ESSEX, HUDSON, AND UNION COUNTIES
A Directory of New Jersey Senior Housing and Resources
Spring–Summer 2019

Home Health and Housing Grids
Sinai Post-Acute Nursing and Rehab

Visit us at www.SeniorsBlueBook.com
Seniors Resource Line: 973-560-0064
How to Use this Guide

GETTING STARTED IS EASY

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

1. Community Resources and Services

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

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

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

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

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

www.SeniorsBlueBook.com
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Please pass along or recycle this guide
Environmentally friendly elemental chlorine free paper
Dear Valued Readers,

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

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

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

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

Sincerely,

Brian Eckert
Publisher

Bernadette de Isaza
Art Director

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

Web Site: www.SeniorsBlueBook.com

Additional copies of this Directory are available FREE at most of the gathering places for seniors, many of which are featured in the Seniors BLUE BOOK. Give us a call at (973) 560-0064 and we will direct you to the location nearest you. Copies are available by mail for $2 shipping and handling.

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ADULT DAY SERVICES

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

ESSEX COUNTY

Adult Day Health Center at Newark Beth Israel Medical Center
201 Lyons Ave, Newark ............................................. 973 926-3004
Belleville Senior Svcs, 518 Washington Ave, Belleville ......... 973 751-6000
Birchwood Adult Day Care Ctr, 115 Evergreen Pl, East Orange .... 973 676-2600
Clarendon Adult Day Center, 30-34 Okner Pkwy, Livingston ..... 973 715-5872

Garden Adult Medical Day Care Center
717-727 Broadway, Newark ............................................. 973 268-1212

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

Happy Days Adult Medical Day Health Care
– Center I, 67 S Munn Ave, East Orange ......................... 973 678-0755
– Center II, 1060 Broad St, Newark ............................. 973 643-3500

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

Life Adult Medical Day Care Center
290 Chestnut St, Newark ............................................. 973 578-2815

New Community Adult Medical Day Care
266 S Orange Av, Newark ............................................. 973 624-2002

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

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

Senior Care and Activities Center
110 Greenwood Ave, Montclair .................................... 973 783-5589

The Oasis at Sinai Adult Medical Day Care
65 Jay St, Newark ..................................................... 973 483-6800

Women of Inspiration Adult Day Care Center
170 N Oraton Pkwy, East Orange .................................. 973 676-1072

HUDSON COUNTY

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

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

Bayonne Adult Medical Day Care Ctr
801-803 Broadway, Bayonne ......................................... 201 243-0035

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

Happy Days Adult Medical Day Health Care
– Center III, 591 Montgomery St, Jersey City .................... 201 938-0300

Continued on next page
## ADULT DAY SERVICES – HUDSON COUNTY

**Lutheran Senior Life Adult Medical Day Care Center**  
377 Jersey Ave, Jersey City ........................................... 877 543-3188

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

**Rise and Shine Adult Medical Daycare**  
6201 Grand Ave, North Bergen ........................................ 201 869-4443

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

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

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

### UNION COUNTY

**Adult Day Program at Muhlenberg Regional Medical Ctr**  
Park Ave & Randolph Rd, Plainfield ..................................... 908 668-2328

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

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

**Daybreak Adult Daycare at Elizabeth**  
712 Newark Ave, Elizabeth ............................................. 908 353-3530

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

**Five Star Adult Medical Day Care Ctr**  
1201 Deerfield Terr, Linden ............................................... 908 486-5750

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

**Norwood Terrace Nursing & Rehab Ctr**  
40 Norwood Av, Plainfield ................................................ 908 769-1400

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

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

**Senior Spirit Medical Day Care**  
430 E Westfield Av, Roselle Park ......................................... 908 241-9393

**Town Square Adult Medical Day Care**  
1155 E Jersey St, Elizabeth ............................................ 908 787-0980

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

## ADVANCE FUNERAL PLANNING

**Wm. A. Bradley & Son Funeral Home** *(ad on page 9)*  
345 Main St, Chatham ...................................................... 973 457-4724

**Bradley-Braviak Funeral Home** *(ad on page 9)*  
49 Whippany Rd, Whippany ............................................... 973 457-4724

**Bradley, Haeberle & Barth Funeral Home** *(ad on page 9)*  
1100 Pine Ave, Union ..................................................... 973 457-4724

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ADVANCE FUNERAL PLANNING continued

Bradley, Smith & Smith Funeral Home (ad on page 9)  
415 Morris Ave, Springfield ................................................................. 973 457-4724

Bradley, Brough & Dangler Funeral Home (ad on page 9)  
299 Morris Ave, Summit ................................................................. 973 457-4724

Simply Cremation New Jersey (ad on page 9)  
1100 Pine Ave, Union ................................................................. 973 457-4724

SeniorsBlueBook.com simplifies your search

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

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

Visit www.SeniorsBlueBook.com/local/NewJersey and find out what you have been missing.
### Advocacy for Alzheimer’s Legislation

**Alzheimer’s Association – Greater New Jersey Chapter**  
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### Agencies on Aging

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<td>Essex County Division of Senior Services</td>
<td>973 395-8375</td>
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<tr>
<td>Hudson County Office on Aging</td>
<td>201 271-4320</td>
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<td>Newark Office on Aging</td>
<td>973 733-5330</td>
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<td>908 527-4870</td>
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### Aging in Place: Home Modification

**Back Home Safely**  
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### Alzheimer’s Disease & Dementia Specialization

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<td>Health Care Connect, LLC</td>
<td><strong>908 832-0417</strong></td>
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<td>Jewish Family Service of Central NJ</td>
<td>908 352-8375</td>
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<td><strong>201 670-7100</strong></td>
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### Assessments

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<td><strong>908 832-0417</strong></td>
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Did you know someone develops Alzheimer’s every 65 seconds?

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

We provide the following Programs and Services to help:

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

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

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

800.272.3900 | alz.org/nj
ASSISTED LIVING PLACEMENTS

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

ASSOCIATIONS FOR SPECIFIC ILLNESS

Adler Aphasia Center .......................................................... 973 530-3981
Alcoholics Anonymous ....................................................... 800 245-1377
Alzheimer's Association – Greater New Jersey Chapter
(ad on page 11) ................................................................. 800 272-3900
American Cancer Society ............................................... 973 331-9300
American Diabetes Association
   NJ Affiliate ........................................................................ 888 342-2383
American Heart Association .............................................. 973 376-3636
American Lung Association ............................................... 908 687-9340
American Parkinson's Disease Association ....................... 732 745-7520
Arthritis Foundation – NJ Chapter ..................................... 888 467-3112
Brain Injury Association of NJ ........................................... 732 738-1002
COPSA Institute for Alzheimer's Disease ......................... 732 235-5840
Council on Compulsive Gambling of NJ ......................... 800 GAMBLER
Cystic Fibrosis Association ................................................ 201 457-1800
Epilepsy Foundation .......................................................... 973 244-0850
GEMS (Geriatric Evaluations & Management Service) .... 732 745-6655
Huntington's Disease Society of America ......................... 973 379-3226
Lupus Erythematosus Foundation of NJ ......................... 908 791-7868
National Association for Mental Illness of NJ (NAMI) .... 732 940-0991
National Multiple Sclerosis Society ................................. 800 833-0087
National Stroke Association .............................................. 800 STROKES
NJ Chronic Fatigue Syndrome Association (NJCFSA) ....... 888 835-3677
Spina Bifida Association of the Tri-State Region ............... 908 782-7475
The Leukemia & Lymphoma Society ............................... 973 376-9559
Tourette Syndrome Association of NJ ............................... 732 972-4459

AUTO INSURANCE

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

**BATHROOM REMODELING**

**Back Home Safely (ad on page 41)**

- 973 219-4147

**BEREAVEMENT SUPPORT & SERVICES**

**Wm. A. Bradley & Son Funeral Home (ad on page 9)**
- 345 Main St, Chatham
- 973 457-4724

**Bradley-Braviak Funeral Home (ad on page 9)**
- 49 Whippany Rd, Whippany
- 973 457-4724

**Bradley, Haeberle & Barth Funeral Home (ad on page 9)**
- 1100 Pine Ave, Union
- 973 457-4724

**Bradley, Smith & Smith Funeral Home (ad on page 9)**
- 415 Morris Ave, Springfield
- 973 457-4724

**Bradley, Brough & Dangler Funeral Home (ad on page 9)**
- 299 Morris Ave, Summit
- 973 457-4724

**Simply Cremation New Jersey (ad on page 9)**
- 1100 Pine Ave, Union
- 973 457-4724

**BOAT INSURANCE**

**Diane L. Murray Insurance Agency**
- 908 686-4609

**BURIALS**

**Wm. A. Bradley & Son Funeral Home (ad on page 9)**
- 345 Main St, Chatham
- 973 457-4724

**Bradley-Braviak Funeral Home (ad on page 9)**
- 49 Whippany Rd, Whippany
- 973 457-4724

**Bradley, Haeberle & Barth Funeral Home (ad on page 9)**
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- 973 457-4724

**Bradley, Smith & Smith Funeral Home (ad on page 9)**
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- 973 457-4724

**Bradley, Brough & Dangler Funeral Home (ad on page 9)**
- 299 Morris Ave, Summit
- 973 457-4724

**Simply Cremation New Jersey (ad on page 9)**
- 1100 Pine Ave, Union
- 973 457-4724
CARE MANAGEMENT

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

OUR PREFERRED CARE MANAGEMENT AGENCIES

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

CARE MANAGEMENT – NON-PROFIT

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

CARE OPTIONS SPECIALIST

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

Who Can Help Us with Care Options?
Start your search at SeniorsBlueBook.com/local/NewJersey
CERTIFIED PATIENT ADVOCATE

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

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

CHRONIC ILLNESS MANAGEMENT

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

CLINICAL TRIALS FOR ALZHEIMER’S – DEMENTIA

Alzheimer’s Association – Greater New Jersey Chapter (ad on page 11) .................. 800 272-3900

CONDO INSURANCE

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

CONSUMER AFFAIRS – LEGAL

Better Business Bureau - Main Office .................. 609 588-0808
Community Health Law Project .................. 908 355-8282
Elder Fraud Hotline .................. 877 746-7850
Essex County Division of Senior Services .................. 973 395-8375
Friend Advocate Program .................. 973 765-9050 x275
Hudson County Office on Aging .................. 201 369-4313
Legal Services Corp, Union County .................. 908 354-4340
Legal Services of New Jersey/Health Care Access .................. 888 576-5529

Continued on next page ▷
CONSUMER AFFAIRS – LEGAL continued

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

COUNSELING & MENTAL HEALTH

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

Bereavement Counseling at St Barnabas
Hospice and Palliative Care Center.......................... 973 322-4800

Counseling and Resource Ctr at Christ Hospital
176 Palisade Ave, Jersey City................................... 201 795-8375

East Orange General Hospital, 300 Central Ave, East Orange
– Crisis Intervention........................................ 973 266-4479
– Critical Care.................................................. 973 266-4479
– Outpatient Behavioral Health............................. 973 414-1822

Food and Nutrition Counseling at Newark Beth Israel
Medical Center, 201 Lyons Ave, Newark.................... 973 926-7150

Jewish Family Service of Central NJ
655 Westfield Ave, Elizabeth................................. 908 352-8375
608 Sherwood Pkwy, Mountainside.......................... 908 352-8375

Jewish Family Service of MetroWest
256 Columbia Turnpike, Florham Park....................... 973 765-9050

Nutrition Counseling at Clara Maass Medical Center
One Clara Maass Dr, Belleville................................ 973 450-2328

Nutrition Counseling at Columbus Hospital
495 North 13th St, Newark.................................... 973 268-4868

St Michael's Medical Center, 111 Central Ave, Newark
– Alcohol Counseling...................................... 800 211-5924, 973 877-2552
– Drug Counseling......................................... 800 211-5924, 973 877-2552

Trinitas Regional Medical Center
– Family Resource Center, 300 North Av E, Cranford.... 908 276-2244

Unicity Eldercare (ad on page 65).............................. 201 670-7100
CULTURAL FUNERALS

Wm. A. Bradley & Son Funeral Home (ad on page 9)
345 Main St, Chatham.........................................................973 457-4724

Bradley-Braviak Funeral Home (ad on page 9)
49 Whippany Rd, Whippany ..............................................973 457-4724

Bradley, Haeberle & Barth Funeral Home (ad on page 9)
1100 Pine Ave, Union.........................................................973 457-4724

Bradley, Smith & Smith Funeral Home (ad on page 9)
415 Morris Ave, Springfield...............................................973 457-4724

Bradley, Brough & Dangler Funeral Home (ad on page 9)
299 Morris Ave, Summit ....................................................973 457-4724

Simply Cremation New Jersey (ad on page 9)
1100 Pine Ave, Union.........................................................973 457-4724

Continued on next page
CULTURAL FUNERALS continued

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

DEFENSIVE DRIVING PROGRAM

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

DENTAL RESOURCES

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

DIALYSIS SERVICES

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

DISCOUNTED CREMATION & FUNERAL PACKAGES

Wm. A. Bradley & Son Funeral Home (ad on page 9)
345 Main St, Chatham ................................................................. 973 457-4724
Bradley-Braviak Funeral Home (ad on page 9)
49 Whippany Rd, Whippany ......................................................... 973 457-4724
Bradley, Haeberle & Barth Funeral Home (ad on page 9)
1100 Pine Ave, Union ................................................................. 973 457-4724
Bradley, Smith & Smith Funeral Home (ad on page 9)
415 Morris Ave, Springfield ........................................................... 973 457-4724

Continued on next page
DISCOUNTED CREMATION & FUNERAL PKGS cont’d
Bradley, Brough & Dangler Funeral Home (ad on page 9)
299 Morris Ave, Summit .......................................................... 973 457-4724
Simply Cremation New Jersey (ad on page 9)
1100 Pine Ave, Union .............................................................. 973 457-4724

DOLLAR-A-DAY AUTO INSURANCE
Diane L. Murray Insurance Agency (ad on page 9)
................................................................................. 908 686-4609

DOWNSIZING
Mavins Group ................................................................. 908 233-6200

DOWNSIZING OPTIONS FOR SENIORS (SENIORS ON THE MOVE)
The Sue Adler Team (ad on page 43)
488 Springfield Ave, Summit ................................................... 973 936-9129
Tonya Keyes, Broker of Record
K&W Red Door Realty (ad on page 19) .......................... 732 900-0957

your Choice. your Lifestyle. to Enjoy.

My Mission Statement: Consult with compassion and serve each Senior and their Family with individualized resources for their Transitioning Lifestyle Needs.

TONYA KEYES ABR, SFR, SRES
Broker of Record
732-900-0957 direct • 866-867-0302 office • 732-218-3990 e-fax
www.kwRedDoorRealty.com • 492 Communipaw Ave, Jersey City, NJ 07304

Each office is independently owned and operated

Web Link on www.SeniorsBlueBook.com • Spring–Summer 2019
ELDER ABUSE

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

ELDER LAW

Benjamin D. Eckman (ad on page 21)  
1767 Morris Ave, Union ............................................................. 908 206-1000
73 Mountain View Blvd, Wayne .................................................. 973 709-0909
1 University Plaza, S-200, Hackensack...................................... 201 263-9161

ELDERCARE FINANCIAL PLANNING

Callahan Financial Services Group, LLC
(ad on page 37) ............................................................................ 973 325-7500

ELDERHOSTEL

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

EMERGENCY DEPARTMENTS

ESSEX COUNTY

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

Continued on page 22
COMMUNITY RESOURCES AND SERVICES

Solutions for Seniors

Our trained professionals can help you with questions about:

— Senior Housing
— Health at Home
— Community Resources

Call the Seniors Resource Line

973-560-0064
COMMUNITY RESOURCES AND SERVICES

EMERGENCY RESPONSE SYSTEMS

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

ADT Companion Services through ComForcare Home Care (ad on page 64)
– Union County ................................................................. 908 408-5220
– Essex County ...................................................................... 973 244-9400

Alzheimer’s Association – Greater New Jersey Chapter (ad on page 11) ............. 800 272-3900
Lifeline at Clara Maass Medical Center ......................................................... 888 240-8977
Unicity Eldercare (ad on page 65)
215 E Ridgewood Ave, Ridgewood ........................................................... 201 670-7100

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

Alzheimer’s Association – Greater New Jersey Chapter (ad on page 11) ............. 800 272-3900
Ascend Hospice Volunteer Program ....................................................... 866 821-1212

Employment Opportunities at:
– East Orange General Hospital ................................................................. 973 395-4111
– Trinitas Regional Medical Center ............................................................ 908 994-5325

Employment Services at St. Mary’s Hospital ............................................. 201 418-2330
Experience Works .................................................................................. 201 336-7422

Continued on next page
EMPLOYMENT & VOLUNTEER OPPORTUNITIES

continued

Jewish Family Service of Central NJ – RSVP (Retired & Seniors Volunteer Program) Serving Union County Friend Advocate
655 Westfield Ave, Elizabeth ................................................................. 908 352-8375

Jewish Family Svc of Metrowest – Friend Advocate Volunteer
Program of Essex Cty, 256 Columbia Turnpike, Florham Park .......... 973 765-9050

Literacy Volunteers of America ............................................................... 908 725-5430

National Senior Services Corps ......................................................... 800 424-8867

RSVP (Retired Seniors Volunteer Program) Ctr of Essex
& Hudson Counties, 256 Columbia Turnpike, Florham Park .......... 973 637-1766

Saint Barnabas Hospice & Palliative Care Center ....................... 973 322-4800

University Hospital ................................................................................ 973 972-4063

VISTA (Volunteers in Service to America) ....................................... 609 989-2243

Volunteer Services at:
– Bayonne Medical Center ................................................................. 201 858-7391
– Clara Maass Medical Center ............................................................. 973 450-2150
– Clara Maass Medical Center W. Hudson Div ......................... 201 955-7621
– Columbus Hospital ............................................................................ 973 268-1445
– East Orange General Hospital ......................................................... 973 266-4454
– Mountainside Hospital ...................................................................... 973 429-6012
– Newark Beth Israel Medical Center ........................................ 973 926-7194
– Overlook Hospital ................................................................................ 908 522-3197
– RUNNELLS Specialized Hosp of Union Co ................................. 908 771-5700
– Saint Barnabas Medical Center ...................................................... 973 322-5592
– Saint James Hospital ........................................................................... 973 589-2876
– Trinitas Regional Medical Center .................................................. 908 994-5164
– Woman’s Rights Information Center .............................................. 201 568-1166

ENERGY RESOURCES

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

Continued on next page
ENERGY RESOURCES continued

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

ESTATE CLEARING / CLEAN OUTS / BUYOUTS

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

ESTATE PLANNING

Benjamin D. Eckman (ad on page 21)
1767 Morris Ave, Union .......................................................... 908 206-1000
73 Mountain View Blvd, Wayne ............................................. 973 709-0909
1 University Plaza, S-200, Hackensack ................................. 201 263-9161

ESTATE SALES & CLEANOUTS

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

FALL PREVENTION SPECIALIST

A Little Lift (ad on page 41) ..................................................... 973 839-0625
Back Home Safely (ad on page 41) ........................................ 973 219-4147
Williams Lift Company (ad on page 41) ............................... 800 287-1793

FINAL EXPENSE INSURANCE

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

FINANCIAL ASSISTANCE

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

Continued on next page ➔
FINANCIAL ASSISTANCE  continued

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
Community Health Outreach, EOGH
300 Central Av, E Orange ..................................................................... 973 266-4532
Integrative Medicine Program at St Barnabas
Ambulatory Care Ctr, 200 S Orange Ave, Livingston.......................... 973 322-7007
Senior Health Network at Clara Maass Medical Center
One Clara Maass Dr, Belleville ............................................................. 973 450-2213
Sr Wellness Club, EOGH, 300 Central Av, E Orange ......................... 973 266-4532
The Fitness and Wellness Program at Kessler Institute
for Rehab, 1199 Pleasant Valley Way, West Orange ......................... 973 731-3600

HUDSON COUNTY
Senior Health Network at Clara Maass Medical Center
West Hudson Division, 206 Bergen Ave, Kearny ............................. 201 955-7016
Wellness Center at Hamilton Park
330 9th St, Jersey City .......................................................................... 201 716-8400

UNION COUNTY
Aquatic Fitness at Berkeley Swim School ........................................... 908 464-1995
Trinitas Regional Medical Ctr Seniors First Program
225 Williamson St, Elizabeth ............................................................... 888 887-4648

FLOOD INSURANCE

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

## NJ Food Stamp Program

- **ESSEX COUNTY**
  - Belleville Senior Svcs, 518 Washington Ave, Belleville ... 973 751-6000
  - Bethany Senior Citizens, 275 W Market St, Newark ... 973 733-5739
  - Independence Park Center, 213 Van Buren St, Newark ... 973 744-8103
  - Jewish Family Svc of Metrowest – Solutions to Senior Hunger
    - Supplemental Nutrition Assistance Program in Essex County *(pre-application & application assistance)* ... 973 765-9050
  - Office on Aging Nutrition Prog. (Mary Davis) ... 973 395-8390
  - South Ward Senior Ctr, 731 Clinton Ave, Newark ... 973 373-8587

## HUDSON COUNTY

- Henrietta Benstead Senior Citizens Center
  - 60 Columbia Ave, Kearny ... 201 991-9322
  - Jewish Family Svc of Metrowest
    - Kosher Meals on Wheels in Hudson County ... 973 765-9050
  - North Bergen Sr Nutrition, 1441 45th St, North Bergen ... 201 866-8791
  - Senior Nutritional Program, 6900 Broadway, Guttenberg ... 201 861-1433

## UNION COUNTY

- Ann J Ferguson Towers, 1601 Dill Ave, Linden ... 908 298-3820
  - Bethel A.M.E. Church, 241 Hilton Ave, Vauxhall ... 908 964-9765
  - Casano Community Ctr, 314 Chestnut St, Roselle Park ... 908 245-9150
  - Catholic Charities Food Shopping Service ... 908 497-3950
  - Cranford-Lincoln Sr Apts, 800 Lincoln Ave E, Cranford ... 908 931-0194
  - Ehrhart Gardens, 100 Francis Ct, Union ... 908 688-0565
  - Farley Towers, 33 Cherry St, Elizabeth ... 908 965-2454
  - Gold Age Towers, 200-220 E Milton Ave, Rahway ... 732 499-7950
  - Gregorio Center, 330 Helen St, Linden ... 908 474-8627
  - Hillside Senior Center, 265 Hollywood Ave, Hillside ... 908 355-8928
  - Holy Trinity Food Pantry, 315 First St, Westfield ... 908 232-7090
  - James F Buckle Center, 25 1/2 Roosevelt Dr, Winfield ... 908 925-2014
  - Jewish Comm Ctr, 1391 Martine Ave S, Scotch Plains ... 908 889-8800

## Jewish Family Service of Central NJ – Kosher Meals on Wheels, Urban Community Vegetable Garden, Kosher Food Pantry

- 655 Westfield Ave, Elizabeth ... 908 352-8375
- JFK Senior Apts, 250 W Grand Ave, Rahway ... 732 382-4188
- Kenilworth Sr Center, 526 Boulevard, Kenilworth ... 908 272-7743
- Meals on Wheels (Union Co.), 1025 Penn. Av, Linden ... 908 486-5100
- Mobile Meals of Westfield ... 908 233-6146
- Morningstar Court, 701 Cranford Ave, Linden ... 908 486-8200

*Continued on next page*
### FOOD RESOURCES continued

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>O'Donnel Dempsey Sr Ctr</td>
<td>622 Salem Ave, Elizabeth</td>
<td>908 354-7431</td>
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<tr>
<td>Peterson Community Ctr</td>
<td>408 Palmer St, Elizabeth</td>
<td>908 353-9806</td>
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<tr>
<td>Plainfield Tower West</td>
<td>601 W 7th St, Plainfield</td>
<td>908 668-1963</td>
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<tr>
<td>Richmond Towers</td>
<td>510 E Front St, Plainfield</td>
<td>908 769-6335 x608</td>
</tr>
<tr>
<td>Roselle Community Ctr</td>
<td>1268 Shaffer Ave, Roselle</td>
<td>908 245-6717</td>
</tr>
<tr>
<td>Shafer Gardens</td>
<td>35 Sumner Ave, Union</td>
<td>908 964-9343</td>
</tr>
<tr>
<td>Union Baptist Church</td>
<td>1088 E Grand St, Elizabeth</td>
<td>908 851-5290</td>
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<tr>
<td>Union County Nutrition Program</td>
<td></td>
<td>908 527-4877</td>
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<tr>
<td>Westfield Community Ctr</td>
<td>558 W. Broad St, Westfield</td>
<td>908 232-4759</td>
</tr>
<tr>
<td>YM-YWHA</td>
<td>501 Green Ln, Union</td>
<td>908 289-8112</td>
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### FUNERAL & CREMATION INSURANCE

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<tr>
<td>Simply Cremation New Jersey</td>
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### FUNERAL PLANNING

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<td>Bradley, Haeberle &amp; Barth Funeral Home</td>
<td>1100 Pine Ave, Union</td>
<td>973 457-4724</td>
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<tr>
<td>Bradley, Smith &amp; Smith Funeral Home</td>
<td>415 Morris Ave, Springfield</td>
<td>973 457-4724</td>
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<tr>
<td>Bradley, Brough &amp; Dangler Funeral Home</td>
<td>299 Morris Ave, Summit</td>
<td>973 457-4724</td>
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<tr>
<td>Simply Cremation New Jersey</td>
<td>1100 Pine Ave, Union</td>
<td>973 457-4724</td>
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GRAB BARS

Back Home Safely
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GRIEF SUPPORT / GROUPS

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HEALTH INSURANCE

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

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

HEARING RESOURCES

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

HINDU FUNERALS

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HMO’S & HEALTH INSURANCE

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

HOME INSURANCE

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

HOME MAINTENANCE

A Little Lift  
(ad on page 41) ...................................................................... 973 839-0625
American Red Cross, 53 Mill Rd, Jersey City.............................. 201 433-3100
Home Repair Program Sr Citizens, 2165 Morris Av, Union....... 908 964-7555

HOME MARKET ANALYSIS

The Sue Adler Team (ad on page 43)  
488 Springfield Ave, Summit............................................. 973 936-9129
Tonya Keyes, Broker of Record  
K&W Red Door Realty (ad on page 19) ...................... 732 900-0957

HOME SAFETY EVALUATIONS

A Little Lift  
(ad on page 41) ...................................................................... 973 839-0625
Back Home Safely  
(ad on page 41) ..................................................................... 973 219-4147
Williams Lift Company  
(ad on page 41) ................................................................... 800 287-1793

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OUR PREFERRED HOSPICE PROVIDERS

Atlantic Hospice  
(ad on page 58) ............................................................... 973 379-8472

HOSPITALS

ESSEX COUNTY

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

HUDSON COUNTY

Bayonne Medical Center, 29th St at Ave E, Bayonne.................. 201 858-5000  
Christ Hospital, 176 Palisade Ave, Jersey City.......................... 201 795-8200  
Clara Maass Medical Ctr W Hudson Div, 206 Bergen Av, Kearny. 201 955-7000  
Hoboken University Medical Ctr, 308 Willow Ave, Hoboken........ 201 418-1000  
Hudson Cty Meadowview Hospital, 595 County Ave, 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 Hosp, 150 New Providence Rd, Mountainside.. 908 233-3720  
Kindred Hospital, 865 Stone St, Rahway.................................. 732 381-4200  
Overlook Medical Center, 99 Beauvoir Ave, Summit.................. 908 522-2000  
Robert Wood Johnson University, 865 Stone St, Rahway ......... 732 381-4200  
Runnells Specialized Hospital, 40 Watchung Wy, Berkeley Hts.... 908 771-5700

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HOSPITALS – UNION COUNTY continued

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

JEWELRY INSURANCE

Diane L. Murray Insurance Agency

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

LIBRARIES

ESSEX COUNTY

Belleville Public Library, 221 Washington Ave, Belleville .......... 973 450-3434
   – Silver Lake Branch, 30 Magnolia St, Belleville .................. 973 450-3438
Bloomfield Public Library, 90 Broad St, Bloomfield .............. 973 566-6200
Caldwell Public Library, 268 Bloomfield Ave, Caldwell ....... 973 226-2837
Cedar Grove Public Library, 1 Municipal Plaza, ................. 973 239-1447
E Orange Elmwood Branch, 317 S Clinton St, E Orange ....... 973 266-7050
E Orange Franklin Branch, 192 Dodd St, E Orange ............ 973 266-7053
E Orange Public Library, 21 S Arlington Ave, E Orange ...... 973 266-5600
Fairfield Free Public Library, 261 Hollywood Ave, Fairfield ..... 973 227-3575
Glen Ridge Public Library, 240 Ridgewood Ave .................. 973 748-5482
Irvington Public Library, 5 Civic Square, Irvington ............. 973 372-6400
Livingston Public Library, 10 Robert H Harp Dr., ................. 973 992-4600
Maplewood Hilton Branch, 1688 Springfield Ave, .............. 973 762-1688
Maplewood Mem. Libr., 51 Baker St, Maplewood ............... 973 762-1622
Millburn Public Library, 200 Glen Ave, Millburn ............... 973 376-1006
Montclair Public Library, 50 S Fullerton Ave, Montclair ....... 973 744-0500
Newark
   – Branch Brook Branch, 235 Clifton Ave, Newark ............... 973 733-7760
   – Clinton Branch, 739 Bergen St, Newark ....................... 973 733-7757
   – First Ave Branch, 282 First Ave, Newark ..................... 973 733-8091
   – Madison Branch, 790 Clinton Ave, Newark ................... 973 733-8090
   – North End Branch, 722 Summer Ave, Newark ............... 973 733-7766
   – Public Library, S Washington St, Newark ..................... 973 733-7784
   – Roseville Branch, 99 5th St, Newark ......................... 973 733-7770
   – Springfield Branch, 50 Hayes St, Newark .................... 973 733-7736
   – Vailsburg Branch, 75 Alexander St, Newark ................. 973 733-7755
   – Van Buren Branch, 140 Van Buren St, Newark ............. 973 733-7750
   – Weequahic Branch, 355 Osborne Terr, Newark ............. 973 733-7751

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

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

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

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LIBRARIES continued

Elizabeth
- Elmora Branch, 740 W Grand St, Elizabeth ......................... 908 353-4820
- E-Port Branch, 102-110 Third St, Elizabeth ..................... 908 289-9032
- La Corte Branch, 408 Palmer St, Elizabeth ....................... 908 820-4298
- Public Library, 11 South Broad St, Elizabeth .................... 908 354-6060

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

LIFE INSURANCE

Diane L. Murray Insurance Agency
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LIFE TRIBUTES

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

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MATURE DRIVER PROGRAM
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COMMUNITY RESOURCES AND SERVICES

MEDICAID AUTO INSURANCE
Diane L. Murray Insurance Agency
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MEDICAID NURSING HOME PLACEMENT SERVICES
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(ad on page 37) ................................................................................................... 973 325-7500

MEDICARE ADVANTAGE PLANS
Medicareful (www.medicareful.com)
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Applications for Medicaid Done by
Callahan Financial Services Group, LLC
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Medicaid New Jersey ......................................................................................... 800 356-1561
Medicare Choice Helpline ................................................................................ 800 633-4227
Medicare Social Security Office ...................................................................... 800 638-6833
  – Info & Claims ............................................................................................. 800 332-6681
Medicare/Medicaid Fraud Hotline ................................................................. 800 447-8477
Medicareful (www.medicareful.com)
(ad on page 37) ................................................................................................... 844 762-2733
SHIP (State Health Insurance Assistance Program)
  – Essex ............................................................................................................ 973 637-1717
  – Hudson ....................................................................................................... 201 271-4322
  – Union ......................................................................................................... 908 598-5529
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MEMORIAL PLANNING

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MENTAL HEALTH SERVICES

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

ESSEX COUNTY

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

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MENTAL HEALTH SERVICES continued

Behavioral Health Program at Mountainside Hospital
1 Bay Av, Montclair................................................................. 888 247-1400

Behavioral Health Services at Saint Michael’s Medical Ctr
111 Central Ave, Newark......................................................... 973 877-2552

Bereavement Program at St Barnabas
Hospice and Palliative Care Center ........................................ 973 322-4830

Electroconvulsive Therapy (ECT) at The University Hospital
150 Bergen St, Newark........................................................... 973 972-8259

HUDSON COUNTY

Behavioral Health (Psychiatry) at Bayonne Medical Center
29th St at Ave E, Bayonne....................................................... 201 858-5232

Bereavement Program at St Barnabas
Hospice and Palliative Care Center ........................................ 973 322-4830

Christ Hospital Psychiatric Emergency Services
176 Palisade Ave, Jersey City................................................ 201 795-8373

Community Mental Health Center at St Mary Hospital
308 Willow Ave, Hoboken....................................................... 201 792-8200

Mental Health Crisis Hotline at St Mary Hospital
308 Willow Ave, Hoboken....................................................... 201 795-5505

Psychiatric Emergency Services (24 hr hotline)
at Bayonne Medical Center, 29th St at Ave E, Bayonne........... 201 858-5286

UNION COUNTY

Behavioral Health Services at Summit Oaks Hospital
19 Prospect St, Summit.......................................................... 800 753-5223

Bereavement Program at St Barnabas
Hospice and Palliative Care Center ........................................ 973 322-4830

Jewish Family Service of Central NJ
655 Westfield Ave, Elizabeth................................................ 908 352-8375

The Cognitive & Research Center of New Jersey
195 Mountain Ave, Springfield................................................. 973 850-4622

Trinitas Regional Medical Ctr, 225 Williamson St, Elizabeth ...... 908 994-5000
– Adult Substance Abuse Services........................................ 908 994-7090
– Behavioral Health & Psychiatry ........................................ 888 994-7450
– Mentally Ill Support Group (for Spanish speaking) .............. 201 348-9159
– 24-Hour Crisis Hotline....................................................... 908 351-6684

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Diane L. Murray Insurance Agency
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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 41)..........................................................973 839-0625*

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

- **Williams Lift Company**
  
  *(ad on page 41)..........................................................800 287-1793*

MOVING & STORAGE

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

NURSING HOME & ASSISTED LIVING PLACEMENT SERVICES

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

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

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

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

ONLINE CREMATION ARRANGEMENTS

- **Wm. A. Bradley & Son Funeral Home** *(ad on page 9)*
  
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  299 Morris Ave, Summit ..........................................973 457-4724

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Unicity Eldercare
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North Bergen Senior Ctr, 1441 45th St, North Bergen .............201 866-8791  
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– Cafe Europa – Holocaust Program
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  (ad on page 61) ................................................................. 908 322-8200

- **ComForcare Home Care**
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- **Senior Home Care Services**
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- **Unicity Eldercare**
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**SKILLED CARE DEFINITIONS**

**DIABETIC CARE** – Refers to services including patient assessment, specific diet information, management of the disease process, medication
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*COUNTIES:  E = Essex,  H = Hudson,  U = Union
**THERAPIES:  S=Speech / P=Physical / O=Occupational / R=Respiratory

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*COUNTIES: E = Essex, H = Hudson, U = Union

Liability: B = Bonded, I = Insured, W = Worker’s Comp

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HEALTH AT HOME - NON MEDICAL HOME CARE
NON-SKILLED CARE AGENCIES  continued from page 61

Senior Home Care Services
(ad on page 64) ........................................................................................................ 973 538-4357

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

NON-SKILLED CARE DEFINITIONS

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

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

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

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

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

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

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

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

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

Continued on next page »
NON-SKILLED CARE DEFINITIONS continued

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

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

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

**TRANSPORTATION** – Rides to shopping, appointments and other outings.

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

SKILLED CARE DEFINITIONS continued from page 55

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

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

**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.

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

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

Continued on page 84
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## Independent Living Communities

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| **Chelsea at Fanwood, The**  
295 South Ave, Fanwood | 83 | 908-654-5200 | 43 | $2,000 |              |             |         |       |                |               |      |
| Elizabeth House, 78 E Jersey St, Elizabeth      | 908-355-3406 | 42                 | $650       |                |              |             |         |       |                |               |      |
| Lantern Hill, 535 Mountain Ave, New Providence | 844-779-8778 | ☐                  | ☐          |                |              |             |         |       |                |               |      |
| Park Hotel Rest Home, 123 W 7th St, Plainfield | 908-754-2211 | 182                | $833       |                |              |             |         |       |                |               |      |
| Plainfield Tower West, 601 W 7th St, Plainfield | 908-668-1963 | 154                | HUD        |                |              |             |         |       |                |               |      |
| Springfield Seniors, 350 Independence Way, Springfield | 973-467-1480 | 136                | HUD        |                |              |             |         |       |                |               |      |
| Woodlands, The, 1400 Woodland Ave, Plainfield  | 908-753-1113 | 20                 | $1,985     |                |              |             |         |       |                |               |      |

* Entrance Fee Required  
BC = Back Cover  
= Web link on www.SeniorsBlueBook.com  
= Call
Come Home to Our Village...

You’ll always feel at home with us!...
Conveniently located in the heart of South Orange Village near restaurants, shopping, parks, entertainment and transportation. Enjoy our carefree lifestyle which includes a live-in super and available kosher meals.

Take a Tour of Our Luxury Apartments
Rent in our 62+ well-maintained community.
One bedroom w/open floor plan, stainless steel appliances, hardwood floors, a walk-in shower and more...
Now Accepting Applications.
For more information Contact Cheryl Kasye 973-763-0999

Village Apartments of the Jewish Federation
973-763-0999
110 Vose Ave., South Orange, NJ
Owned and managed by the Jewish Community Housing Corporation of Metropolitan New Jersey

= Web Link on www.SeniorsBlueBook.com • Spring–Summer 2019
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* All Inclusive
* BC = Back Cover
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* = Call

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

(continued on next page)
## Essex County (cont’d)

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### Assisted Living Communities

**Residence at Clara Maass Cont Care Ctr, 195 Belgrove Dr, Kearny**
- Phone: 973-844-4800
- 30

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*All Inclusive                   BC = Back Cover = Web link on www.SeniorsBlueBook.com = Call
EXPERIENCE A COMPASSIONATE STAFF

For over 45 years, CareOne has been dedicated to providing unparalleled programs and services for our clients.

At CareOne Skilled Nursing Centers, we implement a wide range of medical specialty programs meticulously designed to provide quality outcomes for our patients.

CareOne Assisted Living Centers are designed to exceed the expectations of our residents and their families.

Call today and learn how we enable residents to thrive and achieve their fullest potential through our strong continuum of care.

CareOne at Livingston
68 Passaic Ave.
Livingston, NJ 07039
973.758.9000

CareOne at Livingston Assisted Living
76 Passaic Ave.
Livingston, NJ 07039
973.758.4100

Take a virtual tour at www.care-one.com
877.99.CARE1

Take a virtual tour at www.care-one.com 877.99.CARE1

1083777
At Sunrise, what matters most to you, matters most to us. We are proud to offer the following care services in our beautiful New Jersey communities:

- Independent living
- Assisted living
- Alzheimer’s and dementia care
- Respite stays
- Coordination of hospice care
- In-home care

Learn more about our 24 New Jersey communities. SunriseSeniorLiving.com/NewJersey
Mention this ad for a $500 move-in credit!
The Cliffs is a non-profit Christian residence whose mission is to provide seniors with a rich quality of life. The balance of independence and support, with all the amenities, helps residents to make this place home.

Come and see The Cliffs to appreciate the difference.

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

Care and Quality You Can Trust

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

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

Experience our quality.
CALL TODAY: 877-230-5543

333 Elmwood Avenue, Maplewood, NJ 07040
A Continuing Care Retirement Community • winchestergardens.com
Canterbury Village
An Assisted Living Residence

33 Mt. Pleasant Avenue
West Orange, NJ 07052
973-736-1194
www.canterburyvillage.org
info@canterburyvillage.org

Winner of the 2018 Best of Assisted Living Award from SeniorAdvisor.com

Conveniently located in the heart of West Orange, Canterbury Village provides a secure and gracious setting for residents and is a source of pride and comfort for families. We offer an individualized approach to wellness and high quality health services as well as extensive amenities and services including:

- State-of-the-art nurse call/response system
- Outdoor patio & delightful sun room
- Diverse activity schedule
- Transportation services to shopping areas & events

Our friendly atmosphere and central location keeps residents in touch with their families. Call TODAY to take a tour and be our guest for lunch!

At Arbor Terrace, we offer a fresh approach to senior living and dementia care.

Call or stop by today for a tour and see why Arbor Terrace is the new signature of assisted living.

Arbor Terrace Mountainside
1050 Springfield Avenue
Mountainside, NJ 07092
908-760-0599 | ArborMountainside.com

Arbor Terrace Roseland
345 Eagle Rock Ave.
Roseland, NJ 07068
973-618-1888 | ArborRoseland.com
See why nearly 200 remarkable, discerning residents call us home.

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

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

A Wonderful Place to Call Home

WE PROUDLY ACCEPT THE ASSISTED LIVING MEDICAID WAIVER

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

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

Choose Cedar Crest for Rehabilitation and Nursing Care

You don’t have to be a resident to take advantage of our superior care.
Call 1-800-960-6226 for a tour or more information.

4 Cedar Crest Drive, Pompton Plains, NJ 07444
Independent Living | Assisted Living
Inpatient and Outpatient Rehabilitation
Memory Care | Nursing Care | Long-Term Care

ASSISTED LIVING COMMUNITIES
At Lantern Hill, we work exclusively with adults 62-plus. Turn to our expert caregivers for assisted living, memory care, rehabilitation, or nursing care in a beautiful environment. Call 1-844-779-8778 for a tour or more information.

**SKILLED CARE DEFINITIONS** continued from page 67

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

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

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

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

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

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

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

Continued on next page
THERAPY SERVICES (ST, PT, OT, RT) –

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

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

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

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

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

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

SENIOR HOUSING DEFINITIONS

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

Continued on page 104
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| **Brighton Gardens of Mountainside**                                                |
| 1350 Rt 22 West, Mountainside                                                       |
| 80 908-654-4460 20                                                                   |

| **Brighton Gardens of West Orange**                                                 |
| 220 Pleasant Valley Way, West Orange                                               |
| 80 973-731-9840 24                                                                   |

| **CareOne at Livingston**                                                            |
| 76 Passaic Ave, Livingston                                                           |
| 79 973-758-4100 52                                                                   |

| **Cedar Crest**                                                                       |
| 4 Cedar Crest Village Dr, Pompton Plains                                            |
| 83 800-960-6226 18 $4,650                                                            |

| **Chelsea at Fanwood**                                                                |
| 295 South Ave, Fanwood                                                               |
| 83 908-654-5200 15 $6,000                                                            |

| **Crane's Mill Health Center**                                                        |
| 459 Passaic Ave, West Caldwell                                                       |
| 104 973-276-3017 18                                                                  |

| **Haven at the Cliffs at Eagle Rock, The**                                            |
| 707 Eagle Rock Ave, West Orange                                                     |
| 92 888-377-2700 16 $5,600                                                            |

*= Web Link on www.SeniorsBlueBook.com= Call(continued on next page)
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<td>Birchwood Square at Cranford Health, 205 Birchwood Ave, Cranford</td>
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When it Comes to Memory Care—Experience Matters

- 24/7 on-site nursing, including an on-call R.N.
- Experienced in dementia including Alzheimer’s, Lewy Body Dementia, Frontotemporal Dementia and Parkinson’s Disease
- Success-oriented, engaging programming tailored for all levels of dementia
- Staff specially trained in the latest dementia caregiving techniques

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Arden Courts
arden-courts.com

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West Orange (973) 736-3100
Whippany (973) 581-1800

A Residence for Living With Alzheimer’s

The Haven

The Haven was designed for people with memory impairment. 16 studies are nestled within The Cliffs Assisted Living facility, providing all the amenities for living life to the fullest.

Come and see The Haven to appreciate the difference.

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

Our readers could be reading about your Memory Care Assisted Living Facility here!

Call 973.560.0064 today to reserve your space in the next issue of the Seniors Blue Book, or email beeckert@optonline.net
Elegant Independent and Assisted Living is Waiting for you...

Choose independent or assisted living, with services and hotel-style amenities that offer a life of luxury amid park-like surroundings. Enjoy cultural, social and educational activities, gourmet kosher dining*, housekeeping services and more.

**Heller Independent Living Apartments**
Live life to the fullest with an array of programs that keep minds and bodies active, including our creative arts series, exercise classes, cultural events, and university-level seminars. Come reignite your passion for life!

**Weston Assisted Living Residence**
With the support of our caring staff and nursing team, come enjoy our wonderful community life programs, parties, and seminars with many opportunities to explore new interests.

**The Memory Care Suite at Lester**
A supportive and comfortable environment for adults ages 62 and older who have a dementia-related diagnosis. Enjoy our bright, airy spaces, with nurturing attention provided by specially trained caregivers in an intimate setting, accredited by Comfort Matters®, a nationwide leader in person-centered dementia care.

For more information about any of our Lester lifestyles, contact David Rozen at (973) 929-2725.

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

## Essex County

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* All Inclusive Except Medications  

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*All Inclusive Except Medications

BC = Back Cover

= Web Link on www.SeniorsBlueBook.com • Spring-Summer 2019
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**HUDSON COUNTY (cont’d)**

**MORRIS COUNTY**

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**UNION COUNTY**

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* All Inclusive Except Medications   BC = Back Cover   ☑ = Call   = Web link on www.SeniorsBlueBook.com
Sinai Post-Acute Nursing and Rehab Center is an expansive 7 story, 430 bed facility offering a wide variety of services to meet our patients’ needs.

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

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

At Sinai Post-Acute Nursing and Rehab you will find an expansive array of services including:

- Daily Physical, Occupational and Speech Therapy
- Joint Replacement/Orthopaedic Therapy
- Amputee Walking Program
- Stroke Recovery
- Cardiac Care
- Pulmonary/Respiratory Therapy
- Wound Care
- 24 hour Skilled Nursing
- Pain Management
- IV Therapy
- Dialysis Care
- Respite Care
- Hospice and Palliative Care
- Resident and Family Counseling
- Local, Trusted Physicians
- Robust Activities and Recreational Programming

We would be delighted to show you around! To schedule a personal tour, please call 973-483-6800 ext. 103. Medicare and Medicaid certified. We accept all major insurances. ~
MAKE SINAI YOUR REHAB CENTER!

Highly recommended by area doctors and recognized for our outstanding nursing and rehab professionals, Sinai Center offers a modern and comfortable setting for your recovery and is only minutes away from some of New Jersey’s finest medical centers.

Orthopedic Rehab  Cardiac Care  Stroke Recovery  Wound Care

Dedicated
Indian & Hispanic
Cultural Programs

Your Health. Our Mission

To schedule your PERSONAL TOUR, please call 973-483-6800 ext. 103

65 Jay Street, Newark, NJ 07103
SinaiPostAcuteCare.com
When You Choose Job Haines Home...

...you can have confidence in three levels of senior living that offer the highest standard of care

• Assisted Living at Hearthside Commons - Our residents feel at home in a beautifully decorated setting and enjoy the elegant atmosphere of our community areas and the lovely landscaped courtyard.

• Long Term Care at Job Haines Home - Our 30-bed nursing residence offers quality skilled care by a staff committed to providing personalized attention.

• Sub-Acute Care at The Pavilion - Our state-of-the-art short-term program provides a home-like setting for rehabilitation after injury, stroke or surgery and for physical therapy to enhance quality of life.

Job Haines Home represents more than 100 years of warmth, caring, and respect for the individual. We offer stimulating programs at all levels of care, seven days a week, designed for a variety of tastes, interests, and levels of ability.

We are very proud of our beautiful home in convenient Bloomfield and invite you to visit and see how Job Haines serves the needs of our residents.

To arrange a visit or for more information, please call us at 973-743-0792.

WWW.jOB-HAINES.ORG

250 Bloomfield Avenue, Bloomfield, New Jersey 07003
New Jersey’s Premier Provider of Sub-Acute and Long Term Care Services

Visit us on the web: www.windsorhealthcare.org

ABINGDON
303 Rock Avenue
Green Brook, NJ
T 732-968-5500

ASHBROOK
1610 Raritan Rd
Scotch Plains, NJ
T 908-889-5500

BUCKINGHAM
100 McClellan St
Norwood, NJ
T 201-768-6222

CANTERBURY
398 Pompton Ave
Cedar Grove, NJ
T 973-239-7600

CORNELL
234 Chestnut St
Union, NJ
T 908-687-7800

LLANFAIR
1140 Black Oak Ridge Rd
Wayne, NJ
T 973-835-7443

MERWICK
100 Plainsboro Rd
Plainsboro, NJ
T 609-759-6000

VENETIAN
275 John T. O’Leary Blvd
South Amboy, NJ
T 732-721-8200

WINDSOR GARDEN
140 Park Ave
East Orange, NJ
T 973-677-1500

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HUDDSONVIEW
CENTER FOR REHABILITATION AND HEALTHCARE

DEDICATED TO MEETING THE MYRIAD HEALTHCARE NEEDS OF THE COMMUNITY, HUDSONVIEW OFFERS A COMPREHENSIVE CONTINUUM OF PATIENT CARE INCLUDING MEDICAL, NURSING AND REHABILITATIVE SERVICES.

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SENIOR HOUSING DEFINITIONS continued from page 85

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

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

Continued on next page »
**SENIOR HOUSING DEFINITIONS** continued

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

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

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

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

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

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

*Continued on page 107*
Finding A Welcoming Long-Term Senior Living Community For The LGBT Elder

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

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

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

LGBT seniors can feel unwelcome in the general aging population. After recently benefiting from the progressive antidiscrimination policies and marriage equality in the tri-state area and on the federal level, LGBT elders say they feel forced to “go back into the closet” when choosing senior housing or long-term care communities.

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

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

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

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

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

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

6 Programming, activities and resources for LGBT older adults.

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

SENIOR HOUSING DEFINITIONS

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. Pay-or sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

TYPE 1 CARE – Residents may need significant assistance with 2 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.
Solutions for Seniors

Our trained professionals can help you with questions about:

— Senior Housing
— Health at Home
— Community Resources

Call the Seniors Resource Line
973-560-0064

This is a FREE SERVICE to help you find the resources you need.

You can also email us at: beeckert@optonline.net
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