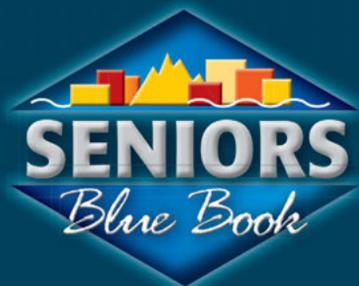


Housing and Resources for Aging Well

FREE



ESSEX, HUDSON, AND UNION COUNTIES

*A Directory of New Jersey Senior Housing and Resources
Spring–Summer 2019*



**Home Health
and Housing Grids**

**Sinai Post-Acute
Nursing and Rehab**

Visit us at www.SeniorsBlueBook.com
Seniors Resource Line: 973-560-0064

1. Community Resources and Services – Red
2. Health at Home – Purple
3. Housing Options – Green

3. Housing

First you should familiarize yourself with the many options available and determine which one is best for your needs. You will find definitions on each type of housing within the housing section. Then turn to our easy to read comparison grids. The grids are divided into 4 categories, depending on the type of community: Independent Living, Assisted Living, Alzheimer's Assisted Living, and Skilled Nursing. The buildings are listed by county so you can zero in on the specific areas you are looking for.

You will also find many feature articles throughout the publication. These articles are written by local experts on a variety of topics that can aid you in making the right choices.

www.SeniorsBlueBook.com

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Additional copies
of this Directory
are available FREE at most
of the gathering places for
seniors, many of which
are featured in the
Seniors BLUE BOOK.

Give us a call at

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and we will direct you to
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Letter from the Publisher

Dear Valued Readers,

Welcome to the 27th edition of the **Seniors Blue Book**. With each passing edition the Seniors Blue Book continues to grow in size, accessibility, and information. I want to offer you my heart felt thanks for continuing to turn to and trust the Seniors Blue Book as your primary go to source for anything and everything that is related to seniors, caregivers and their well being.

It is our mission to provide you with all possible options and opportunities that are available in an easy to read format. The guide is broken down into three main sections; **Community Resources and Services, Home Health Care & Non-Medical Home Care Agencies and Senior Housing**. We include definitions of these services and indicate which companies offer these in the appropriate Home Health and Housing Grids.

We continue to offer the **Solutions for Seniors resource help line at 973-560-0064** for those that need help navigating the information within our publication and website and to offer FREE assistance to those that wish to ask for our information assistance.

SeniorsBlueBook.com is our dynamic website that will not only offer all of the information listed in the Seniors Blue Book, but empower the viewer to find local events and activities and post their own events and activities. The community calendars will be interactive and I am expecting avid participation from both seniors and their providers. SeniorsBlueBook.com will also be offering senior professionals their own senior calendar for networking opportunities, promotion of their own events and job opportunities. The community calendars are only a smidgen of the new information that will be available on SeniorsBlueBook.com. Please log on and check it out for yourself. I promise that you will bookmark SeniorsBlueBook.com and come back again and again. Thank you for your continued support and give me a call or an e-mail if you have any suggestions or comments that will further enhance the Seniors Blue Book.

Sincerely,



Housing & Resources for Aging Well

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ADULT DAY SERVICES

Adult day programs are for elders who need a place to stay during daytime hours because they have difficulty functioning alone (i.e. dementia or physical limitations). The programs offer purpose and stimulation. Most facilities place participants into groups with specific limitations. For more information call our Seniors Resource Line at 973-560-0064.

ESSEX COUNTY

Adult Day Health Center at Newark Beth Israel Medical Center

201 Lyons Ave, Newark 973 **926-3004**

Belleville Senior Svcs, 518 Washington Ave, Belleville 973 **751-6000**

Birchwood Adult Day Care Ctr, 115 Evergreen Pl, East Orange 973 **676-2600**

Clarendon Adult Day Center, 30-34 Okner Pkwy, Livingston 973 **715-5872**

Garden Adult Medical Day Care Center

717-727 Broadway, Newark 973 **268-1212**

Good Life Adult Day Care, 515 N Arlington Ave, East Orange 973 **674-5100**

Happy Days Adult Medical Day Health Care

– **Center I**, 67 S Munn Ave, East Orange 973 **678-0755**

– **Center II**, 1060 Broad St, Newark 973 **643-3500**

Independence Place, 155 Fortieth St, Irvington 973 **374-0405**

Life Adult Medical Day Care Center

290 Chestnut St, Newark 973 **578-2815**

New Community Adult Medical Day Care

266 S Orange Av, Newark 973 **624-2002**

North Ward Ctr, The, 288-298 Mt Prospect Ave, Newark 973 **481-6145**

Premier Adult Day Care Ctr, 37 N Day St, Orange 973 **395-9800**

Senior Care and Activities Center

110 Greenwood Ave, Montclair 973 **783-5589**

The Oasis at Sinai Adult Medical Day Care

65 Jay St, Newark 973 **483-6800**

Women of Inspiration Adult Day Care Center

170 N Oraton Pkwy, East Orange 973 **676-1072**

HUDSON COUNTY

AdultCare, 1607 Manhattan Ave, Union City 201 **864-5400**

Advanced Svcs Intl Day Care, 49-51 Morton Pl, Jersey City 201 **209-0001**

Bayonne Adult Medical Day Care Ctr

801-803 Broadway, Bayonne 201 **243-0035**

Casa Manito Adult Medical Daycare, 324 55th St, West New York ... 201 **223-6800**

Happy Days Adult Medical Day Health Care

– **Center III**, 591 Montgomery St, Jersey City 201 **938-0300**

Continued on next page >



ADULT DAY SERVICES – HUDSON COUNTY *continued*

Lutheran Senior Life Adult Medical Day Care Center

377 Jersey Ave, Jersey City 877 **543-3188**

Newport Adult Day Care, 198 Stevens Ave, Jersey City 201 **451-9000**

Rise and Shine Adult Medical Daycare

6201 Grand Ave, North Bergen 201 **869-4443**

2nd Home Union City, 3610 Palisade Ave, Union City 201 **864-0400**

St Ann's Home for the Aged, 198 Old Bergen Rd, Jersey City 201 **433-0950**

Sunflower Medical Adult Day Care, 300 Broadway, Bayonne 201 **243-0666**

UNION COUNTY

Adult Day Program at Muhlenberg Regional Medical Ctr

Park Ave & Randolph Rd, Plainfield 908 **668-2328**

ARC of Union County, The, 215 E 1st Ave, Roselle 908 **259-4992**

Circle of Friends, 40 Stern Ave, Springfield 973 **376-4004**

Daybreak Adult Daycare at Elizabeth

712 Newark Ave, Elizabeth 908 **353-3530**

Engel Social Day Care Ctr for Seniors, 505 South Av E, Cranford .. 908 **497-3945**

Five Star Adult Medical Day Care Ctr

1201 Deerfield Terr, Linden 908 **486-5750**

Health Guard Adult Day Health Care, 545 E 1st Ave, Roselle... 908 **298-8588**

Norwood Terrace Nursing & Rehab Ctr

40 Norwood Av, Plainfield 908 **769-1400**

SarahCare Adult Day Care Ctr, 130 Rt 22 E, N Plainfield 908 **561-8888**

Second Home Elizabeth, 420-432 N Broad St, Elizabeth 908 **436-0018**

Senior Spirit Medical Day Care

430 E Westfield Av, Roselle Park 908 **241-9393**

Town Square Adult Medical Day Care

1155 E Jersey St, Elizabeth 908 **787-0980**

Wise Adult Day Care, 2095B Berwyn St, Union 908 **687-2995**

ADVANCE FUNERAL PLANNING

Wm. A. Bradley & Son Funeral Home (*ad on page 9*)

345 Main St, Chatham 973 **457-4724**

Bradley-Braviak Funeral Home (*ad on page 9*)

49 Whippany Rd, Whippany 973 **457-4724**

Bradley, Haeberle & Barth Funeral Home (*ad on page 9*)

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Continued on next page >

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Wm. A. Bradley & Son Funeral Home, John Caffrey, N.J. Lic. No. 4398, 345 Main St., Chatham NJ 07928, (973) 635-2428

ADVANCE FUNERAL PLANNING *continued*

Bradley, Smith & Smith Funeral Home (*ad on page 9*)

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Bradley, Brough & Dangler Funeral Home (*ad on page 9*)

299 Morris Ave, Summit973 **457-4724**

Simply Cremation New Jersey (*ad on page 9*)

1100 Pine Ave, Union.....973 **457-4724**

SeniorsBlueBook.com simplifies your search



Whether you are trying to locate a retirement community in Union city that accepts pets or a fun activity to attend in Newark tonight, SeniorsBlueBook.com has all the information you are looking for.

SeniorsBlueBook.com was designed to enhance the printed version of the Seniors Blue Book and offer up to date information.

Visit www.SeniorsBlueBook.com/local/NewJersey and find out what you have been missing.



ADVOCACY FOR ALZHEIMER'S LEGISLATION

Alzheimer's Association – Greater New

New Jersey Chapter (*ad on page 11*) 800 **272-3900**

AGENCIES ON AGING

Eldercare Locator Nationwide 800 **677-1116**

Essex County Division of Senior Services

900 Bloomfield Ave, Verona 973 **395-8375**

Hudson County Office on Aging

595 County Ave, Secaucus 201 **271-4320**

Newark Office on Aging, 94 William St, 1st Flr, Newark 973 **733-5330**

Union County Division on Aging

Elizabeth Plaza, Elizabeth 908 **527-4870**

AGING IN PLACE HOME MODIFICATION

Back Home Safely

(*ad on page 41*) 973 **219-4147**

ALZHEIMER'S DISEASE & DEMENTIA SPECIALIZATION

Alzheimer's Association – Greater New

New Jersey Chapter (*ad on page 11*) 800 **272-3900**

Health Care Connect, LLC

(www.myhealthcareconnect.com) 908 **832-0417**

Jewish Family Service of Central NJ

– Counseling, Case Mgmt & Consultation

655 Westfield Ave, Elizabeth 908 **352-8375**

Unicity Eldercare

(*ad on page 65*) 201 **670-7100**

ASSESSMENTS

Accredited Health Services

(*ad on page 65*) 877 **200-0606**

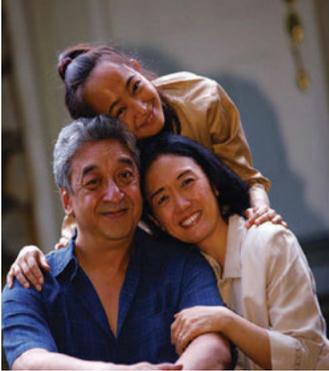
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alzheimer's association®



Did you know someone develops Alzheimer's every 65 seconds?

With over 180,000 New Jersey residents living with Alzheimer's we want you to know the Alzheimer's Association is here to help.

We provide the following Programs and Services to help:

- 24/7 Helpline 800.272.3900
- Programs and services to the residents of NJ
- Support Groups for people living with Alzheimer's or a related dementia and their care partners
- Alzheimer's Navigator online assessment program
- Trial Match clinical trials website
- Early Stage engagement programs
- Research
- alz.org/nj

Thanks to our Signature Events we are able to provide our Programs and Services to our families and all communities of care.



The Greater New Jersey Chapter Headquarters is located in Florham Park. To learn more about becoming a volunteer or to make a tax-deductible donation please visit alz.org/nj.

800.272.3900 | alz.org/nj



ASSISTED LIVING PLACEMENTS

Health Care Connect, LLC

(www.myhealthcareconnect.com) 908 **832-0417**

Oasis Senior Advisors 732 **524-8864**

Unicity Eldercare

(ad on page 65) 201 **670-7100**

ASSOCIATIONS FOR SPECIFIC ILLNESS

Adler Aphasia Center 973 **530-3981**

Alcoholics Anonymous 800 **245-1377**

Alzheimer's Association – Greater New

New Jersey Chapter (ad on page 11) 800 **272-3900**

American Cancer Society 973 **331-9300**

American Diabetes Association

NJ Affiliate 888 **342-2383**

American Heart Association 973 **376-3636**

American Lung Association 908 **687-9340**

American Parkinson's Disease Association 732 **745-7520**

Arthritis Foundation – NJ Chapter 888 **467-3112**

Brain Injury Association of NJ 732 **738-1002**

COPSA Institute for Alzheimer's Disease 732 **235-5840**

Council on Compulsive Gambling of NJ 800 **GAMBLER**

Cystic Fibrosis Association 201 **457-1800**

Epilepsy Foundation 973 **244-0850**

GEMS (Geriatric Evaluations & Management Service) 732 **745-6655**

Huntington's Disease Society of America 973 **379-3226**

Lupus Erythematosus Foundation of NJ 908 **791-7868**

National Association for Mental Illness of NJ (NAMI) 732 **940-0991**

National Multiple Sclerosis Society 800 **833-0087**

National Stroke Association 800 **STROKES**

NJ Chronic Fatigue Syndrome Association (NJCFSA) 888 **835-3677**

Spina Bifida Association of the Tri-State Region 908 **782-7475**

The Leukemia & Lymphoma Society 973 **376-9559**

Tourette Syndrome Association of NJ 732 **972-4459**

AUTO INSURANCE

Diane L. Murray Insurance Agency

(ad on page 25) 908 **686-4609**



BATHROOM REMODELING

Back Home Safely (*ad on page 41*).....973 **219-4147**

BEREAVEMENT SUPPORT & SERVICES

- Wm. A. Bradley & Son Funeral Home** (*ad on page 9*)
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415 Morris Ave, Springfield.....973 **457-4724**
- Bradley, Brough & Dangler Funeral Home** (*ad on page 9*)
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- Simply Cremation New Jersey** (*ad on page 9*)
1100 Pine Ave, Union.....973 **457-4724**

BOAT INSURANCE

Diane L. Murray Insurance Agency
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BURIALS

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CARE MANAGEMENT

Care Management agencies provide assistance and guidance in coordinating long term care, in-home care, or other services based on needs assessment and an individualized care plan.

OUR PREFERRED CARE MANAGEMENT AGENCIES

Accredited Health Services (ad on page 65).....	877 200-0606
Health Care Connect, LLC (www.myhealthcareconnect.com)	908 832-0417
Unicity Eldercare (ad on page 65)	201 670-7100

CARE MANAGEMENT – NON-PROFIT

Essex County Division of Senior Services 900 Bloomfield Ave, Verona	973 395-8375
Hudson County Office on Aging , 595 County Ave, Secaucus	201 369-4313
Jewish Family Service of Central NJ 655 Westfield Ave, Elizabeth	908 352-8375
Jewish Family Service of MetroWest 256 Columbia Turnpike, Florham Park	973 765-9050
Lutheran Senior Life 377 Jersey Ave, S-301, Jersey City	877 543-3188
Union County Division on Aging , Elizabeth Plaza, Elizabeth	908 527-4870

CARE OPTIONS SPECIALIST

Accredited Health Services (ad on page 65).....	877 200-0606
Health Care Connect, LLC (www.myhealthcareconnect.com)	908 832-0417
Oasis Senior Advisors	732 524-8864
Unicity Eldercare (ad on page 65)	201 670-7100



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CERTIFIED PATIENT ADVOCATE

A certified patient advocate researches illness and disease, coordinates and monitors healthcare, and facilitates communication among all the patient’s caregivers, doctors and hospitals. Certified patient advocates navigate the healthcare system with the patient; providing guidance throughout the medical continuum, ensuring the patient understands their diagnosis, prognosis and treatment options. Services include discharge planning, care management, obtaining and monitoring home healthcare agencies, as well as placement in rehabilitation, assisted living and/or skilled nursing facilities.

Health Care Connect, LLC

(www.myhealthcareconnect.com) 908 **832-0417**

CHRONIC ILLNESS MANAGEMENT

Accredited Health Services (ad on page 65) 877 **200-0606**

Health Care Connect, LLC

(www.myhealthcareconnect.com) 908 **832-0417**

Oasis Senior Advisors 732 **524-8864**

Unicity Eldercare

(ad on page 65) 201 **670-7100**

CLINICAL TRIALS FOR ALZHEIMER’S – DEMENTIA

Alzheimer’s Association – Greater New

New Jersey Chapter (ad on page 11) 800 **272-3900**

CONDO INSURANCE

Diane L. Murray Insurance Agency

(ad on page 25) 908 **686-4609**

CONSUMER AFFAIRS – LEGAL

Better Business Bureau - Main Office 609 **588-0808**

Community Health Law Project 908 **355-8282**

Elder Fraud Hotline 877 **746-7850**

Essex County Division of Senior Services 973 **395-8375**

Friend Advocate Program 973 **765-9050 x275**

Hudson County Office on Aging 201 **369-4313**

Legal Services Corp, Union County 908 **354-4340**

Legal Services of New Jersey/Health Care Access 888 **576-5529**

Continued on next page >



CONSUMER AFFAIRS – LEGAL *continued*

Morris County Medical Society/Medical Grievance.....	973 539-8888
NJ Bd of Public Utilities/Energy Improv. Loan.....	973 648-7279
NJ Dept of Consumer Affrs/Charities Investigate.....	973 504-6200
NJ Board of Public Utilities.....	800 624-0241
NJ Department of Consumer Affairs.....	800 242-5846
NJ Department of Banking and Insurance.....	609 292-5316
Union County Division on Aging.....	908 527-4870
U.S Food and Drug Administration Information.....	888 463-6332
Woman's Rights Information Center.....	201 568-1166

COUNSELING & MENTAL HEALTH

Accredited Health Services (<i>ad on page 65</i>).....	877 200-0606
Bereavement Counseling at St Barnabas	
Hospice and Palliative Care Center.....	973 322-4800
Counseling and Resource Ctr at Christ Hospital	
176 Palisade Ave, Jersey City.....	201 795-8375
East Orange General Hospital, 300 Central Ave, East Orange	
– Crisis Intervention.....	973 266-4479
– Critical Care.....	973 266-4479
– Outpatient Behavioral Health.....	973 414-1822
Food and Nutrition Counseling at Newark Beth Israel	
Medical Center, 201 Lyons Ave, Newark.....	973 926-7150
Jewish Family Service of Central NJ	
655 Westfield Ave, Elizabeth.....	908 352-8375
608 Sherwood Pkwy, Mountainside.....	908 352-8375
Jewish Family Service of MetroWest	
256 Columbia Turnpike, Florham Park.....	973 765-9050
Nutrition Counseling at Clara Maass Medical Center	
One Clara Maass Dr, Belleville.....	973 450-2328
Nutrition Counseling at Columbus Hospital	
495 North 13th St, Newark.....	973 268-4868
St Michael's Medical Center, 111 Central Ave, Newark	
– Alcohol Counseling.....	800 211-5924, 973 877-2552
– Drug Counseling.....	800 211-5924, 973 877-2552
Trinitas Regional Medical Center	
– Family Resource Center, 300 North Av E, Cranford.....	908 276-2244
Unicity Eldercare	
(<i>ad on page 65</i>).....	201 670-7100



COUNTY HEALTH DEPARTMENTS

- Essex County Dept of Health 973 **497-9401**
- Hudson Reg'l Health Comm, 595 County Av, Bldg 1, Secaucus..... 201 **223-1133**
- Union County Div of Environmental Health
300 N Ave E, Westfield..... 908 **518-5620**

CREMATION PLANNING

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- Bradley, Brough & Dangler Funeral Home** (*ad on page 9*)
 299 Morris Ave, Summit 973 **457-4724**
- Simply Cremation New Jersey** (*ad on page 9*)
 1100 Pine Ave, Union 973 **457-4724**

DEFENSIVE DRIVING PROGRAM

- Diane L. Murray Insurance Agency**
 (*ad on page 25*) 908 **686-4609**

DENTAL RESOURCES

- Dental Health Center at Newark Beth Israel**
Medical Center, 201 Lyons Ave, Newark 973 **926-7338**
- Senior Den NJ Senior Hotline** 800 **792-8820**

DIALYSIS SERVICES

- Dialysis Services of the St Barnabas Health Care System**
 1050 Galloping Hill Rd, Union 908 **206-2275**
- Linden Dialysis Facility – Trinitas Regional Medical**
 10 Northwood Ave, Ste G, Linden 908 **862-7400**
- Renal Dialysis at Trinitas Regional Medical Center**
 225 Williamson St, Elizabeth 908 **994-5802**
- Trinitas Hospital Elizabeth Dialysis Center**
 629 Livingston St, Elizabeth 908 **994-7011**

DISCOUNTED CREMATION & FUNERAL PACKAGES

- Wm. A. Bradley & Son Funeral Home** (*ad on page 9*)
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- Bradley-Braviak Funeral Home** (*ad on page 9*)
 49 Whippany Rd, Whippany 973 **457-4724**
- Bradley, Haeberle & Barth Funeral Home** (*ad on page 9*)
 1100 Pine Ave, Union 973 **457-4724**
- Bradley, Smith & Smith Funeral Home** (*ad on page 9*)
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Simply Cremation New Jersey (*ad on page 9*)
1100 Pine Ave, Union973 **457-4724**

DOLLAR-A-DAY AUTO INSURANCE

Diane L. Murray Insurance Agency
(*ad on page 25*)908 **686-4609**

DOWNSIZING

Mavins Group908 **233-6200**

DOWNSIZING OPTIONS FOR SENIORS (SENIORS ON THE MOVE)

The Sue Adler Team (*ad on page 43*)
488 Springfield Ave, Summit973 **936-9129**

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ELDER ABUSE

Adult Protection Information.....	800 773-1366
Domestic Violence Hotline.....	800 572-7233
Essex County Division on Aging.....	973 395-8375
Hudson County Office on Aging.....	201 369-4313
National Center on Elder Abuse.....	800 677-1116
National Domestic Violence Hotline.....	800 799-7233
NJ Coalition for the Protection of Vulnerable Adults (NJCPVA).....	908 526-8800
Office of the Ombudsman (<i>Long Term Care</i>).....	609 943-4026
Union Co. Division on Aging.....	908 527-4870
Woman's Rights Information Center.....	201 568-1166

ELDER LAW

Benjamin D. Eckman (*ad on page 21*)

1767 Morris Ave, Union.....	908 206-1000
73 Mountain View Blvd, Wayne.....	973 709-0909
1 University Plaza, S-200, Hackensack.....	201 263-9161

ELDERCARE FINANCIAL PLANNING

Callahan Financial Services Group, LLC

(<i>ad on page 37</i>).....	973 325-7500
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ELDERHOSTEL

Elderhostel - Adventures in Lifelong Learning.....	877 426-8056
--	--------------

EMERGENCY DEPARTMENTS

ESSEX COUNTY

Clara Maass Medical Center

1 Clara Maass Dr, Belleville.....	973 450-2100
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East Orange Gen Hospital, 300 Central Ave, E Orange.....	973 266-8460
--	--------------

Mountainside Hospital, 1 Bay Ave, Montclair.....	973 429-6200
--	--------------

Newark Beth Israel Med Ctr, 201 Lyons Ave, Newark.....	973 926-7240
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St Michael's Medical Center, 111 Central Ave, Newark.....	973 877-5500
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The University Hospital, 150 Bergen St, Newark.....	973 972-5123
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HUDSON COUNTY

Bayonne Medical Center, 29th St at Ave E, Bayonne.....	201 858-5257
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St Mary's Hospital, 308 Willow Ave, Hoboken.....	201 418-1900
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Continued on page 22 >

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- ◆ Wills & Trusts
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- ◆ Powers of Attorney
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973-560-0064





EMERGENCY DEPARTMENTS *continued from page 20*

UNION COUNTY

- Overlook Hospital**, 99 Beauvoir Ave, Summit..... 908 **522-2232**
Trinitas Regional Medical Ctr, 225 Williamson St, Elizabeth 908 **994-5422**

EMERGENCY RESPONSE SYSTEMS

A Personal Emergency Response System (PERS) is an electronic device designed to let you summon help in an emergency. A PERS has three components: a small radio transmitter (a help button carried or worn by the user); a console connected to the user's telephone; and an emergency response center that monitors calls. When emergency help (medical, fire, or police) is needed, the PERS user presses the transmitter's help button. It sends a radio signal to the console. The console automatically dials an emergency response center where the caller is identified. The center will try to determine the nature of the emergency. If the center cannot contact you or determine whether an emergency exists, it will alert emergency service providers to go to your home.

ADT Companion Services through

ComForcare Home Care (*ad on page 64*)

- **Union County**908 **408-5220**
- **Essex County**973 **244-9400**

Alzheimer's Association – Greater New

New Jersey Chapter (*ad on page 11*)800 **272-3900**

Lifeline at Clara Maass Medical Center888 **240-8977**

Unicity Eldercare (*ad on page 65*)

215 E Ridgewood Ave, Ridgewood.....201 **670-7100**

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

Alzheimer's Association – Greater New

New Jersey Chapter (*ad on page 11*)800 **272-3900**

Ascend Hospice Volunteer Program866 **821-1212**

Employment Opportunities at:

- **East Orange General Hospital**.....973 **395-4111**
- **Trinitas Regional Medical Center**.....908 **994-5325**

Employment Services at St. Mary's Hospital201 **418-2330**

Experience Works201 **336-7422**

Continued on next page >



EMPLOYMENT & VOLUNTEER OPPORTUNITIES

continued

Jewish Family Service of Central NJ – RSVP (Retired & Seniors Volunteer Program) Serving Union County Friend Advocate	
655 Westfield Ave, Elizabeth.....	908 352-8375
Jewish Family Svc of Metrowest – Friend Advocate Volunteer Program of Essex Cty, 256 Columbia Turnpike, Florham Park	973 765-9050
Literacy Volunteers of America.....	908 725-5430
National Senior Services Corps.....	800 424-8867
RSVP (Retired Seniors Volunteer Program) Ctr of Essex & Hudson Counties, 256 Columbia Turnpike, Florham Park.....	973 637-1766
Saint Barnabas Hospice & Palliative Care Center.....	973 322-4800
University Hospital.....	973 972-4063
VISTA (Volunteers in Service to America).....	609 989-2243
Volunteer Services at:	
– Bayonne Medical Center.....	201 858-7391
– Clara Maass Medical Center.....	973 450-2150
– Clara Maass Medical Center W. Hudson Div.....	201 955-7621
– Columbus Hospital.....	973 268-1445
– East Orange General Hospital.....	973 266-4454
– Mountainside Hospital.....	973 429-6012
– Newark Beth Israel Medical Center.....	973 926-7194
– Overlook Hospital.....	908 522-3197
– RUNNELLS Specialized Hosp of Union Co.....	908 771-5700
– Saint Barnabas Medical Center.....	973 322-5592
– Saint James Hospital.....	973 589-2876
– Trinitas Regional Medical Center.....	908 994-5164
– Woman’s Rights Information Center.....	201 568-1166

ENERGY RESOURCES

Emergency Assistance Offices of Temp Assistance.....	973 326-7800
Home Energy Assistance Program (HEAP).....	201 968-0200
Home Energy Assistance Program (NORWESCAP)	908 704-6348
Home Energy Savings Program	973 648-2891
Lifeline Utility Assistance Program.....	800 792-9745
NJ Bd of Public Utils/Bus. Energy Improv. Loans	973 648-7279
NJ Energy Choice Hotline	
(Weatherization).....	888 454-4778

Continued on next page >



ENERGY RESOURCES *continued*

NJ Shares Energy Assistance.....	973 539-2121
Oil Group (NJCAOG)	800 464-8465
PSE&G E-Team Partners.....	888 773-8326

ESTATE CLEARING / CLEAN OUTS / BUYOUTS

The Mavins Group.....	908 233-6200
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ESTATE PLANNING

Benjamin D. Eckman *(ad on page 21)*

1767 Morris Ave, Union.....	908 206-1000
73 Mountain View Blvd, Wayne	973 709-0909
1 University Plaza, S-200, Hackensack	201 263-9161

ESTATE SALES & CLEANOUTS

Diane L. Murray Insurance Agency

<i>(ad on page 25)</i>	908 686-4609
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FALL PREVENTION SPECIALIST

A Little Lift

<i>(ad on page 41)</i>	973 839-0625
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Back Home Safely

<i>(ad on page 41)</i>	973 219-4147
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Williams Lift Company

<i>(ad on page 41)</i>	800 287-1793
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FINAL EXPENSE INSURANCE

Diane L. Murray Insurance Agency

<i>(ad on page 25)</i>	908 686-4609
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FINANCIAL ASSISTANCE

Center for Food Action.....	201 569-1804
Community Health Law Project	908 355-8282
Consumer Credit Counseling of New Jersey	888 726-3260
Home Energy Assistance Program (HEAP).....	908 351-7727
Lifeline Program	
<i>(Utility Bill Assistance)</i>	800 792-9745

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FINANCIAL ASSISTANCE *continued*

NJ Citizen Action (<i>Mortgage & Credit Counseling</i>)	800 646-9637
PSE&G (<i>E-Team Partners</i>)	888 773-8326
Tax Aid Program (<i>Union County</i>)	908 497-3900

FITNESS & WELLNESS PROGRAMS

ESSEX COUNTY

Center for Health and Wellness at St Barnabas

Ambulatory Care Ctr, 200 S Orange Ave, Livingston..... 973 **322-7444**

Community Health Outreach, EOGH

300 Central Av, E Orange

973 **266-4532**

Integrative Medicine Program at St Barnabas

Ambulatory Care Ctr, 200 S Orange Ave, Livingston..... 973 **322-7007**

Senior Health Network at Clara Maass Medical Center

One Clara Maass Dr, Belleville

973 **450-2213**

Sr Wellness Club, EOGH, 300 Central Av, E Orange

973 **266-4532**

The Fitness and Wellness Program at Kessler Institute

for Rehab, 1199 Pleasant Valley Way, West Orange

973 **731-3600**

HUDSON COUNTY

Senior Health Network at Clara Maass Medical Center

West Hudson Division, 206 Bergen Ave, Kearny

201 **955-7016**

Wellness Center at Hamilton Park

330 9th St, Jersey City

201 **716-8400**

UNION COUNTY

Aquatic Fitness at Berkeley Swim School

908 **464-1995**

Trinitas Regional Medical Ctr Seniors First Program

225 Williamson St, Elizabeth..... 888 **887-4648**

FLOOD INSURANCE

Diane L. Murray Insurance Agency

(*ad on page 25*)

908 **686-4609**



FOOD RESOURCES

NJ Food Stamp Program..... 800 **687-9512**

ESSEX COUNTY

Belleville Senior Svcs, 518 Washington Ave, Belleville 973 **751-6000**

Bethany Senior Citizens, 275 W Market St, Newark 973 **733-5739**

Independence Park Center, 213 Van Buren St, Newark 973 **744-8103**

Jewish Family Svc of Metrowest – Solutions to Senior Hunger

– **Supplemental Nutrition Assistance Program in**

Essex County (*pre-application & application assistance*) ... 973 **765-9050**

Office on Aging Nutrition Prog. (Mary Davis)..... 973 **395-8390**

South Ward Senior Ctr, 731 Clinton Ave, Newark 973 **373-8587**

HUDSON COUNTY

Henrietta Benstead Senior Citizens Center

60 Columbia Ave, Kearny 201 **991-9322**

Jewish Family Svc of Metrowest

– **Kosher Meals on Wheels in Hudson County** 973 **765-9050**

North Bergen Sr Nutrition, 1441 45th St, North Bergen..... 201 **866-8791**

Senior Nutritional Program, 6900 Broadway, Guttenberg 201 **861-1433**

UNION COUNTY

Ann J Ferguson Towers, 1601 Dill Ave, Linden 908 **298-3820**

Bethel A.M.E. Church, 241 Hilton Ave, Vauxhall 908 **964-9765**

Casano Community Ctr, 314 Chestnut St, Roselle Park..... 908 **245-9150**

Catholic Charities Food Shopping Service..... 908 **497-3950**

Cranford-Lincoln Sr Apts, 800 Lincoln Ave E, Cranford 908 **931-0194**

Ehrhart Gardens, 100 Francis Ct, Union 908 **688-0565**

Farley Towers, 33 Cherry St, Elizabeth..... 908 **965-2454**

Gold Age Towers, 200-220 E Milton Ave, Rahway..... 732 **499-7950**

Gregorio Center, 330 Helen St, Linden 908 **474-8627**

Hillside Senior Center, 265 Hollywood Ave, Hillside..... 908 **355-8928**

Holy Trinity Food Pantry, 315 First St, Westfield..... 908 **232-7090**

James F Buckle Center, 25 1/2 Roosevelt Dr, Winfield..... 908 **925-2014**

Jewish Comm Ctr, 1391 Martine Ave S, Scotch Plains 908 **889-8800**

Jewish Family Service of Central NJ – Kosher Meals on Wheels,

Urban Community Vegetable Garden, Kosher Food Pantry

655 Westfield Ave, Elizabeth..... 908 **352-8375**

JFK Senior Apts, 250 W Grand Ave, Rahway 732 **382-4188**

Kenilworth Sr Center, 526 Boulevard, Kenilworth 908 **272-7743**

Meals on Wheels (Union Co.), 1025 Penn. Av, Linden 908 **486-5100**

Mobile Meals of Westfield 908 **233-6146**

Morningstar Court, 701 Cranford Ave, Linden 908 **486-8200**

Continued on next page >

FOOD RESOURCES *continued*

O'Donnell Dempsey Sr Ctr , 622 Salem Ave, Elizabeth	908 354-7431
Peterson Community Ctr , 408 Palmer St, Elizabeth	908 353-9806
Plainfield Tower West , 601 W 7th St, Plainfield	908 668-1963
Richmond Towers , 510 E Front St, Plainfield	908 769-6335 x608
Roselle Community Ctr , 1268 Shaffer Ave, Roselle	908 245-6717
Shaefer Gardens , 35 Sumner Ave, Union	908 964-9343
Union Baptist Church , 1088 E Grand St, Elizabeth	908 851-5290
Union County Nutrition Program	908 527-4877
Westfield Community Ctr , 558 W. Broad St, Westfield	908 232-4759
YM-YWHA , 501 Green Ln, Union	908 289-8112

FUNERAL & CREMATION INSURANCE

Wm. A. Bradley & Son Funeral Home (<i>ad on page 9</i>)	
345 Main St, Chatham	973 457-4724
Bradley-Braviak Funeral Home (<i>ad on page 9</i>)	
49 Whippany Rd, Whippany	973 457-4724
Bradley, Haeberle & Barth Funeral Home (<i>ad on page 9</i>)	
1100 Pine Ave, Union	973 457-4724
Bradley, Smith & Smith Funeral Home (<i>ad on page 9</i>)	
415 Morris Ave, Springfield	973 457-4724
Bradley, Brough & Dangler Funeral Home (<i>ad on page 9</i>)	
299 Morris Ave, Summit	973 457-4724
Simply Cremation New Jersey (<i>ad on page 9</i>)	
1100 Pine Ave, Union	973 457-4724

FUNERAL PLANNING

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1100 Pine Ave, Union	973 457-4724



FUNERALS

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- Bradley, Brough & Dangler Funeral Home** (*ad on page 9*)
 299 Morris Ave, Summit973 **457-4724**
- Simply Cremation New Jersey** (*ad on page 9*)
 1100 Pine Ave, Union973 **457-4724**

GRAB BARS

- Back Home Safely**
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GRIEF SUPPORT / GROUPS

- Wm. A. Bradley & Son Funeral Home** (*ad on page 9*)
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- Bradley-Braviak Funeral Home** (*ad on page 9*)
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HEALTH INSURANCE

- Medicareful (www.medicareful.com)**
 (*ad on page 37*)844 **762-2733**

HEALTH SCREENINGS

- Community Health Program at Clara Maass Medical Center**, 1 Clara Maass Dr, Belleville..... 973 **450-2213**
- St Michael's Medical Center**, 111 Central Ave, Newark
- **Breast Cancer Screening**..... 973 **877-5189**
 - **Colon Cancer Screening**..... 973 **877-5620**
 - **HIV / AIDS Screening**..... 973 **877-5525**

HEARING RESOURCES

- American Speech-Language-Hearing Association**..... 800 **638-8255**
- Cochlear Implant Ctr at The University Hospital**
- 150 Bergen St, Newark..... 973 **972-4967**
- Division of the Deaf & Hard of Hearing**..... 800 **792-8339**
- Hearing Aid Helpline**..... 800 **521-5247**
- Hearing Aid Assistance to the Aged and Disabled**..... 800 **792-9745**
- Hearing Helpline - Better Hearing Institute**..... 800 **327-9355**
- International Hearing Society**..... 800 **521-5247**
- Morris Cty Div on Aging, Disabilities and Veterans**..... 800 **564-4656**
- National Hearing Aid Bank (Hear Now)**..... 800 **648-4327**
- National Institute on Deafness**..... 800 **241-1044**
- New Jersey Association of Deaf-Blind**..... 732 **805-1912**
- Speech & Hearing Ctr at St Barnabas**
- Ambulatory Care Center**, 200 S Orange Av, Livingston..... 973 **322-7100**

HINDU FUNERALS

- Wm. A. Bradley & Son Funeral Home** (*ad on page 9*)
- 345 Main St, Chatham..... 973 **457-4724**
- Bradley-Braviak Funeral Home** (*ad on page 9*)
- 49 Whippany Rd, Whippany..... 973 **457-4724**
- Bradley, Haerberle & Barth Funeral Home** (*ad on page 9*)
- 1100 Pine Ave, Union..... 973 **457-4724**
- Bradley, Smith & Smith Funeral Home** (*ad on page 9*)
- 415 Morris Ave, Springfield..... 973 **457-4724**
- Bradley, Brough & Dangler Funeral Home** (*ad on page 9*)
- 299 Morris Ave, Summit..... 973 **457-4724**
- Simply Cremation New Jersey** (*ad on page 9*)
- 1100 Pine Ave, Union..... 973 **457-4724**



HMO'S & HEALTH INSURANCE

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(ad on page 37)844 **762-2733**

HOME INSURANCE

Diane L. Murray Insurance Agency

(ad on page 25)908 **686-4609**

HOME MAINTENANCE

A Little Lift

(ad on page 41)973 **839-0625**

American Red Cross, 53 Mill Rd, Jersey City..... 201 **433-3100**

Home Repair Program Sr Citizens, 2165 Morris Av, Union..... 908 **964-7555**

HOME MARKET ANALYSIS

The Sue Adler Team (ad on page 43)

488 Springfield Ave, Summit.....973 **936-9129**

Tonya Keyes, Broker of Record

K&W Red Door Realty (ad on page 19)732 **900-0957**

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OUR PREFERRED HOSPICE PROVIDERS

Atlantic Hospice

(ad on page 58)973 **379-8472**

HOSPITALS

ESSEX COUNTY

- Clara Maass Medical Center**, One Clara Maass Dr, Belleville..... 973 **450-2002**
- East Orange General Hospital**, 300 Central Ave, E Orange 973 **672-8400**
- Hackensack UMV Mountainside**, 1 Bay Ave, Montclair 973 **429-6000**
- Newark Beth Israel Medical Center**, 201 Lyons Ave, Newark..... 973 **926-7000**
- St Barnabas Ambulatory Care Ctr**, 200 S Orange Av, Livingston973 **322-7000**
- St Barnabas Medical Center**, 94 Old Short Hills Rd, Livingston 973 **322-5000**
- St Michael’s Medical Center**, 111 Central Ave, Newark 973 **877-5000**
- The University Hospital**, 150 Bergen St, Newark..... 973 **972-8259**
- VA of NJ Health Care System**, 385 Tremont Av, E Orange..... 973 **676-1000**

HUDSON COUNTY

- Bayonne Medical Center**, 29th St at Ave E, Bayonne..... 201 **858-5000**
- Christ Hospital**, 176 Palisade Ave, Jersey City..... 201 **795-8200**
- Clara Maass Medical Ctr W Hudson Div**, 206 Bergen Av, Kearny. 201 **955-7000**
- Hoboken University Medical Ctr**, 308 Willow Ave, Hoboken.....201 **418-1000**
- Hudson Cty Meadowview Hospital**, 595 County Ave, Secaucus201 **319-3660**
- Hudson Regional Hospital**, 55 Meadowlands Pkwy, Secaucus201 **392-3278**
- Jersey City Medical Center**, 355 Grand St, Jersey City..... 201 **915-2000**
- Palisades Medical Center**, 7600 River Rd, North Bergen 201 **854-5000**

UNION COUNTY

- Children’s Specialized Hosp**, 150 New Providence Rd, Mountainside.. 908 **233-3720**
- Kindred Hospital**, 865 Stone St, Rahway..... 732 **381-4200**
- Overlook Medical Center**, 99 Beauvoir Ave, Summit..... 908 **522-2000**
- Robert Wood Johnson University**, 865 Stone St, Rahway 732 **381-4200**
- Runnells Specialized Hospital**, 40 Watchung Wy, Berkeley Hts 908 **771-5700**

Continued on next page >



HOSPITALS – UNION COUNTY *continued*

- Summit Oaks Hospital**, 19 Prospect St, Summit 908 **522-7000**
Trinitas Regional Medical Ctr, 225 Williamson St, Elizabeth 908 **994-5000**

JEWELRY INSURANCE

Diane L. Murray Insurance Agency

- (*ad on page 25*) 908 **686-4609**

LIBRARIES

ESSEX COUNTY

- Belleville Public Library**, 221 Washington Ave, Belleville 973 **450-3434**
 – **Silver Lake Branch**, 30 Magnolia St, Belleville 973 **450-3438**
Bloomfield Public Library, 90 Broad St, Bloomfield 973 **566-6200**
Caldwell Public Library, 268 Bloomfield Ave, Caldwell 973 **226-2837**
Cedar Grove Public Library, 1 Municipal Plaza, 973 **239-1447**
E Orange Elmwood Branch, 317 S Clinton St, E Orange 973 **266-7050**
E Orange Franklin Branch, 192 Dodd St, E Orange 973 **266-7053**
E Orange Public Library, 21 S Arlington Ave, E Orange 973 **266-5600**
Fairfield Free Public Library, 261 Hollywood Ave, Fairfield 973 **227-3575**
Glen Ridge Public Library, 240 Ridgewood Ave 973 **748-5482**
Irvington Public Library, 5 Civic Square, Irvington 973 **372-6400**
Livingston Public Library, 10 Robert H Harp Dr., 973 **992-4600**
Maplewood Hilton Branch, 1688 Springfield Ave, 973 **762-1688**
Maplewood Mem. Libr., 51 Baker St, Maplewood 973 **762-1622**
Millburn Public Library, 200 Glen Ave, Millburn 973 **376-1006**
Montclair Public Library, 50 S Fullerton Ave, Montclair 973 **744-0500**

Newark

- **Branch Brook Branch**, 235 Clifton Ave, Newark 973 **733-7760**
 – **Clinton Branch**, 739 Bergen St, Newark 973 **733-7757**
 – **First Ave Branch**, 282 First Ave, Newark 973 **733-8091**
 – **Madison Branch**, 790 Clinton Ave, Newark 973 **733-8090**
 – **North End Branch**, 722 Summer Ave, Newark 973 **733-7766**
 – **Public Library**, 5 Washington St, Newark 973 **733-7784**
 – **Roseville Branch**, 99 5th St, Newark 973 **733-7770**
 – **Springfield Branch**, 50 Hayes St, Newark 973 **733-7736**
 – **Vailsburg Branch**, 75 Alexander St, Newark 973 **733-7755**
 – **Van Buren Branch**, 140 Van Buren St, Newark 973 **733-7750**
 – **Weequahic Branch**, 355 Osborne Terr, Newark 973 **733-7751**

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LIBRARIES *continued*

Nutley Public Library , 93 Booth Dr, Nutley	973 667-0405
Orange Public Library , 348 Main St, Orange	973 673-0153
Roseland Public Library , 20 Roseland Ave, Roseland	973 226-8636
S Orange Public Library , 65 Scotland Rd, S Orange	973 762-0230
Verona Public Library , 17 Gould St, Verona	973 857-4848
W Caldwell Public Library , 30 Clinton Rd, W Caldwell	973 226-5441
W Orange Public Library , 46 Mt Pleasant Ave, W Orange	973 736-0198

HUDSON COUNTY

Bayonne Branch Two Library , 1055 Ave C, Bayonne	201 858-6977
Bayonne Public Library , 697 Ave C, Bayonne	201 858-6973
– Story Court Branch , Story Court & 4th St, Bayonne	201 858-6979
Harrison Public Library , 415 Harrison Ave, Harrison	973 483-2366
Hoboken Public Library , 500 Park Ave, Hoboken	201 420-2346
Jersey Cty Biblioteca Criolla & Cultural Ctr	
Unit-4, Main Library, 472 Jersey Ave, Jersey City	201 547-4541
Jersey City	
– Glenn D Cunningham Branch Libr , 275 MLK Dr, Jersey City ..	201 547-4555
– Five Corners Branch , 678 Newark Av, Jersey City	201 547-4543
– Greenville Branch , 1841 Kennedy Blvd, Jersey City	201 547-4553
– The Heights Branch , 14 Zabriskie St, Jersey City	201 547-4556
– Lafayette Branch , 307 Pacific Ave, Jersey City	201 547-5017
– Main Library , 472 Jersey Ave, Jersey City	201 547-4500
– Marion Branch , 1017 W Side Ave, Jersey City	201 547-4552
– Miller Branch , 489 Bergen Ave, Jersey City	201 547-4551
– Pavonia Branch , 326 Eighth St, Jersey City	201 547-4808
– West Bergen Branch , 476 W Side Ave, Jersey City	201 547-4554
Kearny Public Library , 318 Kearny Ave, Kearny	201 998-2666
North Bergen , 8411 Bergenline Ave, North Bergen	201 869-4715
Secaucus Public Library , 1379 Paterson Plank Rd,	201 330-2083
Union City Branch , 1800 Summit Ave, Union City	201 866-7503
Union City Public Library , 324 43rd St, Union City	201 866-7500
Weehawken Public Library , 49 Hauxhurst Ave,	201 863-7823
W New York Public Library , 425 60th St, W New York	201 295-5135

UNION COUNTY

Berkley Heights , 290 Plainfield Ave, Berkeley Heights	908 464-9333
Clark Public Library , 303 Westfield Ave, Clark	732 388-5999
Cranford Public Library , 224 Walnut Ave, Cranford	908 709-7272

Continued on next page >



LIBRARIES *continued*

Elizabeth

- **Elmora Branch**, 740 W Grand St, Elizabeth 908 **353-4820**
- **E-Port Branch**, 102-110 Third St, Elizabeth..... 908 **289-9032**
- **La Corte Branch**, 408 Palmer St, Elizabeth 908 **820-4298**
- **Public Library**, 11 South Broad St, Elizabeth..... 908 **354-6060**
- Fanwood Memorial Library**, 14 Tillotson Rd, Fanwood 908 **322-6400**
- Garwood Public Library**, 411 Third Ave, Garwood..... 908 **789-1670**
- Hillside Public Library**, Hillside & Liberty Ave, Hillside 973 **923-4413**
- Kenilworth Public Library**, 548 Blvd, Kenilworth..... 908 **276-2451**
- Linden Public Library**, 31 E Henry St, Linden..... 908 **298-3830**
- Mountainside**, Constitution Plaza, Mountainside 908 **233-0115**
- New Providence**, 377 Elkwood Ave, New Providence..... 908 **665-0311**
- Plainfield Public Library**, Park Ave at 8th St, Plainfield..... 908 **757-1111**
- Rahway Public Library**, 2 City Hall Plaza, Rahway..... 732 **340-1551**
- Roselle Park Vets Mem**, 404 Chestnut St, Roselle Park 908 **245-2456**
- Roselle Public Library**, 104 W Fourth Ave, Roselle..... 908 **245-5809**
- Scotch Plains Public Library**, 1927 Bartle Ave, 908 **322-5007**
- Springfield Public Library**, 66 Mountain Ave, Springfield..... 973 **376-4930**
- Summit Public Library**, 75 Maple St, Summit 908 **273-0350**
- Union Public Library**, 1980 Morris Ave, Union 908 **851-5450**
- Union Vauxhall Branch**, 123 Hilton Ave, Vauxhall..... 908 **851-5450**
- Westfield Memorial Library**, 550 E Broad St, Westfield 908 **789-4090**

LIFE INSURANCE

Diane L. Murray Insurance Agency

(ad on page 25) 908 **686-4609**

LIFE TRIBUTES

Wm. A. Bradley & Son Funeral Home *(ad on page 9)*

345 Main St, Chatham..... 973 **457-4724**

Bradley-Braviak Funeral Home *(ad on page 9)*

49 Whippany Rd, Whippany 973 **457-4724**

Bradley, Haeberle & Barth Funeral Home *(ad on page 9)*

1100 Pine Ave, Union 973 **457-4724**

Bradley, Smith & Smith Funeral Home *(ad on page 9)*

415 Morris Ave, Springfield..... 973 **457-4724**

Bradley, Brough & Dangler Funeral Home *(ad on page 9)*

299 Morris Ave, Summit 973 **457-4724**

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LIFE TRIBUTES *continued*

Simply Cremation New Jersey (*ad on page 9*)
 1100 Pine Ave, Union973 **457-4724**

LOCAL ACTIVITIES

Union County Old Timers Softball League 908 **322-1697**
Union County Senior Softball 50+ & 60+ 908 **654-5088**

LOW COST CREMATIONS

Wm. A. Bradley & Son Funeral Home (*ad on page 9*)
 345 Main St, Chatham973 **457-4724**
Bradley-Braviak Funeral Home (*ad on page 9*)
 49 Whippany Rd, Whippany973 **457-4724**
Bradley, Haeberle & Barth Funeral Home (*ad on page 9*)
 1100 Pine Ave, Union973 **457-4724**
Bradley, Smith & Smith Funeral Home (*ad on page 9*)
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Bradley, Brough & Dangler Funeral Home (*ad on page 9*)
 299 Morris Ave, Summit973 **457-4724**
Simply Cremation New Jersey (*ad on page 9*)
 1100 Pine Ave, Union973 **457-4724**

LOW COST FUNERALS

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MATURE DRIVER PROGRAM

Diane L. Murray Insurance Agency
 (*ad on page 25*)908 **686-4609**



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Diane L. Murray Insurance Agency

(ad on page 25)908 **686-4609**

MEDICAID NURSING HOME PLACEMENT SERVICES

Callahan Financial Services Group, LLC

(ad on page 37)973 **325-7500**

MEDICARE ADVANTAGE PLANS

Medicareful (www.medicareful.com)

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Medicaid New Jersey800 **356-1561**

Medicare Choice Helpline800 **633-4227**

Medicare Social Security Office800 **638-6833**

– Info & Claims800 **332-6681**

Medicare/Medicaid Fraud Hotline800 **447-8477**

Medicareful (www.medicareful.com)

(ad on page 37)844 **762-2733**

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– Hudson201 **271-4322**

– Union908 **598-5529**

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MEMORIAL PLANNING

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Bradley-Braviak Funeral Home (ad on page 9)

49 Whippany Rd, Whippany973 **457-4724**

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MEMORIAL PLANNING *continued*

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- Bradley, Smith & Smith Funeral Home** (*ad on page 9*)
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- Bradley, Brough & Dangler Funeral Home** (*ad on page 9*)
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- Simply Cremation New Jersey** (*ad on page 9*)
1100 Pine Ave, Union973 **457-4724**

MEMORIAL SERVICES

- Wm. A. Bradley & Son Funeral Home** (*ad on page 9*)
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- Bradley-Braviak Funeral Home** (*ad on page 9*)
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- Bradley, Haeberle & Barth Funeral Home** (*ad on page 9*)
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415 Morris Ave, Springfield.....973 **457-4724**
- Bradley, Brough & Dangler Funeral Home** (*ad on page 9*)
299 Morris Ave, Summit973 **457-4724**
- Simply Cremation New Jersey** (*ad on page 9*)
1100 Pine Ave, Union973 **457-4724**

MENTAL HEALTH SERVICES

- American Psychological Association**..... 800 **964-2000**
- Jewish Family Svc of MetroWest**
256 Columbia Tnpke, Florham Pk..... 973 **765-9050**
- Mental Health Services Hotline** 800 **273-8255**
- National Mental Health Association** 800 **969-6642**
- National Suicide Prevention Hotline** 800 **273-TALK**
- Suicide Prevention**..... 800 **SUICIDE**

ESSEX COUNTY

- Behavioral Health at Newark Beth Israel Medical Ctr**
201 Lyons Av, Newark 973 **926-7026**
- Behavioral Health at Clara Maass Medical Ctr**
One Clara Maass Dr, Belleville 800 **300-0628**
- Behavioral Health Program at East Orange General Hospital**
300 Central Av, East Orange 973 **266-8437**

Continued on next page >



MENTAL HEALTH SERVICES *continued*

Behavioral Health Program at Mountainside Hospital

1 Bay Av, Montclair 888 247-1400

Behavioral Health Services at Saint Michael's Medical Ctr

111 Central Ave, Newark 973 877-2552

Bereavement Program at St Barnabas

Hospice and Palliative Care Center 973 322-4830

Electroconvulsive Therapy (ECT) at The University Hospital

150 Bergen St, Newark 973 972-8259

HUDSON COUNTY

Behavioral Health (Psychiatry) at Bayonne Medical Center

29th St at Ave E, Bayonne 201 858-5232

Bereavement Program at St Barnabas

Hospice and Palliative Care Center 973 322-4830

Christ Hospital Psychiatric Emergency Services

176 Palisade Ave, Jersey City 201 795-8373

Community Mental Health Center at St Mary Hospital

308 Willow Ave, Hoboken 201 792-8200

Mental Health Crisis Hotline at St Mary Hospital

308 Willow Ave, Hoboken 201 795-5505

Psychiatric Emergency Services (24 hr hotline)

at Bayonne Medical Center, 29th St at Ave E, Bayonne 201 858-5286

UNION COUNTY

Behavioral Health Services at Summit Oaks Hospital

19 Prospect St, Summit 800 753-5223

Bereavement Program at St Barnabas

Hospice and Palliative Care Center 973 322-4830

Jewish Family Service of Central NJ

655 Westfield Ave, Elizabeth 908 352-8375

The Cognitive & Research Center of New Jersey

195 Mountain Ave, Springfield 973 850-4622

Trinitas Regional Medical Ctr, 225 Williamson St, Elizabeth 908 994-5000

– Adult Substance Abuse Services 908 994-7090

– Behavioral Health & Psychiatry 888 994-7450

– Mentally Ill Support Group (for Spanish speaking) 201 348-9159

– 24-Hour Crisis Hotline 908 351-6684

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Oasis Senior Advisors 732 **524-8864**

Peace Aging Care Experts, LLC 973 **459-9966**

Unicity Eldercare

(ad on page 65) 201 **670-7100**

ONLINE CREMATION ARRANGEMENTS

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- Unicity Eldercare**
(ad on page 65)201 **670-7100**



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(ad on page 25)908 **686-4609**

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AMR Pharmacy (Affiliate of Heart to Heart Home Care)

(ad on page 60)848 **222-1110**

PLACEMENT SPECIALIST

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(www.myhealthcareconnect.com)908 **832-0417**

Oasis Senior Advisors732 **524-8864**

Unicity Eldercare

(ad on page 65)201 **670-7100**

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Eli Lilly and Company877 **795-4559**

Medicare Prescription Drug Card800 **633-4227**

Merck Patient Assistance Program800 **727-5400**

National Mail Order Pharmacy Prog for Veterans866 **363-8667**

Novartis Medicare Drug Plan Assistance Line800 **620-3292**

People's Prescription Plan800 **566-0003**

Pfizer Pfriends866 **706-2400**

Pharm Assist. for the Aged and Disabled (PAAD)800 **792-9745**

Pharmacy Program at Bayonne Medical Hospital201 **858-5263**

Prescription Benefits800 **334-8134**

Prescription Savings Service Card (AARP)800 **456-2277**

Rx PhRMA800 **762-4636**

Senior Gold Prescription Discount Program800 **792-9745**

The Medicine Program573 **996-7300**

PRESCRIPTION DRUG PLANS

Callahan Financial Services Group, LLC

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BERGEN COUNTY

Buckingham at Norwood (ad on page 103)

100 McClellan St, Norwood201 **768-6222**

ESSEX COUNTY

Brookhaven Health Care Center (ad on page 104)

120 Park End Place, East Orange.....973 **676-6000**

Canterbury at Cedar Grove (ad on page 103)

398 Pompton Ave, Cedar Grove973 **239-7600**

CareOne at Livingston (ad on page 79)

68 Passaic Ave, Livingston.....973 **758-9000**

Cranes Mill Health Center (ad on page 104)

459 Passaic Ave, West Caldwell.....973 **276-3017**

Green Hill (ad on page BC)

103 Pleasant Valley Way, West Orange973 **766-9355**

Job Haines Home (ad on page 102)

250 Bloomfield Ave, Bloomfield.....973 **743-0792**

Sinai Post-Acute Nursing & Rehab Center

65 Jay St, Newark (ad on page 101).....973 **483-6800 x103**

Windsor Garden Care Center (ad on page 103)

140 Park Ave, East Orange.....973 **677-1500**

HUDSON COUNTY

Hackensack Meridian Health – The Harborage (ad on page 104)

7600 River Rd, North Bergen201 **854-5400**

Hudson View Center

(ad on page 103).....201 **861-4040**

MORRIS COUNTY

Cedar Crest (ad on page 83)

4 Cedar Crest Dr, Pompton Plains.....800 **960-6226**

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REHABILITATION FACILITIES *continued*

UNION COUNTY

- Ashbrook** (ad on page 103)
1610 Raritan Rd, Scotch Plains908 **889-5500**
- Cornell Hall** (ad on page 103)
234 Chestnut St, Union908 **687-7800**
- Lantern Hill** (ad on page 84)
537 Mountain Ave, New Providence.....844 **779-8778**

RELOCATION SERVICES

- The Mavins Group**.....908 **233-6200**

RENTERS INSURANCE

- Diane L. Murray Insurance Agency**
(ad on page 25)908 **686-4609**

RESPIRATORY CARE

- Ctr for Occupational & Environmental Respiratory Health**
at Newark Beth Israel Medical Ctr, 201 Lyons Av, Newark 973 **926-8204**
- Respiratory Services at St Michaels Medical Center**
111 Central Av, Newark 973 **877-5493**
- Respiratory Care Services at East Orange General Hospital**
300 Central Av, East Orange 973 **266-2979**
- Respiratory Svcs at Clara Maass Medical Center**
One Clara Maass Dr, Belleville 973 **450-2263**
- Trinitas Regional Medical Ctr, 225 Williamson St, Elizabeth** 908 **994-5000**
 - **Pulmonary Rehabilitation** 908 **994-5695**
 - **Respiratory Therapy** 908 **994-5047**
 - **Fitness Center** 908 **994-5695**

RETIREMENT & LEGACY PLANNING

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(*ad on page 41*)973 **219-4147**

SCOOTERS

- Williams Lift Company**
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SENIOR CENTERS

ESSEX COUNTY

- Belleville Senior Center**, 315 Belleville Ave, Belleville.....973 **759-9547**
- Belleville Sr Citizens Club**, 125 Franklin Ave, Belleville.....973 **450-3430**
- Bethany Senior Center**, 275 W Market St, Newark.....973 **733-5739**
- Bloomfield Civic Center**, 84 Broad St, Bloomfield.....973 **743-3332**
- Branch Brook Park Visitor Ctr**, Branch Brk Pk, Belleville.....973 **482-4198**
- East Orange Senior Ctr**, 70 S Burnet St, East Orange973 **266-8832**
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- Grover Cleveland Senior Ctr**, 1 Provost Sq, Caldwell.....973 **403-4637**
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- Ironbound Senior Center**, 11 Providence St, Newark.....973 **344-2629**
- Ironbound Senior Center**, 226 Rome St, Newark973 **424-4101**
- Senior Citizens (E Ward)**973 **424-4098**
- Irvington Sr Citizens Ctr**, 1077 Springfield Ave, Irvington.....973 **399-6501**
- Ivy Hill Jewish Senior Ctr**, 260 Mount Vernon Pl, Newark973 **763-1005**
- J.C. White Manor**, 516 Bergen St, Newark973 **273-6824**
- Jewish Community Senior Ctr**, 760 Northfield Ave, W Orange....973 **736-3200**
- Jewish Senior Citizen Ctr of Irvington**, 1 Linden Ave.,973 **372-3907**
- La Casa De Don Pedro**, 317 Roseville Ave, Newark.....973 **485-7933**
- Livingston Community Ctr**, Hillside Ave, Livingston.....973 **535-7975**
- Maplewood Senior Citizens**, 120 Burnett Ave, Maplewood973 **763-0750**
- Nellie Grier Senior Center**, 98-104 Maple Ave, Newark.....973 **424-4096**

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SENIOR CENTERS *continued*

Residents for Community Action , 201 Bloomfield Ave, Newark.....	973	483-8420
Senior Care & Activities Ctr , 110 Greenwood Ave, Montclair	973	783-5589
South Orange Sr Circle , 5 Mead St, South Orange.....	973	378-7761
South Ward Mini Center , 491 Clinton Ave, Newark	973	424-4102
South Ward Sr Center , 731 Clinton Ave, Newark	973	424-4102
The Centre , 54 Elizabeth Ave, Newark.....	973	242-5436
Unified Vailsburg Srcs Org , 40 Richelieu Terrace, Newark.....	973	374-2000
West Ward Center , 107 Roseville Ave, Newark	973	482-6602

HUDSON COUNTY

Bayonne Jewish Community Ctr , 1050 Kennedy Blvd,	201	436-6900
Bayonne Senior Center , 16 W Fourth St, Bayonne	201	858-6133
Bayonne Uptown Sr Ctr , 329 Ave B 56th St, Bayonne	201	437-5996
Henrietta Benstead Senior Citizens Center 60 Columbia Ave, Kearny	201	991-9322
Hoboken Senior Ctr , 124 Grand St, Hoboken.....	201	420-2054
North Bergen Senior Ctr , 1441 45th St, North Bergen	201	866-8791
Secaucus Sr Citizen Ctr , 101 Centre Ave, Secaucus.....	201	330-2034
Weehawken Sr Citizen Ctr , 201 Highland Ave,	201	319-6060

UNION COUNTY

Casano Community Center , 314 Chestnut St, Roselle Park.....	908	245-0666
Chisolm Community Center , 100 S Springfield Ave, Springfield...	973	912-2227
Clark Senior Center , 430 Westfield Ave, Clark.....	732	381-3823
Cranford Community Center , 220 Walnut Ave, Cranford	908	709-7283
Garwood Seniors , 415 South Ave, Garwood.....	908	789-0738
Gregorio Center , 330 Helen St, Linden	908	474-8627
Hillside Senior Center , 265 Hollywood Ave, Hillside.....	908	355-8928
James F Buckle Center , 25 1/2 Roosevelt Dr, Winfield.....	908	925-2014
Jewish Community Center , 1391 Martine Ave S, Scotch Plains	908	889-8800
Kenilworth Senior Ctr , 526 Boulevard, Kenilworth.....	908	272-7743
Lavy House Senior Resource Ctr , 748 E Broad St, Westfield	908	389-1263
Liberty Square Senior Ctr , 240 Elizabeth Ave, Elizabeth.....	908	820-4700
Mountainside Sr Program , Borough Hall, Rt 22, Mountainside	908	232-4406
New Providence Senior Ctr , 15 E 4th St, New Providence.....	908	665-0046
O'Donnel Dempsey Senior Ctr , 622 Salem Ave, Elizabeth.....	908	354-7431
Peterstown Community Ctr , 408 Palmer St at 4th Av, Elizabeth	908	353-9806
Plainfield Sr Svcs Program , 305 E Front St, Plainfield	908	753-3506
Rahway Sr Citizen Ctr , 1306 Esterbrook Ave, Rahway	732	827-2016
Roselle Community Ctr , 1268 Shaffer Ave, Roselle	908	245-6717
Steven Sampson Senior Ctr , 800 Anna St, Elizabeth.....	908	820-4704

Continued on next page >



SENIOR CENTERS – UNION COUNTY *continued*

Union Township Senior Ctr, 968 Bonnel Ct, Union	908 851-5290
Westfield Senior Community Ctr, 558 W Broad St, Westfield	908 232-4759
YM-YWHA, 501 Green Ln	908 289-8112

SENIOR LIVING & CARE FINDERS

Health Care Connect, LLC (www.myhealthcareconnect.com)	908 832-0417
Oasis Senior Advisors.....	732 524-8864
Unicity Eldercare (ad on page 65)	201 670-7100

SENIOR LIVING GUIDANCE

Health Care Connect, LLC (www.myhealthcareconnect.com)	908 832-0417
Oasis Senior Advisors.....	732 524-8864
Unicity Eldercare (ad on page 65)	201 670-7100

SENIOR MOVE MANAGER

A Senior Move Manager is a professional who specializes in assisting older adults and their families with the emotional and physical aspects of relocation and/or “aging in place”. The background of senior move managers ranges from gerontology to corporate marketing however, what all senior move managers share is a profound commitment to connecting with older adults and a desire to perform meaningful work. Although specific services vary, most Senior Move Managers can help with some or all of the following: developing an overall move or “age in place” plan; organizing, sorting and downsizing; move; and unpacking and setting up the new home. Senior Move Managers are in the business of helping to provide pleasant transitions. Find out more through the National Association of Senior Move Managers at www.NASMM.org

The Mavins Group.....	908 233-6200
-----------------------	--------------

SENIOR ORGANIZATIONS & SERVICES

AARP	800 441-2277
AARP Driver Safety Program.....	888 227-7669
Alcoholics Anonymous.....	800 477-1104
Alzheimer’s Association – Greater New New Jersey Chapter (ad on page 11)	800 272-3900

Continued on next page >



SENIOR ORGANIZATIONS & SERVICES *continued*

Alzheimer’s New Jersey.....	888 280-6055
American Association of Retired Persons (AARP).....	866 542-8165
American Cancer Society.....	800 227-2345
American Diabetes Association.....	800 342-2383
American Heart Association.....	800 242-8721
American Kidney Fund.....	800 638-8299
American Liver Foundation.....	800 465-4837
American Lung Association.....	800 586-4872
American Parkinson Disease Association.....	800 223-2732
American Stroke Association.....	800 553-6321
Arthritis Foundation.....	800 283-7800
East Orange General Hospital Sr Wellness Clubs.....	973 414-1884
Easter Seals Society.....	800 221-6827
Eldercare Locator Nationwide.....	800 677-1116
Essex County Div on Aging, 900 Bloomfield Ave, Verona.....	973 395-8389
Hudson County Office on Aging, 595 County Av, Secaucus.....	201 369-4313
Huntington’s Disease Society of America.....	800 345-4372
Irvington SDA 50 Plus Club.....	973 295-0411
Lavy House Sr Resource Ctr, 748 E Broad St, Westfield.....	908 389-1263
Leukemia and Lymphoma Society.....	800 286-8159
Lupus Foundation of America.....	800 558-0121
Mental Health Services Hotline.....	800 273-8255
National Alliance for Caregiving (NAC).....	info@caregiving.org
National Council on Aging.....	800 424-9046
National Family Caregivers Association.....	800 896-3650
National Home Caring Council.....	202 547-7424
National Kidney Foundation.....	800 622-9010
National Multiple Sclerosis Society.....	800 344-4867
National Osteoporosis Foundation.....	800 223-9994
National Parkinson Foundation.....	800 327-4545
NJ Division of Senior Affairs.....	800 792-8820
NJ Ease.....	877 222-3737
NJ Hospice and Palliative Care Organization.....	908 223-0060
Ombudsman for the Institutionalized Elderly.....	877 582-6995
Project Life Saver Wander Tracking Service	
– Union County Sheriff’s Office.....	908 273-1608
The National Association for Homecare.....	202 547-7424
Trinitas Hospital Seniors First Program.....	888 887-4648
Union Cty Division on Aging, Elizabeth Plaza, Elizabeth.....	908 527-4870
United Ostomy Association.....	800 826-0826



SENIOR REAL ESTATE SPECIALIST

The Sue Adler Team (ad on page 43)

488 Springfield Ave, Summit 973 **936-9129**

Tonya Keyes, Broker of Record

K&W Red Door Realty (ad on page 19) 732 **900-0957**

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Wm. A. Bradley & Son Funeral Home (ad on page 9)

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299 Morris Ave, Summit 973 **457-4724**

Simply Cremation New Jersey (ad on page 9)

1100 Pine Ave, Union 973 **457-4724**

SOCIAL SECURITY

Social Security Administration

- **Clifton**, 935 Allwood Rd, Clifton 800 **772-1213**

- **Hoboken**, 79 Hudson St, 6th Fl, Hoboken 800 **772-1213**

- **Union**, 855 Lehigh Ave, Union 800 **772-1213**

STAIR LIFTS

A Little Lift

(ad on page 41) 973 **839-0625**

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(ad on page 41) 973 **219-4147**

Williams Lift Company

(ad on page 41) 800 **287-1793**

SUPPORT SERVICES

AARP Support Group 866 **542-8165**

Alzheimer's Association - Greater New

New Jersey Chapter (ad on page 11) 800 **272-3900**

Continued on next page >

SUPPORT SERVICES *continued*

American Cancer Society Support Group.....	973 331-9300
American Lung Association Support Group.....	973 227-7720
Arthritis Foundation Support Group.....	800 467-3112
DOROT Caregivers Connection Support Group	201 854-8551
Jewish Family Service of MetroWest	
– Alzheimer’s Caregiver Support Group	
570 W Mt Pleasant Av, Livingston	973 765-9050
– Cafe Europa – Holocaust Program	
256 Columbia Turnpike, Florham Park	973 765-9050
– Chai Café of Hudson County – Congregate Kosher Nutrition	
Site and Socialization , 1050 Kennedy Blvd, Bayonne.....	973 765-9050
– Loss of Spouse Support Grp	
256 Columbia Turnpike, Florham Park	973 765-9050
Self-Help Clearinghouse.....	800 367-6274

ESSEX COUNTY

Bereavement Program at St Barnabas	
Hospice & Palliative Care Center	973 322-4830
Clara Maass Medical Center , One Clara Maass Dr, Belleville	
– Breast Cancer Support Group.....	973 450-2332
– Cancer Support Group.....	973 844-4347
– Caregiver’s Support Group	973 450-2285
– Diabetes Support Group, EOGH	973 266-4553
Newark Beth Israel Medical Center , 201 Lyons Ave, Newark	
– Breast Cancer Support Group.....	973 926-7565
– Cancer Patient Support Group.....	973 926-7609
St Barnabas Ambulatory Care Center , 200 South Orange Ave, Livingston	
– Lymphedema Education and Support Group	973 322-7293
– Osteoporosis Support Group.....	973 322-7830
St Barnabas Medical Center , 94 Old Short Hills Rd, Livingston	
– Bereavement Support Group.....	973 322-4800
– Burn Peer Support Group.....	973 322-5276
– Cancer Support Group.....	973 322-2668
– Epilepsy Parent Support Group.....	973 244-0850
– Physician Referral Service	888 724-7123
– Renal Transplant Support Group	973 322-8463

HUDSON COUNTY

Bayonne Medical Center Support Services through	
Community Crossing , 29th St at Ave E, Bayonne.....	201 437-4100

Continued on next page >



SUPPORT SERVICES *continued*

UNION COUNTY

Jewish Family Service of Central NJ

– Alzheimer’s / Dementia Caregiver Support Group

655 Westfield Ave, Elizabeth..... 908 352-8375

140 Mountain Ave, Westfield..... 908 352-8375

– Cafe Europa – Holocaust Program

655 Westfield Ave, Elizabeth..... 908 352-8375

Trinitas Regional Medical Center Support Services

225 Williamson St and 655 East Jersey St, Elizabeth

– Alzheimer’s/Dementia Support Group 908 994-7313

– Breast Cancer Support Svcs (*English/Spanish*) 908 994-8244

– Caregiver’s Support Line..... 866 932-2748

– Grandparents as Parents (GAP) 908 994-7460

– Mentally Ill Support Grp (*for Spanish speaking*) 201 348-9159

– Sleep Disorders CPAP Support Group..... 908 994-8694

– Wellness Management Services..... 908 994-7334

TRANSITIONAL ELDERCARE CONSULTING

Health Care Connect, LLC

(www.myhealthcareconnect.com) 908 832-0417

Unicity Eldercare

(*ad on page 65*) 201 670-7100

TRANSPORTATION

Christ Hospital Senior Transportation Service..... 201 795-8261

Essex County Senior Transportation 973 618-1280

Essex Valley Med Transportation Svcs (EVMTS) 973 266-2989

EZ Ride – Ryde4Life..... 866 208-1307 x4

Jewish Family Service of Central NJ – JFS Escorted Door to Door Transportation Program

655 Westfield Ave, Elizabeth..... 908 352-8375

New Jersey Transit Access Link 800 955-2321

New Jersey Transit General Information Line 973 491-7000

Orange, NJ Transportation

Provided by Office of Older Adult Services 973 266-4048

Sr Discount Reduced Fare for NJ Trans. Bus & Rail 973 378-6401

Transcend (*Hudson County*) 201 369-4320

Continued on next page >

TRANSPORTATION *continued*

Transportation Prog (<i>Patients Only</i>) at St Mary's Hospital.....	201 418-2872
Trinitas Hospital Ambulance Transportation Svc.....	908 994-8888
Union County Paratransit.....	908 241-8300

UMBRELLA INSURANCE

Diane L. Murray Insurance Agency

(*ad on page 25*).....908 **686-4609**

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299 Morris Ave, Summit.....973 **457-4724**

Simply Cremation New Jersey (*ad on page 9*)

1100 Pine Ave, Union.....973 **457-4724**

VETERAN SERVICES

Debt Management.....800 **827-0648**

E Orange Campus of the VA NJ Health Care System

385 Tremont Av, East Orange.....973 **676-1000**

Education Benefits.....888 **442-4551**

Health Benefits.....877 **222-8387**

Health Eligibility Center.....800 **929-8387**

Jersey City Vet Ctr, 115 Christopher Columbus Dr, S-200.....973 **645-2038**

Life Insurance.....800 **669-8477**

Newark Vet Center, 45 Academy St, Newark.....973 **645-5954**

Tri-Care for Life Prescription Services.....800 **417-5086**

VA Benefits.....800 **827-1000**

VA Healthcare Enrollment.....888 **954-3553**

VA Regional Office/VA Benefits, 20 Washington Pl, Newark.....800 **827-1000**

Veteran Benefits Hotline.....888 **8NJ-VETS**



VISION RESOURCES

American Council of the Blind	800 424-8666
DOROT's University Without Walls	973 763-1511
Foundation Fighting Blindness.....	800 683-5555
HIP (Heightened Independence & Progress)	201 996-9100
Library for the Handicapped	800 685-2136
Lighthouse International	800 829-0500
National Federation of the Blind of New Jersey	973 759-3622
Newark Museum Tours for Visually Impaired Guests	973 596-6613
New Eyes for the Needy	973 376-4903
New Jersey Association of the Blind-Deaf 153 Halsey St, Newark.....	973 648-2111
New Jersey Foundation for the Blind.....	973 627-0055
NFB NEWSLINE.....	410 659-9314 x317
NJ Commission for the Blind & Visually Impaired	973 648-2111
NJ Self-Help Clearinghouse (<i>Support Group</i>).....	800 367-6274
NJ State Library for the Blind & Physically Handicapped.....	800 792-8322
North American Resource Line for Braille	800 272-4553
Prevent Blindness New Jersey	800 850-2020
Recorded Magazines	888 724-6423
The Seeing Eye.....	973 539-4425
The Talking Newspaper	201 498-0396
Vision Council of America	800 424-8422

VISION SERVICES

Eye Trauma Services at The University Hospital 150 Bergen St, Newark.....	973 972-2020
Marano Eye Care at St Michael's Medical Ctr 111 Central Av, Newark.....	973 877-5534

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(ad on page 59) 888 **666-1117**

Atlantic Homecare & Hospice

(ad on page 58) 973 **379-8472**

Atlantic Private Care

(ad on page 59) 973 **540-9000**

Aveanna Healthcare Services

(ad on page 60) 866 **737-3336**

Bayonne VNA – Hudson County

(ad on page 58) 201 **339-2500**

Brightstar Care

(ad on page 61) 908 **322-8200**

ComForcare Home Care

(ad on page 64) 908 **408-5220**, 973 **244-9400**

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Heart to Heart Home Care

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Patient Care

(ad on page 58) 973 **243-6299**

Promise Care NJ

(ad on page 60) 201 **418-6800**, 973 **378-1000**

Senior Home Care Services

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Unicity Eldercare

(ad on page 65) 201 **670-7100**

SKILLED CARE DEFINITIONS

DIABETIC CARE – Refers to services including patient assessment, specific diet information, management of the disease process, medication

Continued on page 67 >



PROVIDER

AD ON PAGE #

PHONE #

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SOCIAL WORKER

IV THERAPY

WOUND CARE

DIABETIC CARE

CARDIAC CARE

ENTERAL (TUBE) FEEDING

PSYCHIATRIC CARE

MED-ALERT

PRIVATE DUTY / PERS CARE

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PRIVATE PAY

PRIVATE INSURANCE

MEDICAID

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PROVIDER	AD ON PAGE #	PHONE #	COUNTIES SERVED*	THERAPY**(S,P,O,R)	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	ENTERAL (TUBE) FEEDING	PSYCHIATRIC CARE	MED-ALERT	PRIVATE DUTY / PERS CARE	HOSPICE	PRIVATE PAY	PRIVATE INSURANCE	MEDICAID	MEDICARE	CONTRACT WIVA	
Accredited Health Services	65	877-200-0606	E,H,U	PO																	
Aquinas Healthcare	60	973-467-8502	E,H,U	PO																	
Ascend Home Health Care	59	888-666-1117	E,H,U	SPO																	
Atlantic Home Care & Hospice	58	973-379-8472	E,H,U	SPO																	
Atlantic Private Care	59	973-540-9000	E,H,U																		
Aveanna Concierge	60	866-737-3336	E,H,U																		



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 BONDED / INSURED / WORKER'S COMP
 24 HOUR ON CALL
 24 HOUR CARE / LIVE-IN
 MED ALERT
 MEDICATION REMINDERS
 TRANSPORTATION
 ALZ/ DEMENTIA CARE
 HOMEMAKER/COMPANION
 PERSONAL CARE
 COUNTIES SERVED*
 PHONE #
 AD ON PAGE #

HOME HEALTH - NON SKILLED CARE PROVIDERS

PROVIDER	AD ON PAGE #	PHONE #	COUNTIES SERVED*	PERSONAL CARE	HOMEMAKER/COMPANION	ALZ/ DEMENTIA CARE	TRANSPORTATION	MEDICATION REMINDERS	MED ALERT	24 HOUR CARE / LIVE-IN	BONDED / INSURED / WORKER'S COMP	LIABILITY COVERAGE	FREE ASSESSMENT	PRIVATE PAY	LONG-TERM CARE INSUR	JACC	CONTRACT WITH VA	MINIMUM HRS PER VISIT	ACCREDITED	
Accredited Health Services	65	877-200-0606	E,H,U	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	1	■
Aquinas Healthcare	60	973-467-8502	E,H,U	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	3	■
Ascend Concierge Home Care	59	888-666-1117	E,H,U	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	1	■
Atlantic Private Care	59	973-540-9000	E,H,U	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	4	■
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856-541-5736	914-337-3038
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Accredited Health Services
Home is where the care is



NON-SKILLED CARE AGENCIES *continued from page 61*

Senior Home Care Services

(ad on page 64) 973 **538-4357**

Unicity Eldercare

(ad on page 65) 201 **670-7100**

NON-SKILLED CARE DEFINITIONS

24 HOUR CARE – Refers to “round the clock treatment” in a home environment. The care may be shared by multiple caregivers or by a single caregiver.

24 HOUR ON CALL – Refers to someone being available 24 hours a day to speak with you.

ACCREDITED – Accrediting agencies are professional groups that establish and monitor voluntary, industry wide standards to ensure that patients receive quality home health care services. The Commission on Accreditation for Home Care, Inc. (CACH) and Community Health Accreditation Program (CHAP) are two of the accrediting agencies.

ALZHEIMER’S DEMENTIA CARE – This refers to personnel of the agency that are specifically trained to provide care to those that are afflicted with Alzheimer’s or other dementia related problems.

BONDED – Means that a bonding company has secured money that is available to the consumer in the event they file a claim against the company.

FREE ASSESSMENT – Agencies that do not charge for the initial assessment of the client which is usually facilitated by a nurse or other professional capable of providing a detailed care plan.

GO/JACC – In 2009 the Department of Health and Senior Services consolidated three Medicaid supported home and community based service programs into a single program known as Global Options (GO). GO is an income restricted program. JACC (Jersey Assistance for Community Care-giving) is a program similar to GO but for individuals with slightly higher income and not eligible for GO.

HOMEMAKER/COMPANION – Non-medical assistance with meal preparation, laundry, light housekeeping, errands, activities, outings, companionship and other household duties. These agencies are licensed by the state.

HOURLY MINIMUM – This refers to the minimum number of hours that an agency provides service.

Continued on next page >



NON-SKILLED CARE DEFINITIONS *continued*

INSURED – This refers to what happens if someone gets hurt on the job. If the company isn't insured, then the claim gets filed against the homeowner's insurance. If the company is insured, then the claim gets filed against the company's insurance.

MED-ALERT SYSTEMS – Personal medical alert products activated by pushing a button.

MEDICATION REMINDER – Assistance with reminding an individual about medications but not dispensing medications.

TRANSPORTATION – Rides to shopping, appointments and other outings.

WORKER'S COMP – Insurance that covers medical and rehabilitation costs and lost wages for employees injured at work. ➤

SKILLED CARE DEFINITIONS *continued from page 55*

management and education on all the above. Services provided by Registered Nurse under the supervision of a M.D. Some agencies may have certified diabetic nurse instructors or cardiac care specialty RN's in their employ.

ENTERAL FEEDING –Also called tube feeding, is a way to deliver nutrients through a tube if you cannot take food or drink through your mouth.

HOURLY MINIMUM – The least number of hours a Non-Medical Home Care Agency will be available for hire. Medicare certified Home Health Agencies are not on a specified time frame.

HOSPICE – Refers to a comprehensive program of care to patients and families facing a life threatening illness. Hospice emphasizes palliative rather than curative treatment. The dying are comforted. Professional medical care is given, and sophisticated symptom relief provided.

DIABETIC CARE – Refers to services including patient assessment, specific diet information, management of the disease process, medication management and education on all the above. Services provided by Registered Nurse under the supervision of a M.D. Some agencies may have certified diabetic nurse instructors or cardiac care specialty RN's in their employ.

ENTERAL FEEDING –Also called tube feeding, is a way to deliver nutrients through a tube if you cannot take food or drink through your mouth.

Continued on page 84 ➤



COMMUNITY

PREFERRED SERVICES

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING COST OR HUD	STUDIO	ONE BEDROOM	TWO BEDROOMS	MEALS	HANDICAP ACCESS	TRANSPORTATION	PETS
Chelsea at Fanwood, The 295 South Ave, Fanwood	83	908-654-5200	43	\$2,000	■	■	■	■	■	■	■
Crane's Mill 459 Passaic Ave, West Caldwell	104	973-276-3017	282	Ⓢ	■	■	■	■	■	■	■
Green Hill 103 Pleasant Valley Way, West Orange	BC	973-766-9355	26	\$4,258	■	■	■	■	■	■	■
Village Apartments of the Jewish Federation 110 Yose Ave, South Orange	71	973-763-0999	68	\$1,088	■	■	■	■	■	■	■
Winchester Gardens 333 Elmwood Ave, Maplewood	81	877-230-5543	202	Ⓢ	■	■	■	■	■	■	■

ESSEX COUNTY

Bailey Holt Tower, 25 S Grove St, East Orange	973-673-5070	128	HUD	■	■
Brewster's Manor, 477 Mt Prospect Ave, Newark	973-485-2415	29	\$900	■	■
Casa Mia Senior Housing, 502 Summer Ave, Newark	973-483-7775	90	HUD	■	■
Crane's Mill 459 Passaic Ave, West Caldwell	104 973-276-3017	282	☉	■	■
Green Hill 103 Pleasant Valley Way, West Orange	BC 973-766-9355	26	\$4,258	■	■
Maplewood Seniors, 564 Irvington Ave, Maplewood	973-763-4322	114	☉	■	■
Montclair Inn, 27 Hillside Ave, Montclair	973-746-8917	22	\$1,150	■	■
Nevada Streets Apts, 2 Nevada St, Newark	973-622-8101	305	HUD	■	■
Pine Ridge of Montclair, 60 Glen Ridge Ave, Montclair	973-746-0003	47	HUD	■	■
Salem Towers Apts, 98 High St, Orange	973-678-5768	112	\$705	■	■
Village Apartments of the Jewish Federation 110 Vose Ave, South Orange	71 973-763-0999	68	\$1,088	■	■
West Orange Senior Citizen Housing, 10 Gaston St, West Orange	973-736-3130	183	HUD	■	■
Willow Home for Senior Citizens, 39 S Willow St, Montclair	973-744-1999	16	\$1,400	■	■
Winchester Gardens 333 Elmwood Ave, Maplewood	81 877-230-5543	202	☉	■	■

* Entrance Fee Required

BC = Back Cover

 = Web link on www.SeniorsBlueBook.com

☉ = Call

(continued on next page)



(continued from previous page)

AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING COST OR HUD	STUDIO	ONE BEDROOM	TWO BEDROOMS	MEALS	HANDICAP ACCESS	TRANSPORTATION	PETS
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COMMUNITY

HUDSON COUNTY

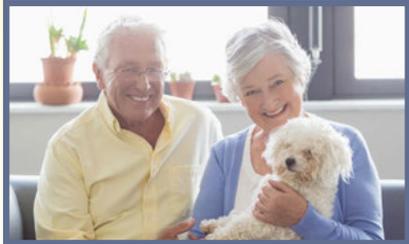
Ocean Towers Apartments, 425 Ocean Ave, Jersey City	201-434-8691	99	HUD	■	■	■	■	■	■	■
YWCA Imperative Housing, 111 Storms Ave, Jersey City	201-333-6328	79	HUD	■	■	■	■	■	■	■

UNION COUNTY

Chelsea at Fanwood, The 295 South Ave, Fanwood	908-654-5200	43	\$2,000	■	■	■	■	■	■	■
Elizabeth House, 78 E Jersey St, Elizabeth	908-355-3406	42	\$650	■	■	■	■	■	■	■
Lantern Hill, 535 Mountain Ave, New Providence	844-779-8778	☎	☎	■	■	■	■	■	■	■
Park Hotel Rest Home, 123 W 7th St, Plainfield	908-754-2211	182	\$833	■	■	■	■	■	■	■
Plainfield Tower West, 601 W 7th St, Plainfield	908-668-1963	154	HUD	■	■	■	■	■	■	■
Springfield Seniors, 350 Independence Way, Springfield	973-467-1480	136	HUD	■	■	■	■	■	■	■
Woodlands, The, 1400 Woodland Ave, Plainfield	908-753-1113	20	\$1,985	■	■	■	■	■	■	■

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COMMUNITY

AD ON PAGE #	PHONE #	CONTINUUM OF CARE	AMOUNT OF AL UNITS	STARTING PRICE FROM	ASSISTED LIVING	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING	SECURE ALZ / DEMENTIA	RESPITE SHORT-TERM STAY	DAY CARE	MEDICAID	PETS
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PREFERRED SERVICES

Amber Court Assisted Living 1155 E Jersey St, Elizabeth	83	908-352-9200	99	☎	■	■	■	■	■	■	■	■	■
Arbor Terrace Mountainside 1050 Springfield Ave, Mountainside	82	908-760-0599	79	\$4,900	■	■	■	■	■	■	■	■	■
Arbor Terrace Roseland 345 Eagle Rock Ave, Roseland	82	973-618-1888	85	\$4,800	■	■	■	■	■	■	■	■	■
Arden Courts of Wayne (Memory Care Only) , 800 Hamburg Tpk, Wayne	92	973-942-5600	54	\$8,395	■	■	■	■	■	■	■	■	■
Arden Courts of West Orange (Memory Care Only) , 510 Prospect Ave, West Orange	92	973-736-3100	55	\$8,395	■	■	■	■	■	■	■	■	■
Arden Courts of Whippany (Memory Care Only) , 18 Eden Ln, Whippany	92	973-581-1800	60	\$8,395	■	■	■	■	■	■	■	■	■



(continued from previous page)

COMMUNITY
 AD ON PAGE #
 PHONE #
 CONTINUUM OF CARE
 AMOUNT OF AL UNITS
 ASSISTED LIVING STARTING PRICE FROM
 SEMI-PRIVATE ROOMS
 PRIVATE ROOMS
 SKILLED NURSING
 SECURE ALZ / DEMENTIA
 RESPITE SHORT-TERM STAY
 DAY CARE
 MEDICAID
 PETS

PREFERRED SERVICES (cont'd)

COMMUNITY	AD ON PAGE #	PHONE #	CONTINUUM OF CARE	AMOUNT OF AL UNITS	ASSISTED LIVING STARTING PRICE FROM	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING	SECURE ALZ / DEMENTIA	RESPITE SHORT-TERM STAY	DAY CARE	MEDICAID	PETS
Hearthside Commons at the Job Haines Home , 250 Bloomfield Ave, Bloomfield	102	973-743-0792	■	63	\$3,799	■	■	■	■	■	■	■	■
Lantern Hill 537 Mountain Ave, New Providence	84	844-779-8778	■	Ⓢ	Ⓢ	■	■	■	■	■	■	■	■
Lester Senior Housing Community 905 Rte 10 E, Whippany	93	973-929-2725	■	55	\$4,870	■	■	■	■	■	■	■	■
Sunrise of Edgewater 351 River Rd, Edgewater	80	201-941-6111	■	70	Ⓢ	■	■	■	■	■	■	■	■
Sunrise at West Essex 47 Greenbrook Rd, Fairfield	80	973-228-7890	■	94	Ⓢ	■	■	■	■	■	■	■	■
Sunrise of Westfield 240 Springfield Ave, Westfield	80	908-317-3030	■	92	Ⓢ	■	■	■	■	■	■	■	■



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COMMUNITY

AD ON PAGE #

PHONE #

CONTINUUM OF CARE

AMOUNT OF AL UNITS

STARTING PRICE FROM

SEMI-PRIVATE ROOMS

PRIVATE ROOMS

SKILLED NURSING

SECURE ALZ / DEMENTIA

RESPIRE SHORT-TERM STAY

DAY CARE

MEDICAID

PETS

ESSEX COUNTY (cont'd)

Crane's Mill Health Center 459 Passaic Ave, West Caldwell	104	973-276-3017	■	48	☉		■	■	■	■	■	■	■	■	■	■	■	■
Green Hill 103 Pleasant Valley Way, West Orange	BC	973-766-9355	■	63	\$5,584		■	■	■	■	■	■	■	■	■	■	■	■
Hearthside Commons at the Job Haines Home , 250 Bloomfield Ave, Bloomfield	102	973-743-0792	■	63	\$3,799		■	■	■	■	■	■	■	■	■	■	■	■
Sunrise at West Essex 47 Greenbrook Rd, Fairfield	80	973-228-7890		94	☉	■	■	■	■	■	■	■	■	■	■	■	■	■
Winchester Gardens 333 Elmwood Ave, Maplewood	81	877-230-5543	■	115	☉		■	■	■	■	■	■	■	■	■	■	■	■

HUDSON COUNTY

Alaris Health at The Atrium Astd Living, 330 Ninth St, Jersey City		201-716-8000		85	\$3,600		■	■	■	■	■	■	■	■	■	■	■	■
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Residence at Clara Maass Cont Care Ctr, 195 Belgrove Dr, Kearny	973-844-4800	■	30	☎	■	■	■	■	■
MORRIS COUNTY									
Arden Courts of Whippany (Memory Care Only), 18 Eden Ln, Whippany	92	973-581-1800	■	60	\$8,395	■	■	■	■
Cedar Crest 4 Cedar Crest Village Dr, Pompton Plains	83	800-960-6226	■	64	\$4,650	■	■	■	■
Lester Senior Housing Community 905 Rte 10 E, Whippany	93	973-929-2725	■	55	\$4,870	■	■	■	■
PASSAIC COUNTY									
Arden Courts of Wayne (Memory Care Only), 800 Hamburg Tpk, Wayne	92	973-942-5600	■	54	\$8,395	■	■	■	■
UNION COUNTY									
Amber Court Assisted Living 1155 E Jersey St, Elizabeth	83	908-352-9200	■	99	☎	■	■	■	■
Arbor Terrace Mountainside 1050 Springfield Ave, Mountainside	82	908-760-0599	■	79	\$4,900	■	■	■	■
Atria Cranford 10 Jackson Dr, Cranford	83	908-709-4300	■	219	\$3,750	■	■	■	■
Brighton Gardens of Mountainside 1350 Rt 22 West, Mountainside	80	908-654-4460	■	123	☎	■	■	■	■

* All Inclusive BC = Back Cover 📄 = Web link on www.SeniorsBlueBook.com ☎ = Call



(continued from previous page)

COMMUNITY	AD ON PAGE #	PHONE #	UNION COUNTY (cont'd)	AMOUNT OF AL UNITS	STARTING PRICE FROM	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING	SECURE ALZ / DEMENTIA	RESPIRE SHORT-TERM STAY	DAY CARE	MEDICAID	PETS
Ctr for Hope — Fr Hudson House, 111 DeHart Pl, Elizabeth		908-353-6060		25	☉	■	■	■	■	■	■	■	■
Ctr for Hope — Peggy Colony's Hs, 1900A Raritan Rd, Scotch Plains		908-288-0500		30	☉	■	■	■	■	■	■	■	■
Chelsea at Fanwood 295 South Ave, Fanwood	83	908-654-5200		68	\$4,800	■	■	■	■	■	■	■	■
Delaire Nurs & Convalescent Ctr, 400 W Stimpson Ave, Linden		908-862-3399		40	\$3,000	■	■	■	■	■	■	■	■
Lantern Hill 537 Mountain Ave, New Providence	84	844-779-8778	■	☉	☉	■	■	■	■	■	■	■	■
New Jersey Multicare Center, 225 W Jersey St, Elizabeth		908-353-1220		180	☉	■	■	■	■	■	■	■	■
Spring Meadows at Summit, 41 Springfield Ave, Summit		908-522-8852		89	☉	■	■	■	■	■	■	■	■
Sunrise of Westfield 240 Springfield Ave, Westfield	80	908-317-3030		92	☉	■	■	■	■	■	■	■	■

☉ = Call

📖 = Web link on www.SeniorsBlueBook.com

BC = Back Cover

* All Inclusive



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Canterbury Village

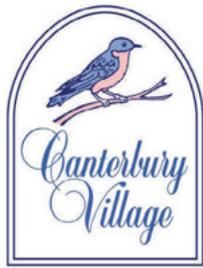
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Arbor Terrace Roseland
345 Eagle Rock Ave.
Roseland, NJ 07068
973-618-1888 | ArborRoseland.com



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EQUAL HOUSING
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SKILLED CARE DEFINITIONS *continued from page 67*

HOUR MINIMUM – The least number of hours a Non-Medical Home Care Agency will be available for hire. Medicare certified Home Health Agencies are not on a specified time frame.

HOSPICE – Refers to a comprehensive program of care to patients and families facing a life threatening illness. Hospice emphasizes palliative rather than curative treatment. The dying are comforted. Professional medical care is given, and sophisticated symptom relief provided.

INTRAVENOUS THERAPY (IV) – Refers to any medical treatments/medications that need to be introduced into the body via a patient's veins. Numerous IV Therapies can be provided in a patient's home under supervision of a MD. Some of these include: inter-infective/antibiotic therapies, hydration therapy, pain management, chemotherapy and central line care and maintenance.

MED-ALERT SYSTEMS – Personal medical alert products activated by pushing a button.

PRIVATE DUTY PERSONAL CARE – Assistance with Activities of Daily Living (ADL's), homemaking, companionship and other non-medical in home care. These services are available for hire after, or in conjunction with, Medicare certified services. Private payment, Medicaid and Veterans Benefits are a few of the ways personal care can be paid for.

PSYCHIATRIC CARE – Refers to the agencies' ability to offer services related to psychiatric support with the prevention, diagnosis, and treatment of mental illness. Services may include counseling or administering of medications.

SOCIAL WORKER – A clinical social worker whose purpose in health care is to enhance, promote, maintain, and restore the best possible social abilities of the patient or family. Services provided may be preventive, developmental, or remedial in nature.

Continued on next page >

THERAPY SERVICES (ST, PT, OT, RT) –

Speech Therapy – Refers to services to assess and treat speech and swallowing disorders. Speech therapy can treat speech, language, cognitive skills or swallowing.

Physical Therapy – Refers to services for the treatment and the rehabilitation process where a physical therapist will often stretch, strengthen, facilitate muscles, challenge balance, test coordination abilities, teach home exercise programs and enhance basic mobility skills.

Occupational Therapy – Refers to services to assess and treat patients to improve their ability to perform tasks in their daily living and working environments. Patients may have mental, physical, developmental, or emotional disabilities. Therapists also help them to develop, recover, or maintain daily living and work skills. Occupational therapists help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function.

Respiratory Therapy – Refers to services for care of patients with deficiencies and abnormalities associated with the cardiopulmonary system. It may include the therapeutic use of medical gases and their equipment, environmental control systems, humidification, aerosols, ventilator support, bronchi pulmonary drainage and exercise, respiratory rehabilitation, assistance with cardiopulmonary resuscitation, and maintenance of natural, artificial, and mechanical airways.

TRACH CARE – Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or remove secretions.

WOUND CARE – Refers to services for providing diagnosis and treatment for ulcers, pressure sores and other wounds. Treatments may include but is not limited to irrigations, dressing, and wound vacs. Some agencies may employ specialty nurses to provide and instruct in care specifically for patients with more complicated wounds. ▶

SENIOR HOUSING DEFINITIONS

ALZHEIMER’S/DEMENTIA ASSISTED LIVING COMMUNITIES –

Licensed assisted living facility or skilled nursing facility that specialize in delivering care to victims of Alzheimer’s and dementia. Communities are typically bedroom-style rental units with common areas for dining and activities. Many are locked for residents’ safety. Specifically trained staff usually serves the special needs of this population. Amenities vary for each community.

Continued on page 104 ▶



(continued from previous page)

COMMUNITY	AD ON PAGE #	PHONE #	# OF UNITS	MONTHLY RATES STARTING FROM	PRICE ALL INCLUSIVE	ALZ / DEMEN RES ONLY	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	NURSING HOME ON SITE	RESPITE CARE	DAY CARE	NURSE ON STAFF	FURNISHED APTS	SECURED COURTYARD
Lantern Hill 537 Mountain Ave, New Providence	84	844-779-8778	28	☉										
Lester Senior Housing Community 903-905 Rte 10 E, Whippany	93	973-929-2725	12	\$9,500										
Sunrise of Edgewater 351 River Rd, Edgewater	80	201-941-6111	76	☉										
Sunrise at West Essex 47 Greenbrook Rd, Fairfield	80	973-228-7890	24	☉										
Sunrise of Westfield 240 Springfield Ave, Westfield	80	908-317-3030	20	☉										
Winchester Gardens 333 Elmwood Ave, Maplewood	81	877-230-5543	17	☉										

PREFERRED SERVICES (cont'd)



COMMUNITY

AD ON PAGE #	PHONE #	# OF UNITS	MONTHLY RATES STARTING FROM	PRICE ALL INCLUSIVE	ALZ / DEMEN RES ONLY	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	NURSING HOME ON SITE	RESPIRE CARE	DAY CARE	NURSE ON STAFF	FURNISHED APTS	SECURED COURTYARD
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ESSEX COUNTY (cont'd)

Winchester Gardens 333 Elmwood Ave, Maplewood	81	877-230-5543	17	☺	■	■	■	■	■	■	■	■	■
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HUDSON COUNTY

Alaris Health at The Atrium at Hamilton Park, 330 Ninth St, Jersey City		201-716-8000	24	\$4,000	■	■	■	■	■	■	■	■	■
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MORRIS COUNTY

Arden Courts of Whippany (Memory Care Only) , 18 Eden Ln, Whippany	92	973-581-1800	60	\$8,395	■	■	■	■	■	■	■	■	■
Cedar Crest 4 Cedar Crest Village Dr, Pompton Plains	83	800-960-6226	18	\$4,650	■	■	■	■	■	■	■	■	■
Lester Senior Housing Community 903-905 Rte 10 E, Whippany	93	973-929-2725	12	\$9,500	■	■	■	■	■	■	■	■	■

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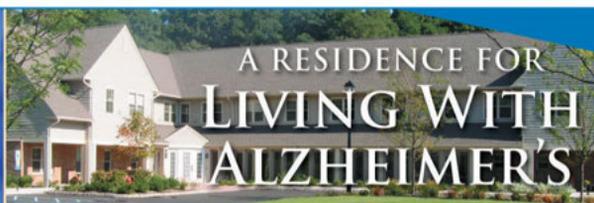
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*Glatt kosher meals are prepared under the Supervision of the Vaad HaRabonim of MetroWest New Jersey. +We welcome residents based on their needs and qualification for the level of care required.

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COMMUNITY

AD ON PAGE #	PHONE #	# OF BEDS	RESPIRE	ALZ / DEMENTIA SECURED	DAILY COST AL NURSING HOME	SUB-ACUTE UNIT	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	MEDICAID	MEDICARE	TRACH UNIT	VENT UNIT
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PREFERRED SERVICES

Ashbrook Nursing & Rehab Center 1610 Raritan Rd, Scotch Plains	103	908-889-5500	120	■	☉	■	■	■	■	■	■	■
Brookhaven Health Care Center 120 Park End Pl, East Orange	104	973-676-6221	122	■	☉	■	■	■	■	■	■	■
Canterbury at Cedar Grove 398 Pompton Ave, Cedar Grove	103	973-239-7600	180	■	\$290	■	■	■	■	■	■	■
CareOne at Livingston 68 Passaic Ave, Livingston	79	973-758-9000	136	■	☉	■	■	■	■	■	■	■
Cedar Crest 4 Cedar Crest Dr, Pompton Plains	83	800-960-6226	113	■	\$434	■	■	■	■	■	■	■
Cornell Care & Rehab Center 234 Chestnut St, Union	103	908-687-7800	177	■	☉	■	■	■	■	■	■	■

Crane's Mill Health Center 459 Passaic Ave, West Caldwell	104	973-276-3017	66	■	■	Ⓞ	■	■	■	■	■	■	■
Green Hill 103 Pleasant Valley Way, West Orange	BC	973-766-9355	77	■	■	\$371	■	■	■	■	■	■	■
Harborage, The 7600 River Rd, North Bergen	104	201-854-5400	247	■	■	\$350	■	■	■	■	■	■	■
Hudson View Care & Rehab Center 9020 Wall St, North Bergen	103	201-861-4040	273	■	■	\$300	■	■	■	■	■	■	■
Job Haines Home 250 Bloomfield Ave, Bloomfield	102	973-743-0792	30	■	■	\$316	■	■	■	■	■	■	■
Lantern Hill 537 Mountain Ave, New Providence	84	844-779-8778	40	■	■	Ⓞ	■	■	■	■	■	■	■
Sinai Post Acute Nursing & Rehab 65 Jay St, Newark	101	973-483-6800	430	■	■	\$350	■	■	■	■	■	■	■
Windsor Gardens Care Center 140 Park Ave, East Orange	103	973-677-1500	228	■	■	\$250	■	■	■	■	■	■	■
ESSEX COUNTY													
Arbor Glen Ctr Genesis Healthcare, 25 E Lindsley Rd, Cedar Grove		973-256-7220	122	■	■	\$313	■	■	■	■	■	■	■
Broadway House, 298 Broadway, Newark		973-268-9797	78	■	■	Ⓞ	■	■	■	■	■	■	■
Brookhaven Health Care Center 120 Park End Pl, East Orange	104	973-676-6221	122	■	■	Ⓞ	■	■	■	■	■	■	■

* All Inclusive Except Medications BC = Back Cover Ⓞ = Call 🌐 = Web link on www.SeniorsBlueBook.com (continued on next page)



(continued from
previous page)

COMMUNITY

ESSEX COUNTY (cont'd)

	AD ON PAGE #	PHONE #	# OF BEDS	ALZ / DEMENTIA SECURED	RESPIRE	DAILY COST AL NURSING HOME	SUB-ACUTE UNIT	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	MEDICAID	MEDICARE	TRACH UNIT	VENT UNIT
Canterbury at Cedar Grove 398 Pompton Ave, Cedar Grove	103	973-239-7600	180	■	■	\$290	■	■	■	■	■	■	■
CareOne at Livingston 68 Passaic Ave, Livingston	79	973-758-9000	136	■	■	☉	■	■	■	■	■	■	■
Crane's Mill Health Center 459 Passaic Ave, West Caldwell	104	973-276-3017	66	■	■	☉	■	■	■	■	■	■	■
Daughters of Israel, 1155 Pleasant Valley Way, West Orange		973-731-5100	300	■	■	☉	■	■	■	■	■	■	■
Family of Caring Healthcare at Montclair, 42 N Mountain Ave, Montclair		973-783-9400	68	■	■	\$365	■	■	■	■	■	■	■
Forest Hill Health Care Center, 497 Mt Prospect Ave, Newark		973-482-5000	120	■	■	\$265	■	■	■	■	■	■	■
Gates Manor, 111-115 Gates Ave, Montclair		973-746-4616	64	■	■	\$285	■	■	■	■	■	■	■
Green Hill 103 Pleasant Valley Way, West Orange	BC	973-766-9355	77	■	■	\$371	■	■	■	■	■	■	■
Inglemoor Rehab & Care Center, 311 S Livingston Ave, Livingston		973-994-0221	120	■	■	\$355	■	■	■	■	■	■	■



Sinai Post-Acute Nursing and Rehab Center

Sinai Post-Acute Nursing and Rehab Center is an expansive 7 story, 430 bed facility offering a wide variety of services to meet our patients' needs.

With one of the largest rehabilitation gyms in the area, we take pride in our cutting-edge rehab programs renowned for delivering positive outcomes. Our newly renovated Short-Term Rehab floor is geared towards the specific needs of the subacute patient, helping them regain their independence and mobility to facilitate their return to the community as quickly as possible.

For individuals in need of Long-Term skilled nursing care, palliative care or hospice services, Sinai has 4 long term care units staffed by multicultural and compassionate caregivers who strive to uphold the dignity of every resident. Catering to the ethnic diversity of our residents, our highly acclaimed Indian and Hispanic Cultural programs ensure that our residents enjoy the familiar tastes and sounds of home, with peers and staff that can communicate in their preferred language.



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- Amputee Walking Program
- Stroke Recovery
- Cardiac Care
- Pulmonary/Respiratory Therapy
- Wound Care
- 24 hour Skilled Nursing
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- IV Therapy
- Dialysis Care
- Respite Care
- Hospice and Palliative Care
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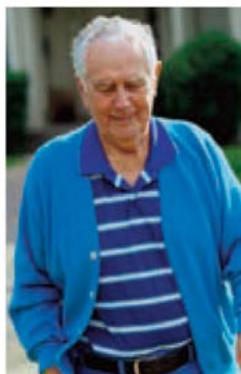
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SENIOR HOUSING DEFINITIONS *continued from page 85*

ASSISTED LIVING COMMUNITIES – Typically apartment-style with kitchenettes and private baths. Some offer companion accommodations. Personal assistance with Activities of Daily Living (ADLs) bathing, grooming, dressing, toileting, eating and ambulation. Rates vary from an all-inclusive to base rates with levels of care. Amenities vary for each community.

CCRC – Continuing Care Retirement Communities offer all levels of care on one campus (independent living, assisted living and skilled nursing). An

Continued on next page >

SENIOR HOUSING DEFINITIONS *continued*

endowment fee may be required that entitles residents to use assisted or skilled services when needed throughout their lifetime. Each community offers varied buy-in and payment plan options.

DAY CARE – Any provider can elect to provide day/night services on a short or long term basis. Rates typically include a place to rest, one or two meals and snacks and activities for the day. Licensed communities are prohibited by law to promote these services without a specific license.

INDEPENDENT HOUSING – Apartments and communities for adults 55+ with little or no senior support services (e.g. no meals, etc.).

INTERMEDIATE CARE – 24 hour inpatient care residents who need licensed nursing supervision and supportive care, but do not require continuous nursing care. Residents may receive full assistance with ADLs and transfers. Residents receive meds from a nurse following a doctors orders and may receive outpatient rehab services. Facilities may use a nurse as a their consultant and the residents receive periodic assessments from a licensed practitioner.

PRICE ALL INCLUSIVE – Price listed includes any and all amenities a community has to offer.

RESPIRE CARE – Otherwise known as a short-term stay. Any provider of IL, AL, ALZ or SNF care can elect to provide fully furnished accommodations to a person for a short period of time. Rates usually quoted on a daily basis and are typically inclusive of all services and amenities.

RETIREMENT COMMUNITIES – Housing designed specifically for mature adults. Typically Studio, 1 BR or 2 BR rental apartments with full kitchens, and private baths are available. Services include meal plans, transportation, housekeeping, laundry and maintenance. Amenities are usually abundant; formal libraries, computer stations, swimming pools, gardens, and other social gathering spaces. Rates are monthly and typically based upon size/ location of apartment.

SKILLED CARE – 24 hour licensed nursing services, eight hours of which are RN covered. Patient may receive rehab services either inpatient or out-patient and may be fully dependent for ADLs. Patients receive medications by an RN according to a licensed physicians orders.

Continued on page 107 >



Finding A Welcoming Long-Term Senior Living Community For The LGBT Elder

The National Gay and Lesbian Task Force notes that there are currently 2.4 million Lesbian, Gay, Bisexual or Transgender people in the United States 65 years and older.

By 2030 that number is expected to grow by 50%. The US Department of Health and Human Services, Administration for Community Living estimates that “between 1.75 and 4 million American ages 60 and over are lesbian, gay, bisexual or transgender.”

In a 2018 survey of New Jersey LGBTQIAA seniors 55+, executed by Green Hill Senior Living in collaboration with Garden State Equality, New Jersey’s largest LGBT organization, LGBT senior’s most pressing issues for aging in New Jersey are to find safe and inclusive housing and healthcare as they age.

LGBT seniors can feel unwelcome in the general aging population. After recently benefiting from the progressive antidiscrimination policies and marriage equality in the tri-state area and on the federal level, LGBT elders

say they feel forced to “go back into the closet” when choosing senior housing or long-term care communities.

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Green Hill is a welcoming residential senior care provider with SAGECare Platinum Certification & Innovator Status

Enhanced Studio, One- and Two-Bedroom suites available now in Catered Independent and Assisted Living

“As recent research shows, LGBT seniors face greater barriers to financial security, lack of access to culturally competent healthcare, and less robust social supports and community engagement,” says Aaron Potenza, Director of Programs and Policy, Garden State Equality.

When looking for a place to call home for an LGBT elder, seek out the following in a senior living community:

- 1 Visible non-discrimination pledge and welcoming signage.
- 2 Staff, care providers and administration who have

completed a recognized cultural competency training program.

3 A program for current and prospective residents and families to learn about welcoming environments and cultural competency.

4 Residents are permitted to co-habitate in rooms/apartments with partners without regard to gender, sexual orientation, gender identification or marital status.

5 A healthcare professional service partnership or access to LGBT trained providers.

6 Programming, activities and resources for LGBT older adults.

Green Hill is creating a welcoming LGBT senior environment with trained culturally competent care providers, inclusive programming and access to local LGBT health care providers. To learn more visit <https://www.green-hill.com/lgbt-senior-housing-care/>. To tour Green Hill contact JohnLloyd@green-hill.com (973)766-9355.~

SENIOR HOUSING DEFINITIONS

continued from page 105

SKILLED NURSING CARE FACILITIES – Providing 24/7 care for residents and offering full assistance with ADLs. Daily rates typically include a furnished bedroom and a private or shared bath, meals, activities, transportation, phone service, cable TV and all personal/nursing care. Pay-or sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

TYPE 1 CARE – Residents may need significant assistance with 2 ADLs and minimal assistance on more than 2 ADLs daily. The resident must also be able to evacuate a community under their own power and have stable health. Residents receive 24/7 monitoring and may have an independent home health agency help with services.

TYPE 2 CARE – Residents receive full assistance with ADLs and are able to permit aging in place. Residents may require the assist of one person for transfers and evacuations. Residents receive 24/7 monitoring and may have an independent home health agency help with services. ◆

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