ESSEX, HUDSON, AND UNION COUNTIES
A Directory of New Jersey Senior Housing and Resources
Summer–Fall 2017

Hospice Care - The Myths. The Reality.
Patient Advocacy Is What Drives Van Dyk Health Care
Home Health and Housing Grids

Visit us at www.SeniorsBlueBook.com
Seniors Resource Line: 973-560-0064
GETTING STARTED IS EASY

Our guide is divided into 3 distinct sections and divided by color tabs:

1. Community Resources and Services

This section is alphabetical. You will find hundreds of different services and organizations that work with seniors and their families. This includes everything from networking to professional services, such as Adult Day, Care Management, Elder Law, Social Security, Senior Centers, etc…

2. Health at Home – Skilled and Non-Skilled Care Agencies

This section offers two different comparison spreadsheet/grids; one for Medical Assistance at home and one for Non-Medical and Personal Assistance at home. First familiarize yourself with the different services that are offered by each agency. You will find definitions about each service within each section. Many options exist; we hope this will help you find a provider to meet your specific needs.
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.

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Dear Valued Readers,

Welcome to the 24th 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 heartfelt 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,

Brian Eckert
Publisher

Bernadette de Isaza
Art Director

The Seniors Blue Book
39 Valley Forge Dr.
Whippany, NJ 07981
(973) 560-0064
FAX (973) 560-0098
E-mail: beeckert@optonline.net

Web Site: www.SeniorsBlueBook.com

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 (973) 560-0064 and we will direct you to the location nearest you. Copies are available by mail for $2 shipping and handling.

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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.

OUR PREFERRED ADULT DAY SERVICE PROVIDERS

SAGE Spend-A-Day Adult Day Health Center (ad on page 7)
290 Broad St, Summit ................................................................. 908 598-5555

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

Please mention the Seniors Blue Book when you call our advertisers.
ADULT DAY SERVICES continued

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
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
SAGE Spend-A-Day Adult Day Health Center (ad on page 7)
290 Broad St, Summit .......................................................908 598-5555
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

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ADULT DAY SERVICES

COMMUNITY RESOURCES AND SERVICES

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ADULT DAY SERVICES –

UNION COUNTY continued

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

AGENCIES ON AGING

Eldercare Locator Nationwide .......................................................... 800 677-1116
Essex Cty Division of Sr Svcs, 900 Bloomfield Ave, Verona .......... 973 395-8375
Hudson Cty Ofc on Aging, 595 County Ave, Secaucus ................. 201 271-4320
Newark Office on Aging, 94 William St, 1st Flr, Newark .......... 973 733-5330
Union Cty Division on Aging, Elizabeth Plaza, Elizabeth ....... 908 527-4870

AGING IN PLACE

HOME MODIFICATION

Back Home Safely
(ad on page 37) ..................................................................................... 973 219-4147

ALZHEIMER’S DISEASE &
DEMENTIA SPECIALIZATION

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
Peace Aging Care Experts, LLC ...................................................... 973 459-9966
Unicity Eldercare
(ad on page 60) ................................................................................... 201 670-7100

ASSESSMENTS

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Unicity Eldercare
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Oasis Senior Advisors ........................................................... 732 524-8864
**Unicity Eldercare**  
(ad on page 60) ................................................................... 201 670-7100

**ASSOCIATIONS FOR SPECIFIC ILLNESS**

Adler Aphasia Center ........................................................... 973 530-3981
Alcoholics Anonymous .......................................................... 800 245-1377
Alzheimer’s New Jersey .......................................................... 888 280-6055
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 ..................... 800 345-HDSA
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**

**Origin Insurance Group**  
(ad on page 33) ................................................................. 908 347-6010

**BATHROOM REMODELING**

**Back Home Safely**  
(ad on page 37) .................................................................. 973 219-4147

**BILL PAYING SERVICE**

**SAGE Eldercare**, 290 Broad St, Summit  
(ad on page 62) ................................................................. 908 598-5555

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BUSINESS INSURANCE

Origin Insurance Group (ad on page 33) ......................... 908 347-6010

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

Health Care Connect, LLC
(www.myhealthcareconnect.com) ........................................... 908 832-0417
Lutheran Senior Life
377 Jersey Ave, S-301, Jersey City .................................................. 877 543-3188
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290 Broad St, Summit .................................................. 908 598-5555
Unicity Eldercare (ad on page 60) .................................................. 201 670-7100

CARE MANAGEMENT – NON-PROFIT

Essex Cty Div of Senior Svcs, 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
SAGE Eldercare – Guidance, Planning & Support Services (ad on page 62)
290 Broad St, Summit .................................................. 908 598-5555
Union County Division on Aging, Elizabeth Plaza, Elizabeth ...... 908 527-4870

CARE OPTIONS SPECIALIST

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(www.myhealthcareconnect.com) ........................................... 908 832-0417
Oasis Senior Advisors .......................................................... 732 524-8864
Peace Aging Care Experts, LLC .................................................. 973 459-9966
SAGE Eldercare – Guidance, Planning & Support Services (ad on page 62)
CARE OPTIONS SPECIALIST continued

290 Broad St, Summit ................................................................. 908 598-5555

Unicity Eldercare
(ad on page 60) ................................................................. 201 670-7100

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

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Health Care Connect, LLC
(www.myhealthcareconnect.com) ........................................ 908 832-0417

Oasis Senior Advisors .............................................................. 732 524-8864

SAGE Eldercare – Guidance, Planning & Support Services (ad on page 62)

290 Broad St, Summit ................................................................. 908 598-5555

Unicity Eldercare
(ad on page 60) ................................................................. 201 670-7100

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

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

Continued on next page >
CONSUMER AFFAIRS – LEGAL continued

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

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

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

SAGE Eldercare (ad on page 62)
290 Broad St, Summit ................................................................. 908 598-5555

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
(ad on page 60) ........................................................................ 201 670-7100
COMMUNITY RESOURCES AND SERVICES

COUNTY HEALTH DEPARTMENTS

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

DENTAL HOME SERVICES

Dental Home Services (ad on page 13)
  – Dr. Stuart Rubin ........................................................................ 800 842-4663
  – Dr. Lindsay Rubin .................................................................... 800 842-4663

DENTAL RESOURCES

Dental Health Center at Newark Beth Israel Medical Center, 201 Lyons Ave, Newark ........................................... 973 926-7338
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Continued on page 19
An estate plan is more than just a will. Think of it this way: a will is like just having a bicycle as your only means of transportation in a big city. You shouldn’t depend only on your Schwinn or Huffy to pedal you around town. You have other options.

A will is a good start, but there’s much more to estate planning than drafting and signing a will. A will won’t necessarily preserve your assets for your loved ones after you pass, nor will it protect your assets for you and your family during your lifetime. There are several other tools that an experienced estate planning attorney will use. For example, there are various types of trusts that let you detail your wishes and preserve your assets for your spouse, children, and grandchildren.

Many people lose their homes to nursing care facilities. There are ways to avoid this. There are numerous rules and exceptions that make it difficult to lose a house if your stay in a long-term care facility is intended to be temporary. But the state may pursue a person’s assets after death to be reimbursed for the costs of your stay. When this happens, the decedent’s estate is depleted, leaving little or nothing to the heirs.

You don’t have to give assets away to have them protected. Actually, transferring your assets to your children or others may actually expose your assets to risk and subject them to the claims of their creditors. In addition, a transfer of assets may disqualify you and the recipient from certain government benefits.

Even if you move to a nursing home within less than five years after you implemented your estate plan, you typically can still protect a substantial part of your assets. Not everyone knows that making a transfer of assets within that period doesn’t necessarily disqualify you from Medicaid. It may merely result in a penalty.

Protect your assets before something happens. Take the steps necessary to protect your estate for your loved ones to ensure that they are cared for in the future if you are not here. Act today!

Editor’s Note: This article was submitted by Milvidskiy Willis LLP, an elder law and estate planning firm. Their services cover Wills and Trusts, Asset Protection, Special Needs, Medicaid and VA Benefits, Guardianship, Probate and Trust Administration. With offices in Jersey City, Paramus, Morristown, Princeton, and Red Bank, they help clients in Northern and Central New Jersey. They can be reached at (201) 616-7667.

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<td>Bethel A.M.E. Church, 241 Hilton Ave, Vauxhall</td>
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<td>908 931-0194</td>
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<td>Ehrhart Gardens, 100 Francis Ct, Union</td>
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<td>Holy Trinity Food Pantry, 315 First St, Westfield</td>
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<td>JFK Senior Apts, 250 W Grand Ave, Rahway</td>
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**SAGE Eldercare – Delivered Meals and/or Food Shopping Service (ad on page 62)**

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<th>Service Provider</th>
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<td>908 964-9343</td>
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<td>Westfield Community Ctr, 558 W. Broad St, Westfield</td>
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<td>908 232-4759</td>
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<td>YM-YWHA, 501 Green Ln, Union</td>
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Newark Beth Israel Medical Center, 201 Lyons Ave, Newark..... 973 926-7000
St Barnabas Ambulatory Care Ctr, 200 S Orange Av, Livingston ... 973 322-7000
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

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Bayonne Medical Center, 29th St at Ave E, Bayonne.............. 201 858-5000
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Meadowlands Hosp Medical Ctr, 55 Meadowlands Pkwy, Secaucus.. 201 392-3100
Palisades Medical Center, 7600 River Rd, North Bergen........ 201 854-5000

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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

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Hospice Care—The Myths. The Reality.

Every culture, every community has its own set of myths and fears about terminal illness and the dying process. One of the challenges for hospice caregivers is to help dispel these myths and reassure patients and families about the realities of effective end of life care.

Consider these mistaken notions about hospice care. The realities offer hope in place of sadness.

Myth #1: Hospice is a place.

Reality: Hospice isn’t a place. It’s the treatment of physical, social and emotional pain and symptoms near the end of life.

Recent studies show that 90 percent of patients faced with a life-threatening illness prefer to remain in their homes, in comfortable and familiar surroundings, surrounded by family and friends. Whether they live in their family home, an adult living community or a long term care facility, they want to age—and die—in place. Hospice respects that wish.

Myth #2: Hospice means giving up.

Reality: When medical treatments cannot cure a disease, the VITAS interdisciplinary team of hospice professionals can do a great deal to control pain, reduce anxiety and provide medical, spiritual and emotional comfort to patients and their families so they can make the most of their time together.

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Myth #3: **Hospice is for cancer patients.**

**Reality:** Hospice provides care for adult and pediatric patients with a wide range of life-limiting illnesses, including but not limited to cancer, heart disease, stroke, lung disease, liver disease, kidney disease, multiple sclerosis, ALS, Alzheimer’s, Parkinson’s and AIDS.

Myth #4: **Hospice is expensive.**

**Reality:** Families don’t have to spend themselves into poverty to qualify for hospice coverage. The vast majority of hospice patients are elderly and, therefore, Medicare beneficiaries. The Medicare Hospice Benefit is all-inclusive—covering 100 percent of the cost of hospice care. There are no deductibles; there are no out-of-pocket expenses to patients or their loved ones. In most states Medicaid also provides hospice coverage. Most private insurance plans also include a hospice benefit.
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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
Glen Ridge Public Library, 240 Ridgewood Ave, .................... 973 748-5482
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Maplewood Hilton Branch, 1688 Springfield Ave, ................. 973 762-1688
Maplewood Mem. Libr., 51 Baker St, Maplewood .................. 973 762-1622
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  – 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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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
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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

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   – 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
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   – West Bergen Branch, 476 W Side Ave, Jersey City ............... 201 547-4554

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Union City Public Library, 324 43rd St, Union City ............... 201 866-7500

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W New York Public Library, 425 60th St, W New York ............. 201 295-5135

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   – La Corte Branch, 408 Palmer St, Elizabeth .................. 908 820-4298
   – Public Library, 11 South Broad St, Elizabeth ............... 908 354-6060

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New Providence, 377 Elkwood Ave, New Providence .................. 908 665-0311
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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
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<td>Medicare Choice Helpline</td>
<td>800 633-4227</td>
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<tr>
<td>Medicare Social Security Office</td>
<td>800 638-6833</td>
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<td>– Info &amp; Claims</td>
<td>800 332-6681</td>
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<td>Medicare/Medicaid Fraud Hotline</td>
<td>800 447-8477</td>
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<td>– Essex</td>
<td>973 637-1717</td>
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<td>– Hudson</td>
<td>201 271-4322</td>
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<td>– Union</td>
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<td>American Psychological Association</td>
<td>800 964-2000</td>
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<td>Jewish Family Svc of MetroWest, 256 Columbia Tpke, Florham Pk</td>
<td>973 765-9050</td>
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<tr>
<td>National Mental Health Association</td>
<td>800 969-6642</td>
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<td>National Suicide Prevention Hotline</td>
<td>800 273-TALK</td>
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<td>Suicide Prevention</td>
<td>800 SUICIDE</td>
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<td>Behavioral Health at Newark Beth Israel Medical Ctr</td>
<td>973 926-7026</td>
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<td>Behavioral Health at Clara Maass Medical Ctr</td>
<td>800 300-0628</td>
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<td>Behavioral Health Program at East Orange General Hospital</td>
<td>973 266-8437</td>
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<td>Behavioral Health Program at Mountainside Hospital</td>
<td>888 247-1400</td>
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<td>Behavioral Health Services at Saint Michael’s Medical Ctr</td>
<td>973 877-2552</td>
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<td>Bereavement Program at St Barnabas Hospice and Palliative Care Center</td>
<td>973 322-4830</td>
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<td>Electroconvulsive Therapy (ECT) at The University Hospital</td>
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HUDSON COUNTY

Behavioral Health (Psychiatry) at Bayonne Medical Center
29th St at Ave E, Bayonne ................................................................. 201 858-5232
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Hospice and Palliative Care Center ............................................. 973 322-4830
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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)
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Hospice and Palliative Care Center ............................................. 973 322-4830
Jewish Family Service of Central NJ
655 Westfield Ave, Elizabeth ............................................................. 908 352-8375
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Jewish Comm. Senior Ctr, 760 Northfield Ave, W Orange ............... 973 736-3200

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Livingston Comm. Ctr, Hillside Ave, Livingston .............................. 973 535-7975
Maplewood Sr Citizens, 120 Burnett Ave, Maplewood ..................... 973 763-0750
Nellie Grier Senior Ctr, 98–104 Maple Ave, Newark .......................... 973 424-4096
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 Highwood 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 Comm. Center, 1391 Martine Ave S, Scotch Plains ......... 908 889-8800
Kenilworth Senior Ctr, 526 Boulevard, Kenilworth .......................... 908 272-7743
Lavy House Sr Resource Ctr, 748 E Broad St, Westfield ...................... 908 389-1263
Liberty Square Senior Ctr, 240 Elizabeth Ave, Elizabeth ................. 908 820-4700
Mountainside Sr Prog, Borough Hall, Rt 22, Mountainside .......... 908 232-4406

Continued on next page
**SENIOR CENTERS**

**UNION COUNTY continued**

New Providence Sr Ctr, 15 E 4th St, New Providence .......................... 908 665-0046
O’Donnell Dempsey Sr Ctr, 622 Salem Ave, Elizabeth ....................... 908 354-7431
Peterstown Comm Ctr, 408 Palmer St at 4th Av, Elizabeth ............... 908 353-9806
Plainfield Sr Svcs Prog, 305 E Front St, Plainfield ......................... 908 753-3506
Rahway Sr Citizen Ctr, 1306 Esterbrook Ave, Rahway .................... 732 827-2016
Roselle Comm. Ctr, 1268 Shaffer Ave, Roselle ......................... 908 245-6717
Steven Sampson Senior Ctr, 800 Anna St, Elizabeth ......................... 908 820-4704
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
Peace Aging Care Experts, LLC ....................................................... 973 459-9966
Unicity Eldercare (ad on page 60) .................................................. 201 670-7100

**SENIOR LIVING GUIDANCE**

Health Care Connect, LLC
(www.myhealthcareconnect.com) .................................................. 908 832-0417
Oasis Senior Advisors........................................................................ 732 524-8864
Peace Aging Care Experts, LLC ....................................................... 973 459-9966
Unicity Eldercare (ad on page 60) .................................................. 201 670-7100

**SENIOR ORGANIZATIONS & SERVICES**

AARP ........................................................................................................ 800 441-2277
AARP Driver Safety Program ............................................................. 888 227-7669
Alcoholics Anonymous ......................................................................... 800 477-1104
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

*Continued on next page*
SENIOR ORGANIZATIONS & SERVICES continued

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 Cty Div on Aging, 900 Bloomfield Ave, Verona .......... 973 395-8389
Hudson Cty 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
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

Tonya Keyes – Keller Williams City Life Realty
(ad on page 15) ........................................................................ 732 900-0957, 201 659-8600

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

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(ad on page 37) ................................................................. 973 839-0625
Back Home Safely  
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Williams Lift Company  
(ad on page 37) ................................................................. 800 287-1793

SUPPORT SERVICES

AARP Support Group .......................................................... 866 542-8165
Alzheimer’s New Jersey Support Group & Prog ...................... 888 280-6055
Alzheimer’s Online Support Group (NJ)  
.......................................................................................... www.groups.yahoo.com/group/alzclear
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

Continued on next page  »
**SUPPORT SERVICES**

**ESSEX COUNTY continued**

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

**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

**TERM LIFE INSURANCE**

Origin Insurance Group
(ad on page 33) .............................................................................. 908 347-6010

**TRANSITIONAL ELDERCARE CONSULTING**

Health Care Connect, LLC
(www.myhealthcareconnect.com) .................................................. 908 832-0417

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

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
**COMMUNITY RESOURCES AND SERVICES**

**VETERAN SERVICES continued**

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清inghouse
  (Support Group)........................................................................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 Svcs 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

**WALK-IN BATHTUBS**

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SKILLED CARE AGENCIES

Providing health care professionals to an individual in a variety of settings. Most agencies have an RN to do an appraisal to determine a patient’s needs. For more information call our Seniors Resource Line at 973-560-0064.

OUR PREFERRED SKILLED CARE AGENCIES

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Amazing Grace Home Health Care
(ad on page 53) ............................................................... 908 206-9988, 201 792-3500

Aquinas Healthcare
(ad on page 53) ............................................................... 973 467-8502

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ComForcare Home Care
(ad on page 60) ............................................................... 908 408-5220, 973 244-9400

Dignity Home Care
(ad on page 61) ............................................................... 201 313-9879, 973 226-6450

Heart to Heart Home Care
(ad on page 55) ............................................................... 973 678-5500

Patient Care
(ad on page 52) ............................................................... 973 243-6299

SAGE Eldercare
(ad on page 62) ............................................................... 908 598-5555

Senior Helpers
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Unicity Eldercare
(ad on page 60) ............................................................... 201 670-7100

Our readers are your clients.
Call 973.560.0064 to advertise in the Seniors Blue Book.
SKILLED CARE DEFINITIONS

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.

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.

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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.

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*COUNTIES:   E = Essex,    H = Hudson,    U = Union            **THERAPIES: S=Speech / P=Physical / O=Occupational / R=Respiratory

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› Home Telemonitoring
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› Physical, occupational and speech therapy
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For more information, call 973-379-8472.
SKILLED CARE DEFINITIONS continued from page 49

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.

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.
SKILLED CARE DEFINITIONS

continued from page 49

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 vials. Some agencies may employ specialty nurses to provide and instruct in care specifically for patients with more complicated wounds.
NON-SKILLED CARE AGENCIES

For individuals not in need of medical assistance, but who do need some support in the home, homemakers & companions provide housekeeping, incidental transportation, errands and other daily responsibilities which afford seniors the ability to remain in the comfort of their homes. For more information call our Seniors Resource Line at 973-560-0064.

**OUR PREFERRED HOMEMAKERS AND COMPANIONS**

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<th>Agency</th>
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<td>746-0222</td>
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<td>670-7100</td>
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Our Readers are Your Clients, reach out to them!
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.

Continued on page 62
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* COUNTRIES: E = Essex, H = Hudson, U = Union
Liability: B = Bonded, I = Insured, W = Worker’s Comp
= Web link on www.SeniorsBlueBook.com
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- Advocacy and Counseling
- Alz and Dementia Education
- Family Caregiver Coaching
- Medication Management
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- Receive comprehensive training, orientation and continuous healthcare education
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- Up to 24-hour Care

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NON-SKILLED CARE DEFINITIONS
continued from page 57

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

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 home-owner’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.
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.

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 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 ADL’s 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.

RESPITE CARE – Otherwise known as a short-term stay. Any provider of IL, AL, ALZ or SNF care can elect to provide fully furnished accommoda-
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* Entrance Fee Required

& = Call

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| **Lantern Hill**  
535 Mountain Ave, New Providence              | 844-779-8778 | 98         |                      | Yes             | Yes   | Yes            | Yes  |
| Park Hotel Rest Home, 123 W 7th St, Plainfield| 908-754-2211 | 182        | $833                | No              | Yes   | Yes            | No   |
| Plainfield Tower West, 601 W 7th St, Plainfield| 908-668-1963 | 154        |                      | Yes             | Yes   | Yes            | No   |
| Springfield Seniors, 350 Independence Way, Springfield | 973-467-1480 | 136        |                      | Yes             | Yes   | Yes            | No   |
| Woodlands, The, 1400 Woodland Ave, Plainfield | 908-753-1113 | 20         | $1,985              | Yes             | Yes   | Yes            | No   |

* Entrance Fee Required  
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tions 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 outpatient and may be fully dependent for ADL’s. Patients receive medications by an RN according to a licensed physicians orders.

**SKILLED NURSING CARE FACILITIES** – Providing 24/7 care for residents and offering full assistance with ADL’s. 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. Payor sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

**TYPE 1 CARE** – Residents may need significant assistance with 2 ADL’s and minimal assistance on more than 2 ADL’s 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 ADL’s 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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* All Inclusive  BC = Back Cover  = Web Link on www.SeniorsBlueBook.com  = Call

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*All Inclusive*  
*BC = Back Cover*
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* All Inclusive
BC = Back Cover
= Web link on www.SeniorsBlueBook.com
= Call
Welcome to CareOne at Livingston & CareOne at Livingston Assisted Living

At CareOne, we believe that remaining connected to friends and loved ones, as well as the community, is a vital part of thriving as a senior. We provide an environment that encourages activities that stimulate the mind as well as the body, and we advocate as much independence and activity as possible for seniors at every stage of life. CareOne’s personalized family approach to senior care services, combined with our beautiful setting and broad range of senior lifestyle options, is the cornerstone of our belief.

CareOne at Livingston
A CareOne Senior Care Community
68 Passaic Avenue
Livingston, NJ 07039
973.758.9000

CareOne at Livingston Assisted Living
A CareOne Senior Care Community
76 Passaic Avenue
Livingston, NJ 07039
973.758.4100

Kosher and non-Kosher meals served.

Please mention the Seniors Blue Book when you call our advertisers.
Everything Home Should Be

QUALITY SENIOR CARE IN NEW JERSEY

Little things make a big difference.
At Sunrise, we know that the transition to senior living isn’t always easy. That’s why we focus on the details that make each community a true home:

• Personalized care and services
• Beautifully appointed living spaces
• Team members who feel like family
• Delicious home-cooked meals
• Engaging social activities
• Transportation services

These are just some of the touches that make Sunrise the perfect choice for seniors, their families and caregivers, and the professionals who serve them.

Contact us or stop by today to learn more.

Sunrise of Edgewater
351 River Road
Edgewater, NJ 07020
201-941-6111 | AL, MC
SunriseEdgewater.com

Brighton Gardens of Mountainside
1350 U.S. 22 West
Mountainside, NJ 07092
908-654-4460 | AL, MC
BGMountainside.com

Sunrise at West Essex
47 Greenbrook Rd
Fairfield, NJ 07004
973-228-7890 | AL, MC
SunriseWestEssex.com

Brighton Gardens of West Orange
220 Pleasant Valley Way
West Orange, NJ 07052
973-731-9840 | AL, MC
BGWestOrange.com

Sunrise of Westfield
240 Springfield Ave
Westfield, NJ 07090
908-317-3030 | AL, MC
SunriseWestfield.com

AL: Assisted Living
MC: Memory Care

SunriseSeniorLiving.com/NewJersey
Mention this ad for a $500 move-in credit!
The Cliffs is a non-profit Christian residence whose mission is to provide seniors with a rich quality of life. The balance of independence and support, with all the amenities, helps residents to make this place home. Come and see The Cliffs to appreciate the difference.

707 Eagle Rock Ave.
West Orange, NJ 07052
1-888-377-2700
www.thecliffsateaglerock.org

Care and Quality You Can Trust

As a premiere continuing care retirement community, Winchester Gardens combines superior service and high-quality care in a setting of serene beauty. Because our healthcare services include assisted living, memory care and long-term care, you’ll trust us not just for today but into the future.

Together with great dining, engaging activities and a beautiful, welcoming community, you’ll also find long-serving employees who care for residents with warmth and compassion.

Experience our quality.

CALL TODAY: 877-230-5543

333 Elmwood Avenue, Maplewood, NJ 07040
A Continuing Care Retirement Community • winchestergardens.com
Sometimes life holds an endless list of challenges, until you discover an abundance of solutions.

If you have questions about senior living, we have answers. Aging is often difficult with a seemingly endless number of decisions and changes. Let us offer simple solutions. We’ll share with you information on your many options and offer a helping hand to assist you on your journey.

For more information about a Brookdale community in Essex, Hudson and Union counties, call 1-855-350-3800.

Canterbury Village in West Orange is one of the most experienced senior residences in the metropolitan area. We have been providing seniors with quality care and housing services since 1921. Recently expanded, Canterbury offers the following amenities for its residents:

- Spacious studios with private baths
- A secure and convenient setting all on one level
- Charming, intimate dining spaces
- Beautiful outdoor courtyard
- Activities and social events in our new Great Room
- Personalized services provided by a caring staff

Our friendly atmosphere and convenient location keeps our residents in touch with their families. Call TODAY to take a tour and stay for lunch!
Live Each Day to the Fullest!

- 24 Hour Patient Care Staff
- Spacious Private Suites
- Three restaurant style meals served
- Memory Care
- Affordable Rates
- Medication Services
- Leisure & Social Programs

Campus features
Rehabilitation & long-term care
Dialysis Center
Transportation services

The best in senior living has finally arrived!

**Introducing... Arbor Terrace Mountainside**

An inspiring lifestyle awaits, no matter your needs. From senior living to memory care and our exclusive options for the earliest stages of dementia, Arbor Terrace will not disappoint.

**OPENING SPRING 2018**

Call now while prime apartments are still available!
908-760-0599

ArborMountainside.com | 1050 Springfield Avenue, Mountainside, NJ
The Chelsea at Fanwood
Gracious Assisted and Independent Living
Continuously resetting the standard for excellence in senior living. Come see for yourself and join us for a cup of tea. Tour our beautiful residence located in the heart of downtown Fanwood... just steps away from shopping, dining and public transportation.

CALL US TODAY TO PLAN YOUR VISIT
1-877-CHelsea • 908-654-5200 • www.chelseaseniorliving.com

Capital Senior Living

Come Experience a Supportive, Yet Independent Lifestyle!
An Assisted Living Community

SPRING MEADOWS SUMMIT
41 Springfield Avenue
Summit, NJ 07901
tel 908-522-8852 | fax 908-522-8862
springmeadowssummit.net

See why nearly 200 remarkable, discerning residents call us home.

Independent Living | Assisted Living | Memory Care
Schedule a visit today.

Atria CRANFORD | 908.709.4300 | www.atriacranford.com
10 Jackson Drive, Cranford, NJ 07016

A Wonderful Place to Call Home

Amber Court
ASSISTED LIVING OF ELIZABETH
Westbury • Pelham Gardens • Brooklyn • Elizabeth

Providing high quality, affordable assisted living is more than a mission. It’s our family tradition!

WE PROUDLY ACCEPT THE ASSISTED LIVING MEDICAID WAIVER

1155 East Jersey Street, Elizabeth, NJ 07201
908-352-9200 • www.AmberCourtAL.com

= Web Link on www.SeniorsBlueBook.com • Summer–Fall 2017
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= Call  
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= Web link on www.SeniorsBlueBook.com
Call 973.560.0064 today to reserve your space in the next issue of the Seniors Blue Book, or email beeckert@optonline.net
Check out our digital versions on SeniorsBlueBook.com
Patient Advocacy Is What Drives Van Dyk Health Care

If you meet anyone in our profession who doesn’t consider themselves a patient advocate, then you just met someone who needs to consider a career change.

The simple truth is that we are all capable patient advocates. As owners and operators of care centers, we find unique ways to demonstrate our commitment to every patient. But there is no better example of that commitment than our frontline caregivers.

Whether it’s a licensed nurse or a loving family member or friend, caregivers are the true heroes of our industry. The most significant contribution we can make to patient advocacy is taking care of our caregivers.

I remember my 4-year-old son declaring, “When Mommy is happy, everyone is happy.” Out of the mouths of babes!

I have followed that wisdom throughout my career, firmly believing that when our staff is happy, our patients and families are happy.

Nobody does it better than Disneyland, “The Happiest Place on Earth.” Have you wondered what led to Disney’s unparalleled success? A simple understanding that parents are happiest when their children are happy and safe.

So how does Disney create that experience over and over again? They focus on the Selection, Training and Caring of its employees. By recruiting the right people, giving them the best tools to succeed and reminding them that the company cares about them, Disney consistently creates a safe and happy experience for people of all ages.

If we are serious about our role as patient advocates, then we need to adopt this philosophy. It starts with our staff. We know what it takes to create a quality experience. Only the finest caregivers with all the

Continued on page 99
Discover Our New
Memory Care Suite

A nurturing environment in northern NJ for older adults with dementia diagnoses*

Our carefully designed “neighborhood” features 12 new apartments, a landscaped patio, central care station, and bright, airy spaces for therapeutic programs, socializing, and individualized attention.

Each caregiver is specially trained in the nationally recognized Comfort Matters “person-centered” care program. This holistic approach emphasizes enriching experiences according to each person’s needs and focuses on dignity, comfort, and respect for each resident in our care.

*We welcome residents based on a needs assessment and qualification for the level of care required for this level of attention and support. All faiths are welcome.

To arrange a tour or for more information, contact David Rozen at (973) 929-2725 or davidr@jchcorp.org
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| **Job Haines Home**  
250 Bloomfield Ave, Bloomfield | 96    | 973-743-0792 | 30 | $316 |
| **Lantern Hill**  
537 Mountain Ave, New Providence | 98    | 844-779-8778 | 40 | $290 |
| **Van Dyk’s Manor of Montclair**  
42 N Mountain Ave, Montclair | BC    | 973-783-9400 | 68 | $365 |

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| **Crane’s Mill Health Center**  
459 Passaic Ave, West Caldwell | 97 | 973-276-3017 | 66 | $365 |
| Daughters of Israel, 1155 Pleasant Valley Way, West Orange | 973-731-5100 | 300 | $290 |
| Forest Hill Health Care Center, 497 Mt Prospect Ave, Newark | 973-482-5000 | 120 | $265 |

* All Inclusive Except Medications  
= Web Link on www.SeniorsBlueBook.com  
BC = Back Cover  
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**HUDSON COUNTY**

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* = All Inclusive Except Medications
= Web link on www.SeniorsBlueBook.com
BC = Back Cover
= Call
(continued on next page)
## Skilled Nursing Facilities

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** = Web link on www.SeniorsBlueBook.com
= Web Link on www.SeniorsBlueBook.com
BC = Back Cover
○ = Call

**Skilled Nursing Facilities**

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• Summer–Fall 2017
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right training and care from us will achieve this goal.

Take a moment to observe the family members of prospective patients and residents who are touring your care centers. What are they looking for? As the child of a parent who presently requires long term care, I know that I’m happiest when my dad is safe and happy.

Sound familiar?

Our caregivers ultimately steer our reputation – for better or worse. They may not appear on a balance sheet, but they are our most valuable assets. Remember how important they are, remind them of their value, and take excellent care of them. That’s the secret.

This month I received the American Health Care Association’s Joe Warner Award for Patient Advocacy. I am honored. But I know that the real credit behind this award belongs to everyone with whom I work, day in and day out. I applaud them for making our patients and families truly happy. And I dedicate this award to them.

Editors Note: Robert Van Dyk is the president and CEO of Van Dyk Health Care and past chairman of the American Health Care Association. Please address any questions about this article to Kevin Brendlen at 201-286-3128.
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— Community Resources

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<td>Accredited Health Services</td>
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