



# Senior Citizen Resources

Thursday, March 22, 2018

| ID  | Organization                                  | Phone 1               | Phone 2                    | Address                    | Town               | State | Zip Code   | Info | Website   | Notes  |
|-----|---|-----------------------|----------------------------|----------------------------|--------------------|-------|------------|------|---|--|
| 280 | A.A.R.P. Somerset Hills Chapter #5275         | 908-766-3075          |                            | First Presbyterian         | Bernardsville      | NJ    | 07924      |      |   | Meetings 2nd Friday of month at Pres Chch  |
| 402 | Adult Day Center of Somerset                  | 908-725-0068          |                            | 872 East Main Street       | Bridgewater        | NJ    | 08807      |      | <a href="http://www.adultdaycenter.org/">http://www.adultdaycenter.org/</a>   | Daily care for senior citizens with supervised services and activities.              |
| 282 | Adult Day Center of the VNA of Somerset Hills | 908-766-0180 ext. 260 |                            |                            |                    |       |            |      | <a href="http://www.visitingnurse.org">www.visitingnurse.org</a>  | Free tours M-F 10 am   |
| 5   | Adult Protective Services - Morris County     | 973-326-7282          |                            | PO Box 900                 | Morristown         | NJ    | 07960      |      |   |  |
| 6   | Adult Protective Services - Somerset County   | 908-526-8800          | 800-287-3607 (after hours) | 73 East High At.           | Somerville         | NJ    | 08875-1144 |      | <a href="http://www.socialservices.co.somerset.nj.us/aps.htm">http://www.socialservices.co.somerset.nj.us/aps.htm</a>   | Investigations of abuse, exploitation or neglect to people 18 years of age and older |
| 7   | Adult Protective Services of New Jersey       | 800-792-9745          |                            |                            |                    |       |            |      | <a href="http://www.state.nj.us/humanservices/doas/services/aps/">http://www.state.nj.us/humanservices/doas/services/aps/</a>                                   |  |
| 311 | Always Best Care and Senior Services          | 908-484-1600          | 908-963-4996               | 233 Mt Airy Rd., 1st Floor | Basking Ridge      | NJ    | 07920      | Yes  | <a href="http://www.alwaysbestcare.com/usa/nj/somerset-and-hunterdon/baskingridge">http://www.alwaysbestcare.com/usa/nj/somerset-and-hunterdon/baskingridge</a> | Service to help choose Assisted Living arrangements or home healthcare.              |
| 12  | Alzheimer's Association Helpline              | 800-272-3900          |                            |                            |                    |       |            |      | <a href="http://www.alz.org">www.alz.org</a>  |  |
| 467 | Alzheimer's Association Greater NJ Chapter    | 1-609-275-1180        | 1-800-272-3900             | 196 Princeton-Hightstown   | Princeton Junction | NJ    | 08550      |      | <a href="http://www.alz.org/nj">www.alz.org/nj</a>  |  |
| 258 | Assisting Seniors at Home                     | 973-841-7100          | 908-285-1309               | 629 Newark Pompton         | Pompton Plains     | NJ    | 07444      | Yes  | <a href="http://www.AssistingSeniorsAtHome.com">www.AssistingSeniorsAtHome.com</a>  | Loving in-home care and assistance for your family.                                  |
| 297 | CarePatrol                                    | 908-377-7702          | 908-367-9055               | PO Box 501                 | Springfield        | NJ    | 07081      | Yes  | <a href="http://www.carepatrol.com">www.carepatrol.com</a>  | Jim Tretola, Senior Care Consultant  |

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| 42  | Comfort Keepers (Bridgewater and Morristown)   | 908-864-8044   |               |                           |               |       |          |      | <a href="mailto:morris-somerset@comfortkeepers.com">morris-somerset@comfortkeepers.com</a> | "Making Every Moment of Life Matter: Twenty Questions to Ask Before Hiring a Home Care Agency"                                  |
| 371 | Compassionate Care Hospice   | 908-526-2600   |               | 9 Lamington Rd. Suite A   | Branchburg    | NJ    | 08876    | Yes  | <a href="http://www.cchnet.net">www.cchnet.net</a>   |   |
| 398 | Cooperative Housing Corporation  | 908-526-8130   |               |                           |               |       |          |      | <a href="http://www.chchousing.org/">http://www.chchousing.org/</a>                        | Senior housing in multi-bedroom purpose built single family homes in Bridgewater and Warren. Some supportive living units also. |
| 51  | Eldercare Locator  |                | 800-677-1116. |                           |               |       |          |      | <a href="http://www.eldercare.gov">www.eldercare.gov</a>                                   | Nationwide directory assistance service designed to help locate local services and resources.                                   |
| 52  | EldERRands: ***Elderly Errands Everyday *Not a taxi service. It is SELF PAY and expensive. \$130 charge flat fee | 862-266-0458   | 973-634-0208  |                           |               |       |          |      |  |   |
| 295 | Fellowship Helping Hands   | 908-580-3849   | 908-672-4499  | 8000 Fellowship Rd        | Basking Ridge | NJ    | 07920    |      | <a href="http://www.fellowshipseniorliving.org">www.fellowshipseniorliving.org</a>         | Elizabeth Fandel  |
| 296 | Fellowship Senior Living   | 908-580-3806   | 877-233-9741  | 8000 Fellowship Rd        | Basking Ridge | NJ    | 07920    |      | <a href="http://www.fellowshipseniorliving.org">www.fellowshipseniorliving.org</a>         | Phyllis Tranotti @908-432-0975 VP of Philanthropy;  |
| 61  | Freedom Eldercare (Home Healthcare)  | 866-737-3336   |               |                           |               |       |          |      |  |   |
| 488 | Generations Home Healthcare  | 1-908-769-0800 |               | 29 Olcott Square, Ste. 1  | Bernardsville | NJ    | 07924    |      | <a href="http://www.generationshh.com/">http://www.generationshh.com/</a>                  | Home healthcare service   |
| 215 | Home Instead Senior Care   | 732-271-5150   |               | 100 Davidson Ave. Ste 105 | Somerset      | NJ    | 08873    | Yes  | <a href="http://homeinstead.com/somersetcounty-nj">homeinstead.com/somersetcounty-nj</a>   | A personalized experience for those with Alzheimer's or other dementias.  |

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| 480 | HomeWell   | 1-973-299-1100 |                | 1259 Route 46 East, Bldg. #2, Ste. #270 | Parsippany | NJ    | 07054    | Yes  | <a href="http://www.morris.homewellseniorcare.com">www.morris.homewellseniorcare.com</a>  | Trusted providers of hourly and live-in home care for seniors       |
| 478 | ikor Life Management Services                        | 1-908-991-3332 | 1-908-800-1561 | 689 Valley Road, Suite 205              | Gillette   | NJ    | 07933    |      | <a href="http://www.ikorglobal.com">www.ikorglobal.com</a>  | Advocacy and life management for seniors and the disabled           |
| 81  | Medicare - Part B                                    | 800-772-1213   |                |   |            |       |          |      | <a href="http://www.socialsecurity.gov/medicareonly/">http://www.socialsecurity.gov/medicareonly/</a>                             |   |
| 253 | Medicare (processing)                                |                |                |   |            |       |          |      | <a href="http://www.cms.hhs.gov">http://www.cms.hhs.gov</a>   |   |
| 82  | Medicare.gov   | 800-633-4227   |                |   |            |       |          |      | <a href="http://www.medicare.gov/">http://www.medicare.gov/</a>   |   |
| 254 | Morris County Office on Aging                        | 800-564-4656   |                | 340 West Hanover Avenue PO Box          | Morristown | NJ    | 07060    |      | <a href="http://www.morrihumanservices.org/aging.asp">http://www.morrihumanservices.org/aging.asp</a>                             |   |
| 255 | Morris County Senior Citizen Nutrition Program       |                |                |   |            |       |          |      | <a href="http://www.morrihumanservices.org/adv/nutrition/sites.asp">http://www.morrihumanservices.org/adv/nutrition/sites.asp</a> | List of Senior Nutrition sites where meals are served.              |
| 304 | My Girls Home Care                                   | 201-317-8290   | 973-903-4281   |   |            |       |          |      | <a href="http://www.mygirlshomecare.com">www.mygirlshomecare.com</a>  | Morris, Sussex, Warren Cty; Daily needs care                        |
| 88  | National Alliance for Caregiving                     |                |                |   |            |       |          |      | <a href="http://www.caregiving.org">www.caregiving.org</a>  |   |
| 194 | National Council of Certified Dementia Practitioners | 877-729-5191   |                | 103 Valley View Trail                   | Sparta     | NJ    | 07871    |      | <a href="http://www.nccdp.org">www.nccdp.org</a>  | Train the Trainer programs; Travel guidelines for ppl with dementia |
| 91  | National Council on Aging                            |                |                |   |            |       |          |      | <a href="http://www.ncoa.org">www.ncoa.org</a>  |   |
| 94  | National Family Caregivers Association               |                |                |   |            |       |          |      | <a href="http://www.nfcacares.org">www.nfcacares.org</a>  |   |

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| 477 | NightingaleNJ, LLC.   | 1-908-452-6644 |              | 148 West End Avenue 2nd Floor | Somerville   | NJ    | 08876    |      | <a href="http://www.nightingalenj.com">www.nightingalenj.com</a>  | Dedicated to assisting older adults navigate the healthcare system and maintain control of their lives throughout the aging process |
| 103 | NJ Dental Association Senior Dental Program   | 800-792-8820   |              |                               |              |       |          |      |   |   |
| 291 | NJ Find a Ride  | 877-652-1148   |              | PO Box 346                    | East Hanover | NJ    | 07936    |      | <a href="http://www.njfindaride.org">www.njfindaride.org</a>  | Online database to find transportation to and from medical and case appt  |
| 121 | NJ Office of the Ombudsman for the Institutionalized Elderly                        | 877-582-6995   |              |                               |              |       |          |      | <a href="http://www.nj.gov/ooie/">http://www.nj.gov/ooie/</a>   |   |
| 122 | NJ Pharmaceutical Aid for Aged and Disability OR Senior Gold (PAAD)                 | 800-792-9745   |              |                               |              |       |          |      | <a href="http://www.state.nj.us/humanservices/doas/home/pbp.html">http://www.state.nj.us/humanservices/doas/home/pbp.html</a>                         |   |
| 126 | NJ State Health Insurance Assistance Program (SHIP)                                 | 908-704-6319   | 888-747-1122 | 92 E. Main St.                | Somerville   | NJ    | 08876    |      | <a href="http://www.state.nj.us/humanservices/doas/services/ship/">http://www.state.nj.us/humanservices/doas/services/ship/</a>                       | Free, confidential, unbiased help with Medicare questions for senior citizens So Cty Office on Aging                                |
| 127 | NJDOH Senior Information & Referral Service   | 800-792-8820   |              |                               |              |       |          |      | <a href="http://www.nj.gov/njcommunity/senior/">http://www.nj.gov/njcommunity/senior/</a>   |   |
| 128 | NJDOH: Div of Health Facilities Evaluation and Licensing Complaint Hotline          | 800-792-9770   |              |                               |              |       |          |      | <a href="http://www.state.nj.us/health/healthfacilities/file_complaint.shtml">http://www.state.nj.us/health/healthfacilities/file_complaint.shtml</a> |   |
| 133 | Pharmaceutical Assistance to the Aged and Disabled NJ Dept of Human Services (PAAD) | 800-792-9745   |              |                               |              |       |          |      | <a href="http://www.state.nj.us/humanservices/doas/services/paad/">http://www.state.nj.us/humanservices/doas/services/paad/</a>                       |   |

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| 227 | RideConnect   | 908-704-1011   |                | 360 Grove St. | Bridgewater | NJ    | 08807    | Yes  | <a href="http://www.ridewise.org">www.ridewise.org</a>  | Door-to-Door transportation for Seniors and Disabled. Minimal cost. Part of Ridewise.  |
| 186 | Ridewise of Raritan Valley                            | 908-704-1011   | 908-812-9645   | 360 Grove St. | Bridgewater | NJ    | 08807    | Yes  | <a href="http://ridewise.org">http://ridewise.org</a>   | Includes info on biking, walking, buses, rail, Includes info on biking, walking, rail, Will go 5 miles outside of county ridesharing AND Senior Ridewise                                 |
| 479 | Senior Care Services by Sharon, LLC.                  | 1-973-627-5746 | 1-973-713-5822 | PO Box 5462   | Parsippany  | NJ    | 07054    | Yes  | <a href="http://www.seniorcareservice.sbysharon.com">www.seniorcareservice.sbysharon.com</a>  | Fully insured. Transportation, errands, meal prep and more   |
| 338 | Senior Health Insurance Assistance Program (S.H.I.P.) | 908-704-6319   | 888-747-1122   | 27 Warren St. | Somerville  | NJ    | 08876    | Yes  | <a href="http://www.state.nj.us/humanservices/doas/services/ship/index.html">http://www.state.nj.us/humanservices/doas/services/ship/index.html</a> | Somerset Cty Office on Aging: Free, confidential, unbiased help with Medicare  |
| 482 | Senior Helpers  | 1-973-360-1500 |                |               |             |       |          |      | <a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a>  | Care and comfort at a moment's notice serving Morris, Essex and Uniuon Counties  |
| 150 | Seniors Blue Book: Morris & Somerset Counties         | 973-560-0064   |                |               |             |       |          |      | <a href="http://www.seniorsbluebook.com">www.seniorsbluebook.com</a>  | Resources for senior citizens: Adult day services, aquatic, care management, hospice, elder abuse, moving, food, housing, Medicare/Medicaid help, rehab, equipment, senior centers, etc. |
| 251 | Seniors Blue Book: Morris & Somerset Counties         | 973-560-0064   |                |               |             |       |          |      | <a href="http://www.seniorsbluebook.com">www.seniorsbluebook.com</a>  |  |

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| 293 | SherCare   | 908-247-9926                 |                             | 27 Walden Place                 | Basking Ridge | NJ    | 07920      |      | <a href="https://www.care.com/b/l/shercare/basking-ridge-nj">https://www.care.com/b/l/shercare/basking-ridge-nj</a>                                 | SherCare Senior Services provide high quality, personalized care including but are not limited to: meal shop/prep, light housekeeping, personal hygiene, transportation, and companionship   |
| 369 | SHIP: National Technical Assistance Program                            | 800-792-8820 (in-state only) | 877-222-3737 (out of state) |                                 |               |       |            |      | <a href="http://www.state.nj.us/humanservices/doas/services/ship/index.html">http://www.state.nj.us/humanservices/doas/services/ship/index.html</a> | Help Understanding Medicare and Medicaid benefits. Nat'l site: <a href="https://www.shiptacenter.org/">https://www.shiptacenter.org/</a>   |
| 359 | Somerset County Office on Aging and Disability Services                | 908-704-6346                 | 888-747-1122                | 27 Warren Street, P.O. Box 3000 | Somerville    | NJ    | 08876-1262 | Yes  | <a href="http://www.co.somerset.nj.us/hservices/aging">www.co.somerset.nj.us/hservices/aging</a>  | Operates Senior Centers, pharmaceutical and hearing aid assistance, coordinates in-home care, housing, shopping, etc for seniors. Help with understanding Medicare, Long-term care support services, health promotion and education. |
| 159 | Somerset County Office on Aging Easy Access Single Entry System (EASE) | 888-747-1122                 | 908-704-6346                |                                 |               |       |            |      | <a href="mailto:officeonaging@co.somerset.nj.us">officeonaging@co.somerset.nj.us</a>  |  |
| 257 | Somerset County Senior Wellness Center - Bernards                      | 908-204-3435                 | 908-704-6343                | 202 Mount Airy Road             | Basking Ridge | NJ    | 07920      |      |   |  |
| 164 | St. Clare's Health System: Friend's for Life Health Living Program     | 973-989-3422                 |                             |                                 |               |       |            |      | <a href="http://www.saintclares.org/friends-for-life">http://www.saintclares.org/friends-for-life</a>   |  |
| 281 | Swim, Inc.   | 908-766-6085                 |                             | 36 Morristown Rd                | Bernardsville | NJ    | 07924      |      | <a href="http://www.swim-inc.org">www.swim-inc.org</a>  | Aquatic Exercise for mobility disabilities   |
| 172 | The Sandwich Generation  |                              |                             |                                 |               |       |            |      | <a href="http://www.thesandwichgeneration.com">www.thesandwichgeneration.com</a>  |  |

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