
 - 79 Bayard La, Princeton, NJ 08540
- **Princeton House Behavioral Healthcare**
 - Outpatient: 741 Mt Lucas Rd., Princeton, 497-3350
 - Inpatient: 905 Herrontown Rd, Princeton, NJ 08540, 800-242-2550
 - Psychiatric and substance abuse services
 - Senior Link program for older adults
 - *See also Mental Health*
- **Princeton HomeCare Services**
 - In-home nursing and rehab, hospice, and support services
 - 609-497-4900
- **Princeton Surgical Center**
 - 609-497-4380
- **Princeton Fitness and Wellness Center**
 - 609-683-7888

ROBERT WOOD JOHNSON MEDICAL CENTER

- **Hamilton: 609-586-5900**
 - 1881 Whitehorse-Hamilton Square Rd, Hamilton, NJ 08690
 - www.rwjhamilton.org
- **New Brunswick: 732-828-3000**
 - 1 Robert Wood Johnson Pl., New Brunswick, NJ 08903
 - www.robertwoodjohnson.com

ST. FRANCIS MEDICAL CENTER

- 601 Hamilton Ave, Trenton, NJ 08629
- 609-599-5000
- www.stfrancismedical.com

UNIVERSITY OF MEDICINE AND DENTISTRY OF NEW JERSEY

- Research, education, healthcare throughout NJ
- Find a doctor: 973-972-4300
- www.umdnj.edu
 - **COPSA Institute for Alzheimer's and Related Disorders
Community Outreach Program for Senior Adults**
 - Geripsychiatric and dementia evaluations and treatment
 - UMDNJ 100 Metroplex Dr, Ste. 200, Edison, NJ 08817
 - 1-800-424-2494
 - www2.umdnj.edu/~coyne/copsa.html

- **NJ Institute for Successful Aging - SOM-UMDNJ (School of Osteopathic Medicine)**
 - memory, geriatric, fall, geripsychiatric assessments & more
 - 42 E. Laurel Rd, Ste 1800, Stratford, NJ 08084
 - 856-566-6843
 - www.njisa.umdjn.edu/clinical/index.htm

MEDICAL EQUIPMENT & SUPPLIES

See also Adaptive Technology

ABBY LIFTS

- Ramps, wheelchair lifts, scooter lifts, stair lifts
- 1575 Rte 37 W., Suite 1, Toms River, NJ 08755
- 888-845-LIFT www.abbylifts.com

AMBEST SURGICAL SUPPLY

- 609-882-3702
- 1600 N. Olden Ave. Ext. Ewing NJ 08638

ASSISTIVE TECHNOLOGY SERVICES (CP OF NJ)

- 354 S. Broad St, Trenton, NJ 08608
- 609-392-4004
- www.cpodnj.org

BACK IN ACTION

- Program of DRNJ, recycles assistive technology
- 1-800-922-7233 or 609-292-9742
- 210 S. Broad St. Trenton, NJ 08608
- www.backinaction.njpanda.org

BRUNSWICK AUTOMOTIVE & MOBILITY PROFESSIONALS

- 1490 Rte 1 North, North Brunswick, NJ 08902
- 732-545-6300
- www.brunswickmobility.com

DELCREST MEDICAL SUPPLIES

- 2670 Nottingham Way, Hamilton NJ 08690
- 609-586-1679
- www.delcrestmedical.net

MEDICAL SUPPLY INC (MSI)

- Home delivered incontinence products
- 800-777-6647
- www.rpromise.com

MONMOUTH VANS & MOBILITY

- 800-221-0034
- www.monmouthvans.com

MONROE MEDICAL SUPPLIES

- 609-3935-7500

PRINCETON MEDICAL EQUIPMENT

- Princess Rd, Suite L, Lawrenceville, NJ 08648
- 609-844-0221

SENIOR WHEELS –motorized wheelchairs

- 800-246-6010
- www.seniorwheelsusa.com

W. SCOTT TAYLOR SURGICAL SUPPLY

- 940 Brunswick Ave, Trenton NJ 08610
- 609-599-9371

YOUR RESOURCE

- Recycles rehabilitation equipment and medical supplies
- 8 Industry Ct. Ewing, NJ 08638
- 609-530-1513
- www.yourresourcenj.org

MEDICARE

Statewide toll free number (Social Security & Medicare information)

- 800-772-1213
- www.medicare.gov
- www.mymedicare.gov – personal account to view your own plan details.

Medicare is a federal health insurance program operated by the Social Security Administration for persons 65 years of age or disabled. These are the most common parts used. Call a **SHIP** counselor for questions and advice on selecting a plan (see below).

- **Hospital Insurance (Part A)** helps pay for care in hospitals with certain follow-up care. Medicare pays benefits directly to the provider. You will get a Medicare benefits notice, which gives the office to contact if you have questions.
- **Medical Insurance (Part B)** pays a portion of doctor bills, certain outpatient services, other medical items, and services not covered under Part A. This is optional, with monthly premiums.
- **Prescription drug benefit (Part D)** pays for prescription drugs. Optional, with monthly premiums, copays, deductibles and restrictions depending on plan selected.

Medicare Advantage plans have lower premiums but manage your care through a network of participating providers, similar to an HMO or PPO.

Medicare Supplemental Insurance

Pays costs not covered by Medicare, such as copays and co-insurance. For a listing of the individual supplemental policies available for sale, contact:

- NJ Dept of Health & Senior Services
Division of Senior Affairs
P O Box 807
Trenton, NJ 08625-0807
- 800-792-8820

For a list of Medicare participating physicians, call Empire Medical Services

- 800-462-9306

MEDICARE SAVINGS PROGRAMS help people who do not qualify for Medicaid pay for some of the costs of Medicare. Income and asset levels vary. Asset limits are generally \$4000 single and \$6000 married. Application: Mercer Co. Board of Social Services for an appointment to complete an application. 609-989-4664 or 800-564-1595. www.mercercounty.org/mcbss

- **QI-1**
Pays for Medicare's Part B premium
- **QUALIFIED MEDICARE BENEFICIARY (QMB)**
Anyone 65 and older or disabled who receives Medicare A and/or Medicare B whose income and resources are at or below the federal poverty guidelines.
 - 609-989-4664
 - Coverage includes portions of Medicare Part B premiums and deductibles
And assistance with substantial co-payments for doctor bills, outpatient care, hospital stays over 60 days, and skilled nursing home care over 21 days.
- **SPECIFIED LOW INCOME MEDICARE BENEFICIARY (SLMB)**
SLMB is a program providing payments of Medicare Part B premiums and deductibles for persons not eligible for New Jersey Care because their income is too high. Application made through PAAD

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

- A statewide program administered by the New Jersey Dept. of Health and Senior Services, Division of Senior Affairs, with major funding from the U.S. Dept. of Human Services, Health Care Financing Administration. Provides trained volunteers to assist Medicare enrollees at no cost in filing claims with Medicare, Medigap, Medicare Advantage, Prescription Plans and long-term care options.
- 1-800-792-8820
- **Mercer County, call Family Guidance Center 609-924-2098 for appt.**
- Somerset County: Call RSVP: 908-704-6319
- Monmouth County: Call RSVP: 732-531-5511

MEDICARE RIGHTS CENTER

- Works to ensure affordable healthcare for older Americans and people with disabilities through education, counseling and public policy initiatives.
- www.medicareinteractive.org/index.php

PRO (PEER REVIEW ORGANIZATION)

- Medicare patient's rights. Investigates/mediates discharges from hospital for Medicare patients—if you feel you were discharged prematurely.
- 732-238-5570 or 800-624-4557
- 557 Cranbury Rd, Ste 21, East Brunswick, NJ 08816

MENTAL HEALTH & SUBSTANCE ABUSE

PRINCETON SENIOR RESOURCE CENTER

- Assessment, short-term counseling and consultations for older adults and their families. Sliding scale fees. Licensed staff.
- 609-924-7108
- 45 Stockton St., Princeton, NJ 08540
- www.princetonsenior.org

ASSOCIATION FOR THE ADVANCEMENT OF MENTAL HEALTH (AAMH)

- Counseling, psychiatry, groups, vocational support for people with mental illness.
- 819 Alexander Rd, Princeton, NJ 08540
- 609-452-2088

CARRIER FOUNDATION

- Older adults program, inpatient and outpatient treatment of psychiatric disorders.
- 252 Rte. 601, Belle Mead, NJ 08502
- 800-933-3579 or 908-281-1000
- www.carrierclinic.org

EMERGENCY MENTAL HEALTH SERVICES CENTER

- 24/7 service, On-site at Fuld Campus of Capital Health or Mobile Outreach Program
- 609-396-4357

FAMILY GUIDANCE CENTER

- Individual and family, mental health and substance abuse.
- 1931 Nottingham Way, Hamilton, NJ 08619
- Appointments: 609-587-6641 Offices in Hamilton, Ewing, Princeton, Trenton
- www.fgccorp.org

GREATER TRENTON BEHAVIORAL HEALTHCARE- Senior Well-being Program

- Education, case management, consultations and caregiver support
- 1001 Spruce St, Suite 205, Trenton, NJ 08638
- 609-396-6788 x 288 or 888-866-9565
- **Intensive Family Support Services**
 - Support for families of adults with mental illness
 - 609-396-6788 x 236

JEWISH FAMILY & CHILDRENS SERVICES

- Individual and family counseling, senior services including case management, counseling and social programs. Sliding scale fees.

- 609-987-8100
- 707 Alexander Rd, Princeton, NJ 08540

MERCER COUNCIL ON ALCOHOLISM & DRUG ADDICTION

- Outpatient drug and alcohol education; information and referral
- 609-396-5874
- www.mercercouncil.org

NEW JERSEY PSYCHIATRIC ASSOCIATION

- Provides information and referral about mental illness.
- 800-345-0143 or 908-685-0650
- 9 am - 2 pm, or leave a message after hours
- www.psychnj.org

PRINCETON HOUSE SENIOR LINK

- Princeton HealthCare System Program: senior inpatient, partial care, outpatient counseling and substance abuse services.
- 905 Herrontown Rd, Princeton, NJ 08540
- 800-242-2550

TRINITY COUNSELING SERVICES

- Pastoral and mental health counseling for adults. Sliding scale fees.
- 22 Stockton St, Princeton, NJ 08540
- 609-924-0060
- www.trinitycounseling.org

PAPERWORK & PERSONAL ASSISTANCE

See also Downsizing and Moving

B & I MONEY MANAGEMENT

- Barbara Edery
- PO Box 1291 Highland Park, NJ 08904
- 732-296-0453
- www.bnimanagement.com

BILL PAYING

- Sharon Hills
- 609-443-5281

FOR YOUR CONVENIENCE

- Paperwork, personal assistance, transportation
- Carol Streisand
- 609-448-9188

HUGH & SANDRA JANNEY SPECIALIZED SERVICES FOR SENIORS

- Handyman, repairs, paperwork, household management services

- PO Box 528 Spring Lake, NJ 07762
- 609-883-3950

MCCAFFREYS

- Home delivery of groceries for a fee
- 609-683-1600

MEDICAL CLAIMS RELIEF

- Sharon Fenton. Help with medical insurance claims, record keeping, year end summaries
- PO Box 188 Hopewell, NJ 08525
- 466-2944

PERSONAL PAPERWORK SOLUTIONS

- Paperwork, insurance claims, bills, etc.
- Linda Richter
- 9 Witherspoon Ct, E. Windsor, NJ 08520
- 609-371-1466

PEAPOD BY STOP & SHOP

- Home delivery of groceries for a fee, minimum order
- Order online at www.peapod.com

PRINCETON CONCIERGE

- Errands, housesitting, transportation, etc.
- 609-658-6107

SIMPLE SOLUTIONS

- Organizing and clutter control
- Linda Manzo 215-702-8387
- 224 N. Pine St. Langhorne PA 19047
- simplesolutionZ@aol.com

PHARMACEUTICAL ASSISTANCE

Many pharmaceutical companies have a program to provide medications to those unable to pay. An application must be submitted by your physician to the company. **PSRC** can not endorse or recommend any out-of-country pharmacy options while quality and legality are in question. Princeton Pharmacy at the University Store and CVS offer weekday home delivery. Several plans offer mail order and some stores now match those prices.

24 hour pharmacy: CVS Hamilton Square, 1099 Rte. 33. 586-6384.

AARP PHARMACY SERVICE

- Offers discounts on a variety of prescriptions through Walgreens. No membership required
- 800-456-2277 for information
- www.aarp.walgreens.com

BENEFITS CHECK UP RX

- www.benefitscheckuprx.org is an online screening tool sponsored by the National Council on Aging to assist low-income people in finding federal, state and local assistance programs.

FAMILYWIZE

- Discount pharmacy card at participating pharmacies
- 1-800-222-2818 www.familywize.org

LIFE IS GOOD DISCOUNT PHARMACY CARD

- www.freeprescriptionplan.org

MERCER COUNTY PRESCRIPTION ASSISTANCE

- 10-50% discounts for eligible residents
- 1-800-633-0037

NEEDYMEDS.ORG

- Helps people who can't afford healthcare and medication.
- www.needymeds.org/index.shtml

NEW JERSEY DRUG REGISTRY

- Comparison of prices of commonly used drugs at various pharmacies
- 1-800-242-5846
- www.njdrugprices.nj.gov

PHARMACEUTICAL ASSISTANCE TO THE AGED & DISABLED (PAAD) and **SENIOR GOLD** are both state-funded prescription programs, which help eligible NJ residents pay for prescription drugs (including insulin, insulin needles, certain diabetic testing materials and syringes, and needles for injectable medicines used for the treatment of multiple sclerosis).

- 800-792-9745
- 609-252-2362 Spruce Circle office- for assistance completing forms
- www.nj.gov/health/seniorbenefits/paad.shtml and www.nj.gov/health/seniorbenefits/senior-gold.shtml
- Eligibility: NJ resident, over 30 days with permanent address, 65+, **or** at least 18 years of age and receiving Social Security Disability benefits, income limits (see insert)
- Mail order Rx: 800-409-0983

PAAD cardholders pay \$6/7 per prescription. PAAD covers basic Medicare Part D premiums. People who are eligible for PAAD may also be eligible to receive other benefits such as Lifeline, which provides assistance for utility bills, Hearing Aid Assistance to the Aged and Disabled, reduced motor vehicle fees, property tax freeze, and discounts from Verizon and AT&T.

Senior Gold cardholders pay \$15 plus 50% of the remaining cost for each prescription. When annual out-of-pocket expenses exceed \$2000 for single persons and \$3000 a year for married couples, each prescription costs only \$15.

RX4NJ Free or Discounted Drugs

- 888-793-6765
- www.rx4nj.org

TOGETHER RX

Prescription Savings Program

- 800-444-4106
- www.togetherrxaccess.com

WALMART \$4 PRESCRIPTION PROGRAM

- www.walmart.com/pharmacy or ask in store
- Covers several common over the counter and prescription drugs. \$4 for 30 day supply, some generics \$10 for 90 days.

RESPITE CARE

Provides caregivers with temporary relief from or assistance with the responsibility of home caregiving.

Inpatient/residential options are available at most assisted living, rehabilitation and skilled nursing homes. Home Health agencies also provide in-home respite services. Select the level of care that is needed. Listings of these facilities are available in *Alternative Living Arrangements for Seniors*.

STATEWIDE RESPITE CARE PROGRAM

- Offers an array of home health services for families or individuals who provide unpaid basic daily care at home to someone who is functionally impaired (having a chronic physical or mental disability that would require supervision or assistance with basic daily needs from a caregiver). Services include companions, home health aides, day care, private duty nursing, alternate family care, inpatient care, and "campership." For adults over the age of 18 who reside in New Jersey.
- 877-222-3737 Statewide
- 609-599-5246 - the Mercer County office
St Francis Medical Center, 601 Hamilton Ave, Trenton NJ 08629.
- Caregiver Education program education and/or counseling on short term basis in the home. No fee criteria.

RETIREMENT

ENGAGED RETIREMENT

- Program of Princeton Senior Resource Center to help people make a personal retirement plan that goes beyond financial planning to consider all aspects including personal satisfaction, work, civic engagement, time management, location and other factors for a successful retirement. Also ways to enhance your resume through volunteering and Senior Internships.
- 609-924-7108
- www.princeton senior.org

REVERSE MORTGAGES

A reverse mortgage provides home-owners access to the equity in their home as a source of income while maintaining ownership of –and residency in--the home.

The National Council on Aging has produced a helpful guide: *Using your home to stay at home*, available at www.ncoa.org/content.cfm?sectionID=250

NJ HOUSING & MORTGAGE FINANCE AGENCY

- For homeowners age 62+
- 609-278-7559 or 800-654-6873
- www.nj-hmfa.com (click on Homeownership)

HOME EQUITY CONVERSION MORTGAGE (HECM)

- Sponsored by the US Department of Housing & Urban Development
- 451 7th St SW, Washington DC 20410
- 202-708-1112
- www.hud.gov/offices/hsg/sfh/hecmhome.cfm

You can also explore this with most bank and mortgage companies.

SELF-HELP & SUPPORT

ALCOHOLICS ANONYMOUS

- www.centraljerseyintergroup.org 609-656-8900
- Alcoholics-anonymous.org

ALANON

- 888-425-2666
- www.al-anon.alateen.org

GAMBLERS ANONYMOUS

- www.gamblersanonymous.org
- New Jersey: 1-800-GAMBLER

NEW JERSEY SELF-HELP CLEARINGHOUSE

- Current listings of all self-help and support groups in N.J. for everything imaginable, especially health and mental-health related.
- 375 E. McFarlan St, Dover, NJ 07801
- 800-367-6274 or 973-989—1122
- www.njgroups.org

PRINCETON SENIOR RESOURCE CENTER

- Support groups for bereavement, caregiving and life transitions
- Social groups for friendships, and for non-native English speakers.
- 609-924-7108
- www.princeton senior.org

SENIORMATCH.COM

- Internet meeting and dating site for people 50+

SENIOR CENTERS

Senior centers are a focal point in the community providing a wealth of information to seniors. Services provided include information and referral, counseling, program activities social and educational. Hours vary. Call for information.

<u>SENIOR CENTER</u>		<u>TELEPHONE</u>
• East Windsor Senior Center	40 Lanning Blvd, E Windsor, 08520	609-371-7192
• ECHO - Ewing	471 Parkway, Ewing, 08618	609-695-4151
• Ewing Township Senior Center	320 Hollowbrook, Ewing, 08638	609-883-1009
• Hamilton Senior Center	409 Cypress La, Hamilton, 08619	609-890-3686
• Hopewell Valley Senior Center	Reading Ave, Pennington, 08534	609-737-3855
• Hopewell Valley Senior Services	201 Washington Crossing Rd 08560	737-0605 x 692
• Lawrence Senior Center	30 Darrah La, Lawrenceville, 08648	609-844-7048
• Montgomery Senior Center	356 Skillman Rd, Skillman, 08550	609-466-0846
• Plainsboro Senior Center	Municipal Bldg, Plainsboro 08536	609-799-0909
• Princeton Senior Resource Center	45 Stockton St, Princeton 08540	609-924-7108
• South Brunswick Senior Center	540 Ridge Rd, Monmouth Jct 08852	732-329-4000
• Washington Township Senior Center	1117 Rte 130 Robbinsville, 08691	609-259-1125
• West Windsor Township Senior Center	PO 38 Princeton Jct,08550	609-799-9068

For other communities, please call your local County Office on Aging.

SKILLED NURSING HOMES/REHABILITATION

Nursing homes are considered when the level of care needed includes skilled nursing care, 24 hour personal care, and/or assistance with moving from bed to chair (“two-person transfer”). Sometimes temporary *rehabilitation* care in a nursing home or rehabilitation center is necessary to follow-up after surgery or a major health event. Most nursing homes are based on a medical model of care, with an emphasis on medical care and various therapies, (occupational, physical and recreational), as well as social support. There is a licensed nurse on duty at all times. Most are for-profit organizations, while some are non-profit. Nursing homes are licensed and regulated by the State of New Jersey. Fees are covered by private pay, Medicaid and/or health insurance, including Medicare and long-term care insurance.

Medicare www.medicare.gov, and New Jersey Health & Senior Services www.state.nj.us/health/healthfacilities/guide/inspect.shtml list local facilities and their most recent state inspection performance. In 2009 there is a new star rating scale.

APPLEGARTH CARE CENTER

- 189 Applegarth Rd, Jamesburg, NJ 08831
- (609) 448-7036

ARCADIA NURSING & REHABILITATION

- 1501 State Hwy 33 Hamilton Square, NJ 08690
- (609)586-1114

CARE ONE AT EWING

- 1201 Parkway Ave., Ewing NJ 08628,
- (609)882-6900
- www.care-one.com/facilities/ewing.asp

CARE ONE AT HAMILTON

- 1660 Whitehorse-Hamilton Sq. Rd., Hamilton Sq. NJ 08690
- (609)586-4600
- <http://www.care-one.com/facilities/hamilton.asp>

CHANDLER HALL HEALTH SERVICES

- 99 Barclay St, Newtown, PA 18940
- (215)860-4000
- www.chandlerhall.org

CONSULATE HEALTH CARE - LAWRENCEVILLE

- 112 Franklin Corner Rd, Lawrenceville, NJ 08648
- (609)896-1494
- www.consulatemgt.com

ELMS OF CRANBURY

- 61 Maplewood Ave, Cranbury, NJ 08512
- 609-395-0641
- www.elmsofcranbury.com

GREENWOOD HOUSE for the Jewish Aged

- 53 Walter St, Ewing, NJ 08628
- 609-883-5391
- www.greenwoodhouse.org

HAMILTON CONTINUING CARE

- 1059 Edinburg Rd, Hamilton, NJ 08619
- 609-588-0091
- www.hamiltoncontinuingcare.com

MERCER COUNTY GERIATRIC CENTER

- 2300 Hamilton Ave, Trenton, NJ 08619
- 609-588-5800
- <http://nj.gov/counties/mercer/departments/hs/geriatric.html>

MERCERVILLE CENTER (GENESIS)

- 2240 Whitehorse Mercerville Rd, Mercerville, NJ 08619
- (609)586-7500

- www.genesishcc.com

MERWICK CARE CENTER

- Part of Princeton HealthCare Systems
- 79 Bayard La., Princeton, NJ 08540
- (609)497-3000
- www.princetonhcs.org

MORRIS HALL

- 1 Bishop Dr., Lawrenceville, NJ 08619
- 609-896-0006
- www.morrishall.org

PARK PLACE CENTER (GENESIS)

- 2 Deerpark Dr., Monmouth Jct., NJ 08852
- 732-274-1122
- www.genesishcc.com

PAVILIONS AT FORRESTAL

- 5000 Windrows Dr, Princeton, NJ 08540
- 609-987-1221
- www.thepavilionsatforrestal.com

PRINCETON CARE CENTER

- 728 Bunn Dr., Princeton, NJ 08540
- 609-924-9000
- www.princetoncarecenter.net

REGENCY (Part of Wilf Campus)

- Primarily for Jewish aged.
- 350 DeMott La, Somerset, NJ 08873.
- 732-873-2000.
- <http://www.wilfcampus.org>.

ST. LAWRENCE REHABILITATION

- 2381 Lawrenceville Rd (Rte 206), Lawrenceville, NJ 08648
- 609-896-9500
- www.slrc.org.

STONEBRIDGE AT MONTGOMERY

- 100 Hollingshead Spring Rd., Skillman, NJ 08558
- 800-218-3456
- www.phsnet.org

Additionally, many of the CCRC's will admit private pay patients directly into their skilled nursing facilities.

see also *Alternative Living Arrangements for Older Adults publication*

TAX ASSISTANCE

AARP TAX ASSISTANCE

Trained volunteers from AARP assist senior citizens in filing both federal and state income taxes. Available to all who file uncomplicated returns. Free!

- Call PSRC at 609-924-7108 for an appointment between February 1 and April 15.
- Appointments available at various locations including the Suzanne Patterson Building
Also in other municipalities—call senior centers.

INTERNAL REVENUE SERVICE

- 44 S. Clinton St, Trenton, NJ
- 800-829-1040
- Local tax payer advocate: 973-921-4043
- www.irs.gov/individuals/index.html

NJ STATE DEPARTMENT OF TAXATION

- 50 Barrack St., Trenton, NJ 08695
- 800-323-4400 or 888-895-9179 automated
- 609-292-6400 Customer Service
- www.state.nj.us/treasury/taxation

NEW JERSEY PROPERTY TAX RELIEF PROGRAMS

- For an overview of all programs call 800-323-4400 or 609-292-6400 or visit web site at www.state.nj.us/treasury/taxation
- **FAIR REBATE** (replaced Homestead and Saver Rebates)
 - 1-888-238-1233
 - www.state.nj.us/treasury/taxation/
 - NJ Division of Taxation, FAIR Homeowner Rebate, PO Box 900, Trenton, NJ 08695-0090
- **Property Tax Reimbursement(PTR):** Call 800-882-6597. Homeowners (including those of mobile homes) 65+ and disabled who pay property taxes on their principal residence in NJ. Must be NJ resident for at least 10 years and have lived in the home at least the last 3 years. Must meet certain income limits. File Form PTR-1 or PTR-2 by June 1.
- **Property Tax Deduction/Credit:** Homeowners and tenants who paid property taxes on principal residence in NJ. File Form NJ-1040, Form NJ-1040EZ-P, or Form HR-1040 if not required to file income tax return by April 15.
- **Senior Citizens' Annual Property Tax Deduction:** Annual deduction up to \$250 from property taxes for homeowners age 65+ or disabled who meet certain income and residency requirements. Call local municipal tax office. For Princeton Borough 609-497-7625; for Princeton Township 609-924-1058

- **Veterans' Deduction** Annual deduction from taxes due on real or personal property paid to qualified war veterans and their unmarried surviving spouses. Call local municipal tax office. For Princeton Borough 609-497-7625; for Princeton Township 609-924-1058
- **NJ Senior Freeze** 877-225-1312 Rebate if income eligible, based on tax when bought home. New guidelines in 2009.

TELEPHONE PROGRAMS

AT&T-- Lifeline Program

- Usage minimum waived on AT&T Long Distance as well as the Carrier Line and Universal Connectivity charges.
- 888-549-2803
- Eligibility: Same as for Verizon. Must certify as eligible or currently participate in state telephone assistance program.

VERIZON-- New Jersey Residential Customers

- *Communications Lifeline* provides free Touch-tone Service and a credit toward monthly telephone bills.
- *Link Up America* provides a 50% discount on telephone connection charges. The remaining 50% is billed in 12 monthly payments
- Over 65 -150% of poverty level, or on an assistance program.
- Apply through Mercer Co. Welfare Office, Mercer Co. Board of Social Services, Mercer County Office on Aging or self-certify at 1-800-427-9977.

Contact other local and long distance phone companies to find out if they have similar programs. Some Cell phone companies may also have senior discount plans.

JITTERBUG CELL PHONE

- A cell phone targeted for an older adult market with large numbers and no frills.
- 1-888-768-1727
- www.jitterbugdirect.com

TRANSPORTATION

ACCESS LINK-NEW JERSEY TRANSIT

- Offers people with disabilities paratransit service which is comparable to the local bus service. Mini-buses and wheelchair-accessible vans are used.
- 800-955-2321 for more information and to receive an information packet
- 800-955-6765 for TTY calls
- www.njtransit.com
- Each person must be certified at one of the NJ Transit Access Link certifying agencies.

CROSTOWN 62

- Door-to-door transportation within Princeton Borough and Township only for residents 65 years and older or disabled who no longer drive. Rides provided by car, but you must register first with Crosstown.
- 609-688-2055 or 609-924-6162 to register; after registration, call Ride Provide at 609-452-5144 to schedule a ride.
- Transports residents within Princeton Borough and Township only or to Wellness Center. Rides to PHCS Medical Center complex will be refunded.
- Must make reservations at least 1-2 days in advance-Transportation requests taken only between 10 am and 2 pm, Mon.-Fri.
- Fees are subsidized by the municipalities. Payment is by coupon only. Each coupon costs \$3 (cost of 1 way ride, 2009). Coupons may be purchased at PSRC or Princeton Human Services (next to Township Municipal Building).
- Hours of operation: 8:00 am –5:00 pm, Mon-Fri.

NEW JERSEY TRANSIT REDUCED FARE PROGRAM

- Seniors (62 and older) and the disabled can ride NJT trains, light rail & busses for 50% or more reduction in fare.
- You must show your Medicare card or NJ Transit Reduced Fare ID or other accepted ID or present reduced fare coupons.
- NJ Transit Reduced Fare coupons can be obtained from local banks or:
NJ TRANSIT Reduced Fare Program
180 Boyden Avenue
Maplewood, NJ 07040
- To get a reduced fare on a private interstate bus, obtain NJT coupons from local banks or PSRC.
- 1-973-378-6401
- www.njtransit.com/sf/sf_servlet.srv?hdnPageAction=ReducedFareTo

RIDE PROVIDE

- \$35 (\$50 family) Annual Membership fee plus per-ride fee, 10 mile radius of QB Mall.
- Fees based on zones traveled. \$6-10-15 + \$2 fuel charge per ride.
- Hours: 24/7, extra charge before 8 am or after 8 pm
- 15 Roszel Rd, Princeton, NJ 08540
- 609-452-5140 for more information, 452-5144 to schedule rides.
- www.rideprovide.org

TRADE (Transportation Resources to Aid Disadvantaged and Elderly)

- Mercer County supported program to provide transportation assistance at no cost to elderly, low-income or disabled Princeton residents.
- 609-530-1971 between 9 am - 3 pm for reservations
- Daily door-to-door service from home to nutrition site, medical and other appointments. Schedule two weeks in advance.
- Wheelchair van available on request. No fee.
- SHOPPING TRIPS every Wednesday at 1 pm for nutrition site participants from the nutrition site to the Princeton Shopping Center. No fee.

PRIVATE MEDICAL TRANSPORTATION PROVIDERS

- ABLE 800-323-2253
- Alert Ambulance 732-364-2856
- Medi Transport 609-631-0020
- Right Hand 908-331-2719
- Van-Go 800-714-3404

DRIVING ASSESSMENTS

- St Lawrence Rehabilitation Center, Lawrenceville, NJ 08648
609-896-9500 x 2494 Professional assessment of driving abilities. Need Dr. referral.
- “CarFit” at www.asaging.org/carfit
- AARP Safe Driving Course- call local AARP office or go to www.aarp.org/drive/online

VETERAN’S SERVICES

MERCER COUNTY VETERAN’S SERVICES

- 2280 Hamilton Ave, Hamilton, NJ 08619
- 609-989-6120

NEW JERSEY DEPARTMENT OF MILITARY & VETERAN’S AFFAIRS

- Eggert Crossing Rd, PO Box 340, Trenton, NJ 08625-0340
- 888-8NJ-VETS or 866-VETS-NJ4U.
- www.state.nj.us/military

VETERANS ADVANTAGE

- Discounted products and services to veterans, including medications, eyewear.
- www.veteransadvantage.com/index.html

VISION, HEARING & DENTAL

Audiobooks on tape

- www.recordedbooks.com
- www.audiotogo.com
- www.booksontape.com

THE ASSISTIVE LISTENING TECHNOLOGY LOAN PROGRAM

- Loans of two types of assistive listening systems for up to 4 weeks to try. Through Piscataway Public Library. 732-436-1633. Sponsored by NJ Division of Deaf & Hard of Hearing. 800-792-8339 and NJ Library for Blind & Handicapped, Deaf and Hard of Hearing Awareness Program 609-530-3957.

CHOICE Magazine

- Audio anthology of best current magazine writing on 4-track cassette tapes. Free to visually impaired.
- 1-888-724-6423

EYECARE AMERICA

- Provides medical and surgical care for the eyes for financially disadvantaged people age 65 years or over. Program does not include eyeglasses. Patient's insurance company is billed directly; patient pays nothing. No one is turned away for lack of insurance.
- Additional requirements: must be a US citizen or a legal resident; show financial need; have not seen an ophthalmologist in the last three years
- 800-222-EYES (3937)
- www.eyecareamerica.org

HEAR NOW –STARKEY HEARING FOUNDATION

- recycled hearing aids for low-income people
- 1-800-648-4327

HEARING AID ASSISTANCE TO THE AGED AND DISABLED (HAAAD)

- Provides \$100 reimbursement to eligible persons who purchase a hearing aid. Those who receive Medicaid or have full insurance coverage or retirement benefits are not eligible.
- Eligibility: NJ resident; 65 or older, or at least 18 years of age and receiving Social Security Disability benefits; has only limited or partial insurance coverage.
- 609-497-4220 for the Medical Center at Princeton screening
- 800-792-9745
- www.state.nj.us/health/seniorbenefits/haaad.shtml

MACULA VISION RESEARCH FOUNDATION

- 300 Barr Harbor Dr, Ste 600, West Conshohocken PA 19428
- 866-462-2852 or 610-668-6705
- www.mvrf.org

NJ COMMISSION FOR THE BLIND & VISUALLY IMPAIRED

- Goal is to provide and promote services through education, employment, eye health services. Will do in-home assessments/aids (vision).
- 732-255-0722 or 1-877-685-8878
- www.cbvi.nj.gov

NATIONAL LIBRARY SERVICE FOR THE BLIND & PHYSICALLY HANDICAPPED

- Library of Congress program. Loans of books, magazines and music
- 1-888-NLS-READ (888-657-7323)
- www.loc.gov/nls/

NEW EYES FOR THE NEEDY

Provides new prescription eyeglasses to the needy through a voucher program.

- 973-376-4903
- PO Box 332, 549 Millburn Ave, Short Hills, NJ 07078.
- www.neweyesfortheneedy.org

NEW JERSEY LIBRARY FOR THE BLIND & HANDICAPPED

- Large print books, Braille, books on tape, audio vision and more. Also Deaf and Hard of Hearing Services.
- 2300 Stuyvesant Ave, Trenton, NJ 08625
- 800-792-8322
- www.njlbh.org

SENIOR DENT PROGRAM (a service of the NJ Dental Association)

- Provides list of dentists who will give 15% discount on dental services to those eligible.
- To apply: 732-821-9400 (NJ Dental Association) , 1-800-792-8820
- 1 Dental Plaza, North Brunswick, NJ 08902.
- www.njda.org
- Eligibility: must have a PAAD (pharmacy) card and no dental insurance or Medicaid benefits

UNIVERSITY OF MEDICINE AND DENTISTRY OF NJ-DENTAL CLINIC

see UMDNJ under HealthCare-Medical Centers

There is also a Medicaid Dental Program—*see Medicaid section*.

There are several online eyeglass sites which sell discounted prescription lenses and frames.

VOLUNTEERING

The **Princeton Senior Resource Center** welcomes volunteers, who make our range of programs and services possible. Positions range from single events to weekly commitments. Be a GrandPal or a HomeFriend or teach a class. Call 924-7108, visit our website, or talk to a staff person to see how we can fit your interest with our needs.

HANDS ON HELPERS

Website/clearinghouse for volunteer opportunities in the greater Mercer Area.

- www.handsonhelpers.org
- 120 John St., Princeton, NJ 08540
- 609-921-8893

IDEALIST.ORG

- Volunteer matching website

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

- Gives retired seniors (55+) opportunities to volunteer in the community.
- 1985 Pennington Rd, Ewing, NJ 08618
- 609-883-2883.

SENIOR CORE OF RETIRED EXECUTIVES (SCORE)

- Meets at the Princeton Public Library. Provide counseling to individuals in business.
- 12 Roszel Rd. Princeton, NJ 08540
- 609-520-0634
- www.scoreprinceton.org

SENIORNET.ORG

- Volunteers assist seniors 50+ with technology access and education
- www.seniornet.org

VOLUNTEERMATCH.ORG

Volunteer matching website

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