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LETTER FROM THE PUBLISHER

Dear Valued Readers,

Welcome to the 34th 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.



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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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GETTING STARTED IS EASY

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

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 American Diabetes Association - NJ Affiliate 888 343-0383
 American Heart Association 973 376-9636
 American Lung Association 908 680-9340
 American Parkinson's Disease Association 732 745-9520
 Arthritis Foundation - NJ Chapter 888 467-9312
 Brain Injury Association of NJ 732 738-4002
 CCFSA Institute for Alzheimer's Disease 732 235-5840
 Council on Compulsive Gambling of NJ 800 **GAMBLER**
 Cystic Fibrosis Association 201 457-8800
 Epilepsy Foundation 973 244-0850
 GEMS (Geriatric Evaluations & Management Service) 732 745-6655
 Huntington's Disease Society of America 973 379-3246
 Lupus Erythematosus Foundation of NJ 908 791-8768
 National Association for Mental Illness of NJ (NAMI) 732 940-0991
 National Multiple Sclerosis Society 800 833-0087

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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 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 Skilled Care at home and one for Non-Skilled Care 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.

Health at Home - Skilled Care Agencies

PROVIDER	HOME HEALTH	SKILLED CARE PROVIDERS
Accredited Health Services	62 877-209-0606	E,ALU,FI,PO,***,***,***,***,***,***
Amazing Grace Home Health Care	54 908-206-9988	E,ALU,FI,***,***,***,***,***,***
Amazing Grace Home Health Care	54 201-793-2000	E,ALU,FI,***,***,***,***,***,***
Apaluis Healthcare	54 973-463-8262	E,ALU,FI,***,***,***,***,***,***
Ascend Home Health Care	53 888-666-1117	E,ALU,SPD,***,***,***,***,***,***
Atlantic Home Care & Hospice	52 973-378-8432	E,ALU,SPD,***,***,***,***,***,***
BrightStar Care	54 800-322-8200	U,***,***,***,***,***,***,***,***

Health at Home - Non-Skilled Care Agencies

PROVIDER	HOME HEALTH	NON-SKILLED CARE PROVIDERS
Accredited Health Services	62 877-209-0606	E,ALU,FI,***,***,***,***,***,***
Amazing Grace Home Health Care	54 908-206-9988	E,ALU,FI,***,***,***,***,***,***
Amazing Grace Home Health Care	54 201-793-2000	E,ALU,FI,***,***,***,***,***,***
Apaluis Healthcare	54 973-463-8262	E,ALU,FI,***,***,***,***,***,***
Ascend Home Health Care	53 888-666-1117	E,ALU,FI,***,***,***,***,***,***
National Caregiver Home Care	53 800-666-1117	E,ALU,FI,***,***,***,***,***,***
BrightStar Care	54 800-322-8200	U,***,***,***,***,***,***,***,***

COMMUNITY RESOURCES AND SERVICES

HEALTH AT HOME

HOUSING OPTIONS

3 SENIOR 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.

ASSISTED LIVING COMMUNITIES										
COMMUNITY NAME	COUNTY	ADDRESS	PHONE	TYPE	ADL	ALZ	SKN	INL	MEM	MEM
PARTNERS OF THE SENIORS BLUE BOOK - ASSISTED LIVING COMMUNITIES										
Anden Court Assisted Living 1315 1 st Ave., Clarendon	74	908-332-8200	99	C	*	*	*	*	*	*
Anden Courts of Wayne (Memory Care Only) 500 Memory Ln., Wayne	78	973-942-5800	54	C	*	*	*	*	*	*
Anden Courts of West Orange (Memory Care Only) 510 Memory Ave., West Orange	78	973-736-2100	55	C	*	*	*	*	*	*
Anden Courts of Whippany (Memory Care Only) 18 Eden Ln., Whippany	78	973-581-1800	60	C	*	*	*	*	*	*
Ariva Coeford 18 Jackson St., Coeford	74	908-709-4300	219	SS,750	*	*	*	*	*	*
Branch Brook Park Manor 212 Oldham Ave., Newark	74	973-481-6316	16	SS,5000	*	*	*	*	*	*
Brighten Gardens of Mountaineer 1300 Mt. St. Rd., Mountaineer	71	908-434-4400	123	C	*	*	*	*	*	*
Brighten Gardens of West Orange 200 Pleasant Valley Way, West Orange	71	973-731-9800	116	C	*	*	*	*	*	*
Cadbury Village 33 Mt. Pleasant Way, West Orange	72	973-730-1104	53	SA,815	*	*	*	*	*	*
Chickadee at Farnwood 205 Sunnyside Terrace	72	908-434-2200	68	SA,400	*	*	*	*	*	*
Cliff at Cedar Crest 4 Cedar Crest Village Dr., Pompton Plains	73	800-960-2226	64	SA,450	*	*	*	*	*	*
Cliffs at Eagle Rock 301 Eagle Rock Ave., West Orange	72	908-377-2700	60	SA,377	*	*	*	*	*	*
Heartside Commons at the Job Walnes Home 230 Bloomfield Ave., Bloomfield	62	973-740-0752	63	SS,399	*	*	*	*	*	*
Lantern Hill 527 Mountain Ave., New Providence	73	866-779-8778	0	C	*	*	*	*	*	*
Summit of Edgewater 205 River Rd., Edgewater	71	201-941-4311	70	C	*	*	*	*	*	*
Summit of Livingston 280 S Orange Ave., Livingston	71	973-548-6004	100	SS,530	*	*	*	*	*	*

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ADULT DAY CARE REHABILITATION PROVIDER/PARTNER

Prestige Rehab

(ad on page 15).....855 **678-8887**

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 PROVIDER

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Health Center (ad on page 9)

290 Broad St, Summit908 **598-5555**

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

Birchwood Adult Day Care Center

115 Evergreen Pl, East Orange..... 973 676-2600

Daughters of Israel Day Care

1155 Pleasant Valley Way, West Orange 973 400-3307

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

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- Active Day at Casa Manito, 324 55th St, West NY201 223-6800
- 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 Center
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
- Lutheran Senior Life Adult Medical Day Care Center
377 Jersey Ave, Jersey City877 543-3188
- Mi Casa Es Su Casa II MGT LLC
Medical Adult Day Care Center
6120 Buchanan Pl, West NY201 537-2211
- Newport Adult Day Care, 198 Stevens Ave, Jersey City201 451-9000
- Rise and Shine Adult Medical Daycare
6201 Grand Ave, North Bergen 201 869-4443
- 2nd Home Union City, 3610 Palisade Ave, Union City201 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, Bayonne201 243-0666

(continued on next page)



ADULT DAY SERVICES *continued*

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 9*)
 290 Broad St, Summit 908 **598-5555**
- 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
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- Wise Adult Day Care, 2095B Berwyn St, Union 908 687-2995

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 49 Whippany Rd, Whippany 973 **457-4724**
- Bradley, Haeberle & Barth Funeral Home** (*ad on page 11*)
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- Union Funeral Home** (*ad on page 11*)
 1600 Stuyvesant Ave, Union 908 **964-4222**

ADVOCACY FOR ALZHEIMER'S LEGISLATION

- Alzheimer's Association – Greater New Jersey Chapter** (*ad on page 13*) 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 39*) 973 **219-4147**

ALZHEIMER'S DISEASE & DEMENTIA SPECIALIZATION

- Alzheimer's Association – Greater New Jersey Chapter** (*ad on page 13*) 800 **272-3900**
- Jewish Family Service of Central NJ
 – Counseling, Case Mgmt & Consultation
 655 Westfield Ave, Elizabeth 908 352-8375
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Alzheimer's Association – Greater New

New Jersey Chapter (ad on page 13)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

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Cystic Fibrosis Association 201 457-1800

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

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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

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Wm. A. Bradley & Son Funeral Home (*ad on page 11*)

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

Bradley-Braviak Funeral Home (*ad on page 11*)

49 Whippany Rd, Whippany

Bradley, Haerberle & Barth Funeral Home (*ad on page 11*)

1100 Pine Ave, Union

(*continued on next page*)



BEREAVEMENT SUPPORT & SERVICES *continued*

- Bradley, Smith & Smith Funeral Home** (*ad on page 11*)
415 Morris Ave, Springfield.....973 **457-4724**
- Bradley, Brough & Dangler Funeral Home** (*ad on page 11*)
299 Morris Ave, Summit973 **457-4724**
- Simple Cremation New Jersey** (*ad on page 11*)
1100 Pine Ave, Union973 **457-4724**

BURIALS

- Wm. A. Bradley & Son Funeral Home** (*ad on page 11*)
345 Main St, Chatham.....973 **457-4724**
- Bradley-Braviak Funeral Home** (*ad on page 11*)
49 Whippany Rd, Whippany973 **457-4724**
- Bradley, Haeberle & Barth Funeral Home** (*ad on page 11*)
1100 Pine Ave, Union973 **457-4724**
- Bradley, Smith & Smith Funeral Home** (*ad on page 11*)
415 Morris Ave, Springfield.....973 **457-4724**
- Bradley, Brough & Dangler Funeral Home** (*ad on page 11*)
299 Morris Ave, Summit973 **457-4724**
- Levandoski-Grillo Funeral Home** (*ad on page 11*)
44 Bay Ave, Bloomfield973 **743-6969**
- Simple Cremation New Jersey** (*ad on page 11*)
1100 Pine Ave, Union973 **457-4724**
- Union Funeral Home** (*ad on page 11*)
1600 Stuyvesant Ave, Union908 **964-4222**

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

- SAGE Eldercare – Guidance, Planning, and Support Services** (*ad on page 9*)
290 Broad St, Summit862 **397-9707**
- Senior Choices of NJ and Ask-Carol Company**
(www.ask-carol.com-tammy)
(*ad on page 15*)862 **397-9707**
- Unicity Senior Advisors**
(*ad on page 61*)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

Oasis Senior Advisors.....	732 524-8864
Senior Choices of NJ and Ask-Carol Company (www.ask-carol.com-tammy)	
(ad on page 15).....	862 397-9707
Unicity Senior Advisors	
(ad on page 61).....	201 670-7100

CHRONIC ILLNESS MANAGEMENT

Oasis Senior Advisors.....	732 524-8864
Unicity Senior Advisors	
(ad on page 61).....	201 670-7100

CLINICAL TRIALS FOR ALZHEIMER’S – DEMENTIA

Alzheimer’s Association – Greater New New Jersey Chapter (ad on page 13).....	800 272-3900
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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

(continued on next page)



CONSUMER AFFAIRS – LEGAL *continued*

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
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
Northeast NJ Legal Services (Hudson County Only)	201 792-6363
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

Bereavement Counseling at St. Barnabas	
Hospice and Palliative Care Center.....	973 322-4800
Buttonwood Behavioral Health Hospital (<i>ad on IFC</i>)	
600 Pemberton Brown Mills Rd, Pemberton.....	609 836-6100
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
Northbrook Behavioral Health Hospital (<i>ad on IFC</i>)	
425 Woodbury-Turnersville Rd, Blackwood	856 374-6500
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



COUNSELING & MENTAL HEALTH *continued*

SAGE Eldercare *(ad on page 9)*

290 Broad St, Summit908 **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, Cranford908 276-2244

Unicity Senior Advisors

(ad on page 61)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

Wm. A. Bradley & Son Funeral Home *(ad on page 11)*

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

Bradley-Braviak Funeral Home *(ad on page 11)*

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

Bradley, Haeberle & Barth Funeral Home *(ad on page 11)*

1100 Pine Ave, Union973 **457-4724**

Bradley, Smith & Smith Funeral Home *(ad on page 11)*

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

Bradley, Brough & Dangler Funeral Home *(ad on page 11)*

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

Levandoski-Grillo Funeral Home *(ad on page 11)*

44 Bay Ave, Bloomfield973 **743-6969**

Simple Cremation New Jersey *(ad on page 11)*

1100 Pine Ave, Union973 **457-4724**

Union Funeral Home *(ad on page 11)*

1600 Stuyvesant Ave, Union908 **964-4222**



CREMATIONS

- Wm. A. Bradley & Son Funeral Home** (*ad on page 11*)
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 44 Bay Ave, Bloomfield973 **743-6969**
- Simple Cremation New Jersey** (*ad on page 11*)
 1100 Pine Ave, Union973 **457-4724**
- Union Funeral Home** (*ad on page 11*)
 1600 Stuyvesant Ave, Union908 **964-4222**

CULTURAL FUNERALS

- Levandoski-Grillo Funeral Home** (*ad on page 11*)
 44 Bay Ave, Bloomfield973 **743-6969**
- Union Funeral Home** (*ad on page 11*)
 1600 Stuyvesant Ave, Union908 **964-4222**

DENTAL RESOURCES

- Dental Health Center at Newark Beth Israel
 Medical Center, 201 Lyons Ave, Newark973 926-7338
- Senior Den NJ Senior Hotline800 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, Elizabeth908 994-5802
- Trinitas Hospital Elizabeth Dialysis Center
 629 Livingston St, Elizabeth908 994-7011

DISCOUNTED CREMATION & FUNERAL PACKAGES

Wm. A. Bradley & Son Funeral Home (<i>ad on page 11</i>)	
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Bradley, Haeberle & Barth Funeral Home (<i>ad on page 11</i>)	
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415 Morris Ave, Springfield.....	973 457-4724
Bradley, Brough & Dangler Funeral Home (<i>ad on page 11</i>)	
299 Morris Ave, Summit	973 457-4724
Levandoski-Grillo Funeral Home (<i>ad on page 11</i>)	
44 Bay Ave, Bloomfield	973 743-6969
Simple Cremation New Jersey (<i>ad on page 11</i>)	
1100 Pine Ave, Union	973 457-4724
Union Funeral Home (<i>ad on page 11</i>)	
1600 Stuyvesant Ave, Union	908 964-4222

DOWNSIZING OPTIONS FOR SENIORS (SENIORS ON THE MOVE)

Keyes Red Door Realty & Associates, LLC	
Tonya Keyes, ABR, SFR, SRES, Broker of Record	
(<i>ad on page 41</i>)	732 900-0957

ELDER ABUSE PREVENTION

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



EMERGENCY DEPARTMENTS

ESSEX COUNTY

Clara Maass Medical Center

1 Clara Maass Dr, Belleville..... 973 450-2100

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

St Michael's Medical Center, 111 Central Ave, Newark 973 877-5500

The University Hospital, 150 Bergen St, Newark.....973 972-5123

HUDSON COUNTY

Bayonne Medical Center, 29th St at Ave E, Bayonne.....201 858-5257

St Mary's Hospital, 308 Willow Ave, Hoboken.....201 418-1900

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 61*)

– **Union County**908 **408-5220**

– **Essex County**973 **244-9400**

Alzheimer's Association – Greater New

New Jersey Chapter (*ad on page 13*)800 **272-3900**

Lifeline at Clara Maass Medical Center 888 240-8977

SAGE Eldercare – Community Advocate, Outreach

Information and Assistance (*ad on page 9*)

290 Broad St, Summit908 **598-5555**

Unicity Senior Advisors (*ad on page 61*).....201 **670-7100**



EMPLOYMENT & VOLUNTEER OPPORTUNITIES

Alzheimer’s Association – Greater New

New Jersey Chapter (*ad on page 13*) 800 **272-3900**

Ascend Hospice Volunteer Program 866 821-1212

Employment Opportunities at:

– East Orange General Hospital..... 973 395-4111

– Trinitas Regional Medical Center908 994-5325

Employment Services at St. Mary’s Hospital 201 418-2330

Experience Works 201 336-7422

Jewish Family Service of Central NJ – RSVP (Retired & Seniors

Volunteer Program) Serving Union County Money Management

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

Jewish Family Service of MetroWest NJ

Retired & Senior Volunteer Program

256 Columbia Turnpike, Florham Park973 765-9050

Jewish Family Service of MetroWest NJ

Friend Advocate

256 Columbia Turnpike, Florham Park973 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 Park973 637-1766

SAGE Eldercare (*ad on page 9*)

290 Broad St, Summit908 **598-5555**

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 Center973 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 Center973 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

(continued on next page)



EMPLOYMENT & VOLUNTEER OPPORTUNITIES *continued*

- 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 Program800 792-9745
- NJ Bd of Public Utils/Bus. Energy Improv. Loans.....973 648-7279
- NJ Energy Choice Hotline
(*Weatherization*) 888 454-4778
- NJ Shares Energy Assistance.....973 539-2121
- Oil Group (NJCAOG)800 464-8465
- PSE&G E-Team Partners 888 773-8326

FALL PREVENTION SPECIALIST

Back Home Safely

- (*ad on page 39*).....973 **219-4147**

FINANCIAL ASSISTANCE

- Center for Food Action 201 569-1804
- Community Health Law Project908 355-8282
- Consumer Credit Counseling of New Jersey..... 888 726-3260
- Home Energy Assistance Program (HEAP)908 351-7727
- Lifeline Program
(*Utility Bill Assistance*)800 792-9745
- NJ Citizen Action (*Mortgage & Credit Counseling*).....800 646-9637
- PSE&G (*E-Team Partners*) 888 773-8326
- Tax Aid Program (*Union County*) 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



FITNESS & WELLNESS PROGRAMS *continued*

- 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

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
- Office on Aging Nutrition Program (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

(continued on next page)



FOOD RESOURCES *continued*

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
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

SAGE Eldercare Delivered Meals and/or

Food Shopping Services (*ad on page 9*)

290 Broad St, Summit	908 598-5555
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 (*ad on page 11*)

345 Main St, Chatham

973 **457-4724**

Bradley-Braviak Funeral Home (*ad on page 11*)

49 Whippany Rd, Whippany

973 **457-4724**

FUNERAL & CREMATION INSURANCE

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299 Morris Ave, Summit	973 457-4724
Levandoski-Grillo Funeral Home (<i>ad on page 11</i>)	
44 Bay Ave, Bloomfield	973 743-6969
Simple Cremation New Jersey (<i>ad on page 11</i>)	
1100 Pine Ave, Union	973 457-4724
Union Funeral Home (<i>ad on page 11</i>)	
1600 Stuyvesant Ave, Union	908 964-4222

FUNERAL PLANNING

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299 Morris Ave, Summit	973 457-4724
Levandoski-Grillo Funeral Home (<i>ad on page 11</i>)	
44 Bay Ave, Bloomfield	973 743-6969
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FUNERALS

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FUNERALS *continued*

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- Bradley, Brough & Dangler Funeral Home** (*ad on page 11*)
 299 Morris Ave, Summit 973 **457-4724**
- Levandoski-Grillo Funeral Home** (*ad on page 11*)
 44 Bay Ave, Bloomfield 973 **743-6969**
- Simple Cremation New Jersey** (*ad on page 11*)
 1100 Pine Ave, Union 973 **457-4724**
- Union Funeral Home** (*ad on page 11*)
 1600 Stuyvesant Ave, Union 908 **964-4222**

FURNITURE RESTORATION

- SAGE Eldercare** (*ad on page 9*)
 290 Broad St, Summit 908 **598-5555**

GRAB BARS

- Back Home Safely**
 (*ad on page 39*)..... 973 **219-4147**

GRIEF SUPPORT / GROUPS

- Wm. A. Bradley & Son Funeral Home** (*ad on page 11*)
 345 Main St, Chatham..... 973 **457-4724**
- Bradley-Braviak Funeral Home** (*ad on page 11*)
 49 Whippany Rd, Whippany 973 **457-4724**
- Bradley, Haerberle & Barth Funeral Home** (*ad on page 11*)
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- Simple Cremation New Jersey** (*ad on page 11*)
 1100 Pine Ave, Union 973 **457-4724**

HEALTH SCREENINGS

- Community Health Program at Clara Maass
 Medical Center, 1 Clara Maass Dr, Belleville 973 450-2213



HEALTH SCREENINGS *continued*

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

Levandoski-Grillo Funeral Home (*ad on page 11*)

- 44 Bay Ave, Bloomfield 973 **743-6969**

Union Funeral Home (*ad on page 11*)

- 1600 Stuyvesant Ave, Union 908 **964-4222**

HOME CARE REHABILITATION PROVIDER/PARTNER

Prestige Rehab

- (*ad on page 15*)..... 855 **678-8887**

HOME MAINTENANCE

- American Red Cross, 53 Mill Rd, Jersey City..... 201 433-3100
- Home Repair Program Sr Citizen
2165 Morris Av, Union 908 964-7555



HOME MARKET ANALYSIS

Keyes Red Door Realty & Associates, LLC

Tonya Keyes, ABR, SFR, SRES, Broker of Record

(ad on page 41) 732 **900-0957**

HOME SAFETY EVALUATIONS

Back Home Safely

(ad on page 39) 973 **219-4147**

SAGE Eldercare (ad on page 9)

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

HOSPICES

Hospices provide individuals facing terminal illness with clinical and psycho/social care at home or in a healthcare facility. The mission of hospice is to assist patients and allow them to live the last stage of their lives with dignity; and to supplement routine clinical care with expertise in pain control, symptom management, grief and loss counseling, as well as support services. Most hospices accept Medicare/Medicaid, insurance and private pay. For more information call our Seniors Resource Line at 973-560-0064.

OUR PREFERRED HOSPICE PROVIDER

Serenity Hospice

(ad on Inside Front Cover) 609 **227-2400**

HOSPITALS

ESSEX COUNTY

Barnabas Health Ambulatory Ctr, 200 S Orange Av, Livingston 973 322-7000

Clara Maass Medical Center, One Clara Maass Dr, Belleville 973 450-2002

Cooperman Barnabas Medical Center

94 Old Short Hills Rd, Livingston 973 322-5000

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 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



HOSPITALS *continued*

Clara Maass Medical Center

- W Hudson Division, 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, Secaucus 201 319-3660
- Hudson Regional Hospital, 55 Meadowlands Pkwy, Secaucus 201 392-3278
- 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 Hospital

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

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 793 733-7757

(continued on next page)



LIBRARIES *continued*

- 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, Newark973 733-7784
- Roseville Branch, 99 5th St, Newark973 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, Newark973 733-7750
- Weequahic Branch, 355 Osborne Terr, Newark973 733-7751
- Nutley Public Library, 93 Booth Dr, Nutley973 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, Verona973 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 Public Library, 697 Ave C, Bayonne 201 858-6980
- 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 City201 547-4555
- Five Corners Branch, 678 Newark Av, Jersey City 201 547-4543
- Greenville Branch, 1841 Kennedy Blvd, Jersey City201 547-4553
- The Heights Branch, 14 Zabriskie St, Jersey City 201 547-4556
- Lafayette Branch, 307 Pacific Ave, Jersey City201 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 City201 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



LIBRARIES *continued*

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
- 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 TRIBUTES

- Wm. A. Bradley & Son Funeral Home** (*ad on page 11*)
 - 345 Main St, Chatham..... 973 **457-4724**
- Bradley-Braviak Funeral Home** (*ad on page 11*)
 - 49 Whippany Rd, Whippany 973 **457-4724**
- Bradley, Haeberle & Barth Funeral Home** (*ad on page 11*)
 - 1100 Pine Ave, Union 973 **457-4724**
- Bradley, Smith & Smith Funeral Home** (*ad on page 11*)
 - 415 Morris Ave, Springfield..... 973 **457-4724**
- Bradley, Brough & Dangler Funeral Home** (*ad on page 11*)
 - 299 Morris Ave, Summit 973 **457-4724**

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MOBILITY EQUIPMENT

Mobility Equipment dealers specialize in serving the mobility needs of the elderly and physically challenged. This includes stairlifts and wheelchair lifts, ramps, elevators, walk-in tubs as well as customized equipment like wheelchair vans and reduced effort driving controls. For more information call our Senior Resource Line at 973-560-0064.

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(ad on page 39).....973 **219-4147**

NURSING HOME & ASSISTED LIVING PLACEMENT SERVICES

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

Senior Choices of NJ and Ask-Carol Company (www.ask-carol.com-tammy)

(ad on page 15)862 **397-9707**

Unicity Senior Advisors

(ad on page 61)201 **670-7100**

OCCUPATIONAL THERAPY PROVIDER

Prestige Rehab

(ad on page 15).....855 **678-8887**

ONLINE CREMATION ARRANGEMENTS

Levandoski-Grillo Funeral Home (ad on page 11)

44 Bay Ave, Bloomfield973 **743-6969**

Union Funeral Home (ad on page 11)

1600 Stuyvesant Ave, Union908 **964-4222**

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(ad on page 61)201 **670-7100**

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(ad on page 54).....848 **222-1110**



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Unicity Senior Advisors

(ad on page 61).....201 **670-7100**

PRESCRIPTION ASSISTANCE

- Eli Lilly and Company.....877 795-4559
- Medicare Prescription Drug Card 800 633-4227
- Merck Patient Assistance Program 800 727-5400
- National Mail Order Pharmacy Prog for Veterans866 363-8667
- Novartis Medicare Drug Plan Assistance Line..... 800 620-3292
- People's Prescription Plan 800 566-0003
- Pfizer Pfriends866 706-2400
- Pharm Assist. for the Aged and Disabled (PAAD)800 792-9745
- Pharmacy Program at Bayonne Medical Hospital.....201 858-5263
- Prescription Benefits 800 334-8134
- Prescription Savings Service Card (AARP)..... 800 456-2277
- Rx PhRMA..... 800 762-4636
- Senior Gold Prescription Discount Program.....800 792-9745
- The Medicine Program..... 573 996-7300

RAMPS

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Keyes Red Door Realty & Associates, LLC

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ESSEX COUNTY

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Park Crescent Healthcare & Rehab

(ad on Inside Front Cover)

480N Walnut St, East Orange.....973 **674-2700**

MORRIS COUNTY

Cedar Crest (ad on page 73)

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

UNION COUNTY

Elmora Hills Healthcare & Rehab (ad on IFC)

225 W Jersey St, Elizabeth.....908 **353-1220**

Lantern Hill (ad on page 73)

537 Mountain Ave, New Providence.....844 **779-8778**

South Mountain Healthcare & Rehab (ad on IFC)

2385 Springfield Ave, Vauxhall.....908 **688-3400**

Spring Grove Rehab & Healthcare Center (ad on page 84)

144 Gales Dr, New Providence908 **464-8600**

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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

- Wm. A. Bradley & Son Funeral Home** (*ad on page 11*)
345 Main St, Chatham..... 973 **457-4724**
- Bradley-Braviak Funeral Home** (*ad on page 11*)
49 Whippany Rd, Whippany 973 **457-4724**
- Bradley, Haerberle & Barth Funeral Home** (*ad on page 11*)
1100 Pine Ave, Union 973 **457-4724**
- Bradley, Smith & Smith Funeral Home** (*ad on page 11*)
415 Morris Ave, Springfield..... 973 **457-4724**
- Bradley, Brough & Dangler Funeral Home** (*ad on page 11*)
299 Morris Ave, Summit 973 **457-4724**
- Levandoski-Grillo Funeral Home** (*ad on page 11*)
44 Bay Ave, Bloomfield 973 **743-6969**
- Simple Cremation New Jersey** (*ad on page 11*)
1100 Pine Ave, Union 973 **457-4724**
- Union Funeral Home** (*ad on page 11*)
1600 Stuyvesant Ave, Union 908 **964-4222**

ROAD SCHOLAR

- Road Scholar – Travel For People
Who Love To Learn (www.roadsscholar.org/join19)

ROLL IN SHOWERS

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(*ad on page 39*)..... 973 **219-4147**



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 Orange	973 266-8832
Fairfield Golden Age Club, 230 Fairfield Rd, Fairfield.....	973 882-8399
Grover Cleveland Senior Ctr, 1 Provost Sq, Caldwell	973 403-4637
Independence Park Center, 213 Van Buren St, Newark	973 589-9261
Ironbound Senior Center, 11 Providence St, Newark	973 344-2629
Ironbound Senior Center, 226 Rome St, Newark.....	973 424-4101
– Senior Citizens (<i>E Ward</i>)	973 424-4098
Irvington Sr Citizens Ctr, 1077 Springfield Ave, Irvington	973 399-6501
Ivy Hill Jewish Senior Ctr, 260 Mount Vernon Pl, Newark.....	973 763-1005
J.C. White Manor, 516 Bergen St, Newark	973 273-6824
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, Maplewood... ..	973 763-0750
Nellie Grier Senior Center, 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 Senior Ctr, 329 Ave B 56th St, Bayonne	201 437-5996
Grace Senior Ctr, 39 Erie St, Jersey City	201 659-0309
Henrietta Benstead Sr Citizens Ctr, 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

(continued on next page)



SENIOR CENTERS

continued

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'Donnell 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
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

Oasis Senior Advisors.....	732 524-8864
Senior Choices of NJ and Ask-Carol Company (www.ask-carol.com-tammy)	
(<i>ad on page 15</i>)	862 397-9707
Unicity Senior Advisors	
(<i>ad on page 61</i>)	201 670-7100



SENIOR LIVING GUIDANCE

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(ad on page 15)	862 397-9707
Unicity Senior Advisors	
(ad on page 61)	201 670-7100

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 13)	800 272-3900
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

(continued on next page)



SENIOR ORGANIZATIONS & SERVICES

continued

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

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(ad on page 41) 732 **900-0957**

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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SUPPORT SERVICES

AARP Support Group	866 542-8165
Alzheimer’s Association – Greater New	
 New Jersey Chapter <i>(ad on page 13)</i>	800 272-3900
American Cancer Society Support Group.....	973 331-9300



SUPPORT SERVICES *continued*

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
– 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
Jewish Family Service of MetroWest NJ	
– Alzheimer’s Caregiver Support Group	
570 W Mt Pleasant Ave, Livingston.....	973 765-9050
– Cafe Europa Holocaust Program	
256 Columbia Turnpike, Florham Park.....	973 765-9050
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

(continued on next page)



SUPPORT SERVICES *continued*

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

TRANSITIONAL ELDERCARE CONSULTING

Unicity Senior Advisors

(*ad on page 61*)201 **670-7100**

TRANSPORTATION

Christ Hospital Senior Transportation Service201 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, Elizabeth908 352-8375
New Jersey Transit Access Link800 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 & Rail973 378-6401
Transcend (*Hudson County*) 201 369-4320

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

VETERAN FUNERALS

Wm. A. Bradley & Son Funeral Home (<i>ad on page 11</i>) 345 Main St, Chatham.....	973 457-4724
Bradley-Braviak Funeral Home (<i>ad on page 11</i>) 49 Whippany Rd, Whippany.....	973 457-4724
Bradley, Haeberle & Barth Funeral Home (<i>ad on page 11</i>) 1100 Pine Ave, Union.....	973 457-4724
Bradley, Smith & Smith Funeral Home (<i>ad on page 11</i>) 415 Morris Ave, Springfield.....	973 457-4724
Bradley, Brough & Dangler Funeral Home (<i>ad on page 11</i>) 299 Morris Ave, Summit.....	973 457-4724
Levandoski-Grillo Funeral Home (<i>ad on page 11</i>) 44 Bay Ave, Bloomfield.....	973 743-6969
Simple Cremation New Jersey (<i>ad on page 11</i>) 1100 Pine Ave, Union.....	973 457-4724
Union Funeral Home (<i>ad on page 11</i>) 1600 Stuyvesant Ave, Union.....	908 964-4222

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
Senior Choices of NJ and Ask-Carol Company (www.ask-carol.com-tammy) (<i>ad on page 15</i>).....	862 397-9707
Tri-Care for Life Prescription Services.....	800 417-5086

(continued on next page)



VETERAN SERVICES *continued*

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
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 Loss Alliance of New Jersey (formerly NJ Foundation for the Blind)	973 627-0055

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 39).....973 **219-4147**

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

Assurance Care & Support Services

(ad on page 62)646 **236-6305**

Atlantic Private Care

(ad on page 60)973 **540-9000**

BAYADA Home Health Care (Essex)

(ad on page 61)973 **857-5035**

BAYADA Home Health Care (Hudson)

(ad on page 61)201 **343-7100**

BAYADA Home Health Care (Union)

(ad on page 61)908 **789-1717**

BAYADA Home Health Care (Live-In)

(ad on page 61)908 **379-7780**

Brightstar Care – Essex & Morris Counties

(ad on page 54)973 **898-0800**

Care Street Home Care of NJ

(ad on Inside Front Cover)732 **771-2273**

ComForcare Home Care

(ad on page 61)973 **244-9400**

Gratitude Homecare

(ad on page 60)551 **284-3777**

Heart to Heart Home Care

(ad on page 54)973 **678-5500**

Promise Care NJ

(ad on page 54)201 **418-6800**, 973 **378-1000**

SAGE Eldercare

(ad on page 9)908 **598-5555**

Unicity Homecare

(ad on page 61)201 **670-7100**



HEALTH AT HOME – SKILLED CARE AGENCIES

HOME HEALTH – SKILLED CARE AGENCIES

	AD ON PAGE #	PHONE #	COUNTIES SERVED	THERAPY (SPOR)	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	MED-ALERT	PERSONAL CARE	PRIVATE DUTY HOSPICE	PRIVATE PAY	PRIVATE INSURANCE	MEDICAID	MEDICARE	CONTRACT WITH VA
Assurance Care & Support Services	62	646-236-6305	E H U	P	•	•		•				•		•	•	•	•			•
Atlantic Private Care	60	973-540-9000	E U	P	•		•	•	•		•			•	•	•	•			
BAYADA Home Health Care	61	973-857-5035	E		•									•	•	•				•
BAYADA Home Health Care	61	201-343-7100	H		•									•	•	•				•
BAYADA Home Health Care	61	908-789-1717	U		•									•	•	•				•
BAYADA Home Health Care (Live-In)	61	908-379-7780	E H U		•									•	•	•				•



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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 are 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 – Enteral feeding, or 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.

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.

(continued on next page)



SKILLED CARE DEFINITIONS *continued*

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.

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.



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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(ad on page 62) 646 **236-6305**

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(ad on page 60) 973 **540-9000**

BAYADA Home Health Care (Essex)

(ad on page 61) 973 **857-5035**

BAYADA Home Health Care (Hudson)

(ad on page 61) 201 **343-7100**

BAYADA Home Health Care (Union)

(ad on page 61) 908 **789-1717**

BAYADA Home Health Care (Live-In)

(ad on page 61) 908 **379-7780**

Brightstar Care – Essex & Morris Counties

(ad on page 54) 973 **898-0800**

Care Street Home Care of NJ

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ComForcare Home Care

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Heart to Heart Home Care

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beeckert@optonline.net





ASSISTED LIVING COMMUNITIES

PARTNERS OF THE SENIORS BLUE BOOK – ASSISTED LIVING COMMUNITIES

	AD ON PAGE #	PHONE #	CONTINUUM OF CARE	# OF UNITS	LOWEST STARTING PRICE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING	SECURED ALZ / DEMENTIA UNIT	RESPITE / SHORT-TERM STAY	ADULT DAY PROGRAMS	MEDICAID WAIVER	PETS
Amber Court Assisted Living 1155 E Jersey St, Elizabeth	74	908-352-9200		99	☉		•		•	•		•	
Arden Courts of Wayne (Memory Care Only) 800 Hamburg Tpk, Wayne	78	973-942-5600		54	☉	•	•		•	•			
Arden Courts of West Orange (Memory Care Only) 510 Prospect Ave, West Orange	78	973-736-3100		55	☉		•		•	•			
Arden Courts of Whippany (Memory Care Only) 18 Eden Ln, Whippany	78	973-581-1800		60	☉		•		•	•			
Atria Cranford 10 Jackson Dr, Cranford	74	908-709-4300		219	\$3,750	•	•		•	•		•	•
Branch Brook Park Manor 212 Clifton Ave, Newark	74	973-481-6516		16	\$3,000	•	•		•	•			



ASSISTED LIVING COMMUNITIES *continued*

PARTNERS OF THE SENIORS BLUE BOOK – ASSISTED LIVING COMMUNITIES (cont'd)

	AD ON PAGE #	PHONE #	CONTINUUM OF CARE	# OF UNITS	LOWEST STARTING PRICE	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	SKILLED NURSING	SECURED ALZ / DEMENTIA UNIT	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	MEDICAID WAIVER	PETS
Sunrise of Summit 26 River Rd, Summit	71	908-673-1400		90	☉	•	•		•	•		•	•
Sunrise at West Essex 47 Greenbrook Rd, Fairfield	71	973-228-7890		94	☉	•	•		•	•		•	•
Sunrise of Westfield 240 Springfield Ave, Westfield	71	908-317-3030		92	☉	•	•		•	•			•
The Society House 328 E Mt. Pleasant Ave, Livingston	73	973-994-1797	•	15	\$3,900	•	•	•					•
Winchester Gardens 333 Elmwood Ave, Maplewood	65	877-230-5543	•	115	☉				•	•			•

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
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ADDITIONAL ASSISTED LIVING COMMUNITIES

More information on these communities available at www.SeniorsBlueBook.com. Click on "Senior Housing."

BERGEN COUNTY		HUDSON COUNTY (cont'd)	
Sunrise of Edgewater	201-941-6111	Residence at Clara Maass Continuing Care Center	973-844-4800
ESSEX COUNTY		MORRIS COUNTY	
Arden Courts of West Orange (Memory Care Only)	973-736-3100	Arden Courts of Whippany (Memory Care Only)	973-581-1800
Arbor Terrace Roseland	973-352-0721	 Cedar Crest	800-960-6226
Branch Brook Park Manor	973-481-6516	PASSAIC COUNTY	
Brighton Gardens of West Orange	973-731-9840	Arden Courts of Wayne (Memory Care Only)	973-942-5600
Brookdale West Orange	855-350-3800	UNION COUNTY	
Canterbury Village	973-736-1194	Amber Court Assisted Living	908-352-9200
CareOne at Livingston Assisted Living	973-758-4100	Arbor Terrace Mountainside	908-836-6048
 Cliffs at Eagle Rock	888-377-2700	AristaCare at Delaire	908-862-3399
Crane's Mill Health Center	973-276-3017	Atria Cranford	908-709-4300
Green Hill	973-766-9355	Brandywine Living at Summit	908-522-8852
Hearthside Commons at the Job Haines Home	973-743-0792	Brighton Gardens of Mountainside	908-654-4460
Sunrise at Livingston	973-548-6994	Chelsea at Fanwood	908-654-5200
Sunrise at West Essex	973-228-7890	 Lantern Hill	844-779-8778
The Society House	973-994-1797	New Jersey Multicare Center	908-353-1220
 Winchester Gardens	877-230-5543	Sunrise of Summit	908-673-1400
HUDSON COUNTY		Sunrise of Westfield	908-317-3030
Alaris Health at The Atrium Assisted Living	201-716-8000		

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MEMORY CARE ASSISTED LIVING COMMUNITIES

PARTNERS OF THE SENIORS BLUE BOOK – MEMORY CARE ASSISTED LIVING COMMUNITIES

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST MONTHLY STARTING PRICE	PRICE ALL INCLUSIVE	ALZHEIMER'S / DEMENTIA RESIDENTS ONLY	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	NURSING HOME ON SITE	RESPIRE / SHORT-TERM STAY	ADULT DAY PROGRAMS	NURSE ON STAFF	FURNISHED APARTMENTS	SECURED COURTYARD
Amber Court Assisted Living 1155 E Jersey St, Elizabeth	74	908-352-9200	20	Ⓞ	•			•		•		•		
Arden Courts of Wayne (Memory Care Only) 800 Hamburg Tpk, Wayne	78	973-942-5600	54	Ⓞ	•	•		•		•		•	•	•
Arden Courts of West Orange (Memory Care Only) 510 Prospect Ave, West Orange	78	973-736-3100	55	Ⓞ	•	•		•		•		•	•	•
Arden Courts of Whippany (Memory Care Only) 18 Eden Ln, Whippany	78	973-581-1800	60	Ⓞ	•	•		•		•		•	•	•
Atria Cranford 10 Jackson Dr, Cranford	74	908-709-4300	50	\$5,500	•			•		•		•	•	•
Brighton Gardens of Mountainside 1350 Rte 22 W, Mountainside	71	908-654-4460	20	Ⓞ				•		•		•	•	•
Brighton Gardens of West Orange 220 Pleasant Valley Way, West Orange	71	973-731-9840	24	Ⓞ	•	•		•		•		•	•	•

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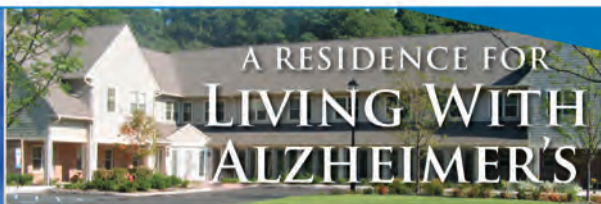
arden-courts.com

Arden Courts 
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West Orange
(973) 736-3100

Whippany
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ADDITIONAL MEMORY CARE ASSISTED LIVING COMMUNITIES

More information on these communities available at www.SeniorsBlueBook.com. Click on "Senior Housing."


BERGEN COUNTY		MORRIS COUNTY (cont'd)	
Sunrise of Edgewater	201-941-6111	 Cedar Crest	800-960-6226
ESSEX COUNTY		PASSAIC COUNTY	
<small>Arbor Terrace Roseland</small> Arden Courts of West Orange (Memory Care Only)	973-352-0721 973-736-3100	Arden Courts of Wayne (Memory Care Only)	973-942-5600
Brighton Gardens of West Orange	973-731-9840	UNION COUNTY	
<small>Brookdale West Orange</small>	855-350-3800	Amber Court Assisted Living	908-352-9200
<small>CareOne at Livingston</small>	973-758-4100	<small>Arbor Terrace Mountainside</small>	908-836-6048
<small>Crane's Mill Health Center</small>	973-276-3017	Atria Cranford	908-709-4300
 Haven at the Cliffs at Eagle Rock	888-377-2700	<small>Birchwood Square at Cranford Health</small>	908-272-6660
Sunrise at Livingston	973-548-6994	<small>Brandywine Living at Summit</small>	908-522-8852
Sunrise at West Essex	973-228-7890	Brighton Gardens of Mountainside	908-654-4460
 Winchester Gardens	877-230-5543	Chelsea at Fanwood	908-654-5200
HUDSON COUNTY		 Lantern Hill	844-779-8778
<small>Alaris Health at The Atrium at Hamilton Park</small>	201-716-8000	Sunrise of Summit	908-673-1400
MORRIS COUNTY		Sunrise of Westfield	908-317-3030
Arden Courts of Whippany (Memory Care Only)	973-581-1800		

 Indicates website link on seniorsbluebook.com



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AD ON PAGE #	73		IFC	82
	Cedar Crest 4 Cedar Crest Dr, Pompton Plains 		Elmora Hills Healthcare & Rehab 225 W Jersey St, Elizabeth	Job Haines Home 250 Bloomfield Ave, Bloomfield

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SENIOR HOUSING DEFINITIONS

continued from page 65

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.

SENIOR HOUSING DEFINITIONS

continued

RESPITE 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 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.



Call [973.560.0064](tel:973.560.0064) today to reserve your space in the next issue of the Seniors Blue Book, or email beeckert@optonline.net

ADDITIONAL SKILLED NURSING AND REHABILITATION FACILITIES

More information on these communities available at www.SeniorsBlueBook.com. Click on "Senior Housing."

ESSEX COUNTY

Arbor Glen Center – Genesis Healthcare	973-256-7220
Broadway House	973-268-9797
Brookhaven Health Care Center	973-676-6221
Canterbury at Cedar Grove	973-239-7600
CareOne at Livingston	973-758-9000
Complete Care at Orange Park	973-677-1500
Complete Care Summit Ridge	973-736-2000
Crane's Mill Health Center	973-276-3017
Daughters of Israel	973-731-5100
Family of Caring Healthcare at Montclair	973-783-9400
Forest Hill Health Care Center	973-482-5000
Green Hill	973-766-9355
Grove Park Healthcare & Rehab Center	973-672-1700
Inglemoor Rehab & Care Center	973-994-0221

Job Haines Home

973-743-0792

HUDSON COUNTY (cont'd)

Majestic Rehab & Nursing Center	201-435-0033
Manhattan View Healthcare Center	201-325-8400
Peace Care St. Ann's	201-433-0950
Peace Care at St. Joseph's	201-653-8300

MORRIS COUNTY



800-960-6226

UNION COUNTY

AristaCare of Delaire	908-862-3399
AristaCare of Norwood Terrace	908-769-1400
Ashbrook Care & Rehab Center	908-889-5500
Autumn Lake Rehab & Nursing Center	908-464-0048
Brother Bonaventure Extended Care Center	908-994-7050
Complete Care at Westfield	908-233-9700
Complete Care at Woodlands	908-753-1113
Cornell Care & Rehab	908-687-7800

Little Nursing Home	973-744-5518	Cranford Park Rehab & Health Care	908-868-3569
Montclair Care Center	973-746-4616	Cranford Rehab & Nursing	908-272-6660
Mountainside Hospital Transitional Care Unit	973-429-6949	Elizabeth Nursing & Rehab Center	908-354-0002
New Community Extended Care	973-624-2020	Elmora Hills Healthcare & Rehab	908-353-1220
New Vista Nursing & Rehab	973-484-4222	JFK / Hartwyck at Cedarbrook	908-754-3100
Park Manor Nursing & Rehab	973-743-7772	 Lantern Hill	844-779-8778
Park Crescent Healthcare & Rehab	973-674-2700	ManorCare Health Services - Mountainside	908-654-0020
St. Vincent's Nursing Home	973-754-4800	Plaza Health Care	908-354-1300
Sinai Post Acute Nursing & Rehab	973-483-6800	Robert Wood Johnson Univ Hospital at Rahway	732-381-4200
Stratford Manor Care & Rehab Center	973-731-4500	RUNNELLS Center for Rehab & Healthcare	908-771-5700
Waterview Center	973-239-9300	South Mountain Healthcare & Rehab	908-688-3400
West Caldwell Care Center	973-226-1100	Spring Grove Rehab	908-464-8600
White House Healthcare & Rehab Center	973-672-6500		
HUDSON COUNTY			
Harborage, The	201-854-5400		
Hudson View Care & Rehab Center	201-861-4040		

KNOW the
10 SIGNS

EARLY DETECTION MATTERS

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgement
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

If you or someone you know experience any of these warning signs, please see a doctor.

For reliable information, contact the Alzheimer's Association:
800.272.3900 | alz.org

Warning Signs of Stroke

Learn the many warning signs of a stroke. Act fast and call 911 immediately at any sign of a stroke. Use **FAST** to remember warning signs:

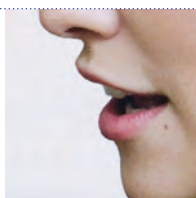
FACE Ask the person to smile.
Does one side of the face droop?



ARMS Ask the person to raise both arms.
Does one arm drift downward?



SPEECH Ask the person to say a simple phrase.
Is their speech slurred or strange?



TIME If you observe any of these signs,
call 911 immediately.



Note the time when any symptoms first appear. If given within three hours of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke.

Learn about more signs of stroke at www.stroke.org/symp



Medicare 2023 "In A Nutshell"

(Parts A, B & Medigap Plans)

Original Medicare is a government health insurance program primarily for people age 65 and older. It has four main parts: A, B, C & D. The chart below is an example of how Parts A & B work together with a traditional Medicare supplement also known as a "Medigap Plan."

Medicare Part A <i>Hospital Insurance</i>	Medicare Part B <i>Medical Insurance</i>	Supplemental Policy Plans A - N <i>Medigap</i>
<p>Generally no cost (If you paid Medicare taxes while working)</p> <hr/> <p>\$1,600 deductible (per benefit period)</p> <hr/> <p>It is possible to pay the \$1600 deductible and other daily charges for multiple stays & extended care.</p> <hr/> <p>Plan covers: Inpatient hospital care, home health care services, hospice, in-patient skilled nursing & more.</p> <hr/> <p>Providers are paid by Medicare assignment.</p> <hr/> <p>No coverage outside USA.</p> <hr/> <p>No out-of-pocket maximum.</p> <hr/> <p>Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.</p>	<p>Most people pay monthly \$164.90 (Premium could be higher based on income)</p> <hr/> <p>\$226 annual deductible. (this can increase each year)</p> <hr/> <p>80/20 after deductible.</p> <hr/> <p>Plan covers: health care providers, ambulance, emergency care, outpatient surgical, wellness & other Medicare approved benefits</p> <hr/> <p>Most doctors accept Medicare.</p> <hr/> <p>No coverage outside the USA.</p> <hr/> <p>No out-of-pocket maximum.</p> <hr/> <p>Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.</p>	<p>Premium varies by company, age, location & other factors.</p> <hr/> <p>Guarantee Issue at initial enrollment (Other special enrollment periods may be available)</p> <hr/> <p>These plans generally pay the 20% not covered by Part B & other Medicare eligible benefits</p> <hr/> <p>When this coordinates with Medicare, many benefits are 100% covered</p> <hr/> <p>Can provide benefits outside USA</p> <hr/> <p>Plans are available through insurance companies.</p> <hr/> <p>Important to add Part D plan to cover prescription drugs & avoid penalties.</p> <hr/> <p>Must have Part A & B to enroll.</p>

There is NO additional cost to use the services of a full time insurance professional.
Please call us or a broker in your local area for additional assistance.



This article was written by Craig N. Anderson, President of Anderson Benefits, Inc. located in Salt Lake City, Utah.
To contact call: 877-363-9575 or craig@andersonbenefits.com

Medicare 2023 "In A Nutshell" Med Advantage (Part C) with RX (Part D)

Medicare Advantage plans are governed by Medicare. They are only offered through insurance companies that have an annual contract with Medicare. They are NOT the same as Medigap policies. They must cover all Medicare approved services. Most Advantage plans include Part D prescription drug coverage.

Advantage Plans Part C INSTEAD of a Medigap Plan (A-N)	Medicare Part D Drug Program
Premium varies by company and coverage. (Same premium for all ages).	Premium varies by company and coverage. (Same premium for all ages).
Part B premium \$164.90 is still paid (Premium can be higher depending on income)	Plans are generally a variation of the following: Deductible (Phase I) \$0–\$505 deductible
There are many plan types available: PPO, HMO, HSA, PFFS, etc.	Initial Coverage (Phase II) co-pay coverage until the total cost of the drugs = \$4,660
Plans have co-pay and / or coinsurance for covered benefits & services.	Coverage Gap / Doughnut Hole (Phase III) The member now pays much more for covered drugs 25% generic / 25% brand. There is a drug manufacture discount on brand name drugs that can count toward the "True out-of-pocket" (TrOOP) You remain here until the \$7,400 (TrOOP) has been met
Preventive care is covered 100%.	Catastrophic Coverage (Phase IV) For the remaining calendar year, covered drugs are: \$4.15 / \$10.35 or 5% depending on drug tier <i>As an upgrade, Insulin costs will decrease in 2023</i>
Plans have an annual out-of-pocket maximum.	Part D can be separate with Medigap & PFFS plans. There is a penalty for late enrollment into Part D.
Plans may have additional services and discounts, including dental, vision, gym membership & more.	Annual Election Period is Oct 15–Dec 7 each year
There is an Annual Election Period (AEP) which runs from October 15–December 7 of each year. This is the time to make changes in company or coverage.	Must have Part A or B to enroll.
Must have Part A & B to enroll.	

For more information visit www.medicare.gov or call 1-800-MEDICARE.

This information is the opinion of the author and intended as an easy to read summary. This is not a contract. Additional limitations and exclusions may apply to services. In the event of any inconsistencies with Medicare or with a published medical insurers certificate, the certificate / Medicare will control. Prepared 10/2022

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- Alzheimer's Navigator online assesment program
- Trial Match clinical trials website
- Early Stage engagement programs
- Research
- alz.org/nj

Your support of these Signature Events enable us to provide our Programs and Services to families and communities of care throughout New Jersey.



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