

2023



EAST WINDSOR TOWNSHIP SENIOR SERVICES DIRECTORY



**East Windsor Township Senior Center
40 Lanning Boulevard
East Windsor, NJ 08520
(609) 371-7192
www.east-windsor.nj.us**

**Township Mayor Mironov
and Commission on Aging Members**

Pictured from left to right:

Chairperson Sydelle Norris, Director Kelly Roman, Fay Fisch, Gloria Golbert, Barbara Gilbert, Dyls Henninger, Ondina Jeffers, Ellen Murphy, Council Liaison Alan Rosenberg, Karen Goldman, Alicia Greenstein, Dhilan Vyas, Amy Lerner, Jennifer Worringer, Deborah Thomas, Mayor Janice Mironov



Not pictured:

Linda Feldstein, Helen Feng, Rohan Shah, Council Liaison Denise Daniels



MESSAGE FROM MAYOR JANICE S. MIRONOV

Dear Friends,

Our senior citizens are a valued and treasured part of our community, and their happiness, health and well-being are an important goal for all of us in public service. We hope that this Directory is helpful and can assist in answering many of the questions and needs of our senior citizens.

This Directory was compiled by the Township Commission on Aging to provide an information guide for a better understanding and access to services and facilities in our area which are available for senior citizens. It is not intended to be all-inclusive, but to offer a listing of many of the available resources in this area for housing, medical insurance, home care, nutrition, transportation, education, recreation and employment opportunities.

East Windsor Township hopes that this Directory is a beneficial and positive addition to senior citizens and their families.

Sincerely,

MAYOR JANICE S. MIRONOV



East Windsor Township

Senior Services Directory

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The East Windsor Senior Center has recently undergone a significant expansion adding approximately 5800 square feet to the existing 11,000 square foot building. We now have a 16,800 foot building which has large multi-purpose rooms used for senior meetings, large group gatherings, exercise classes, stage events, and seasonal celebrations. In addition, there is an arts and craft room and a game room equipped with two billiard tables and a ping pong table. The Center also has a computer room with high speed internet access, and access to some of the latest Microsoft programs as well as a library. There is a wide array of classes available year round.

The Senior Center is open Monday through Friday 8:00 AM to 4:00 PM, for use by *East Windsor* and *Hightstown Borough* residents age 60 and over. Applications for membership are available at the front desk and must be completed prior to participation. Proof of residency and age are required at the time of registration. Membership is free.

Classes, programs and special events include exercise classes such as yoga, core balance, tai chi, ball-room dancing, line dancing, Zumba and many more. Health programs include monthly screenings for blood pressure and cholesterol. Other programming includes educational and health talks, computer programs including digital photography, computer and cell phone tutoring, parties, and art classes including crafts and watercolor painting.

A noon meal is available through the Mercer County Nutrition Project for the Elderly at a suggested donation of \$1.00. Registration for this program is required through the nutrition program. The Mercer County Nutrition menu is also available.

A regular newsletter and schedule of monthly trips, events and activities can be obtained in the lobby of the Senior Center or online at www.east-windsor.nj.us. An East Windsor community bus is available for local shopping and local doctors appointments for a cost of \$.25 each way. The community bus is also used for special trips. Check with the Senior Center Newsletter for more information and for the community bus schedule.

Program Coordinator – Kelly Roman

Address: 40 Lanning Boulevard
East Windsor, NJ 08520
(609) 371-7192
www.east-windsor.nj.us



Active Adult Communities

Communities geared for active adults 55 and older:

Riviera at East Windsor
166 Aristotle Way
East Windsor, NJ 08512

Enchantment at Hightstown
1 Hight Blvd
Hightstown, NJ 08520

The Woods at East Windsor
24 Lanning Blvd.
East Windsor, NJ 08520
(609) 426-0246

Continuing Care Retirement Communities (CCRC)

CCRCs are retirement communities that provide a full spectrum of living/health care options for residents - from total independence in apartments or cottages through assisted living to total care and rehabilitation in on-site skilled nursing units.

Applewood Estates
1 Applewood Drive
Freehold, NJ 07728
www.applewood.com
(609) 780-7370

Monroe Village (Springpoint)
1 David Brainerd Drive
Jamesburg, NJ 08831
www.monroevillageonline.org
(877) 343-7441

Meadow Lakes (Springpoint)
300 Meadow Lakes
East Windsor, NJ 08520
www.meadowlakes.org
(609) 448-4100

Stonebridge at Montgomery
(Springpoint)
100 Hoolingshead Spring Road
Skillman, NJ 08558
www.stonebridgeatmontgomery.org
(800) 218-3456



Federally Assisted Housing (Affordable Housing)



In general, this type of housing is apartment style and is designed for people aged 62 or older and the handicapped. There are income guidelines for eligibility for federally subsidized housing; some buildings may offer limited services.

Hightstown Housing Authority
131 Rogers Avenue
Hightstown, NJ 08520
(609) 448-2268

St. James Village
719 St. James Place
East Windsor, NJ 08520
(609) 448-1460

Wheaton Pointe at East Windsor
20 Lanning Boulevard
East Windsor, NJ 08520
(609) 448-7738

The Gables at West Windsor
996 Alexander Road
Princeton Junction, NJ 08550
(609) 779-8885

Assisted Living



These facilities provide programs/assistance for individuals who need some assistance with normal activities of daily living, but who do not need the custodial or medical care/nursing provided in a skilled nursing facility.

Atrium Senior Living of Princeton
1000 Windrow Drive
Princeton, NJ 08520
(609) 541-9111

Brookdale Monroe
380 Forsgate Drive
Jamesburg, NJ 08831
(609) 246-5911

Bear Creek Assisted Living
291 Village Road East
West Windsor, NJ 08550
(609) 918-1075

Brandywine Living at Princeton
155 Raymond Road
Princeton, NJ 08520
(732) 329-8888

Homestead at Hamilton
2560 Kuser Road
Hamilton Township, NJ 08691
(609) 438-9900

Artis Senior Living at Princeton
Memory Care AL only
861 Alexander Road
Princeton, NJ 08540
(609) 454-0047

Abrams Residence
(formerly Greenwood House)
50 Walter St.
Ewing, NJ 08628
(609) 406-4815

Rehabilitation Skilled Nursing Facilities



These facilities are licensed to provide 24 hour medical services (nursing and short term rehabilitation) by registered nurses and other professionals for those people who no longer require hospitalization but are not yet safe to be home. Many are also authorized to provide custodial or long term care for those who need supervision; several have specialized dementia units and some also offer assisted living units. Information on finding a good facility in NJ can be obtained via the websites maintained by the NJ Dept. of Health and Senior Services (www.state.nj.us/health) or the federal government (www.medicare.gov). There are also a number of independent contractors and websites (aplaceformom.com; Caring.com) that may assist in your search for a facility. Regardless of the recommendation, nothing beats one or several personal visits to a facility that interests you.

Be aware that there are two major types of rehabilitation: **acute rehabilitation** (now referred to as "inpatient therapy") which is intense and is sometimes recommended after a stroke, spinal or joint surgery. There are only two facilities within a 20 mile radius of East Windsor that offer acute rehab:

- ◊ Penn Medicine Princeton Medical Center, Plainsboro
- ◊ St. Lawrence Rehabilitation, Lawrenceville

The other type of rehabilitation is called **sub-acute** or post acute and is less intense than the regime described above. The following facilities are close to East Windsor but there are at least 10 additional skilled nursing/rehabilitation centers in Mercer County and many also offer Assisted Living (AL) and Long Term Care (LTC) units if requirements are met. Almost all of the post acute facilities will offer LTC or custodial care. It is important to remember that Medicare, a federal health insurance, will NOT pay for LTC so payment for this type of care must either be paid by via LTC insurance, private funds, or Medicaid.

Arcadia Nursing and Rehab Center
1501 State Highway 33
Hamilton Sq., NJ 08690
(609) 586-1114

Hamilton Continuing Care Ctr.
1059 Edinburg Road
Hamilton, NJ 08690
(609) 588-0091

Hamilton Grove Nursing & Rehab Center
2300 Hamilton Avenue
Hamilton, NJ 08619
(609) 588-5800

Parker at Monroe
395 Schoolhouse Road
Monroe Twp., NJ 08831
(732) 992-5200

Genesis Eldercare Center
2240 White Horse-Mercerville Road
Mercerville, NJ 08619
(609) 586-7500

Merwick Rehab Nursing Center
100 Plainsboro Road
Plainsboro, NJ 08536
(609) 759-6000

The Elms of Cranbury
61 Maplewood Avenue
Cranbury, NJ 08512
(609) 395-0641

Atrium Post Acute Care
3 Hamilton Health Place
Hamilton, NJ 08690
(609) 631-2555

The Greenwood House (also AL)
(Home for Jewish Aged)
53 Water St.
Ewing, NJ 08628
(609) 883-5391

St. Lawrence Rehabilitation
2381 Lawrenceville Road
Lawrenceville, NJ 08548
(609) 896-9500

Morris Hall—Meadows Green
1 Bishop Drive
Lawrence Township, NJ 08648
(609) 895-1937

Adult Day Care

Adult Day Care facilities provide socialization, meals and activities for senior citizens or those who are disabled. Medical Adult Day Care Centers also provide medical services such as blood sugar and blood pressure checks as well as medication administration. They may have transportation to and from their facility and often accept Medicaid payments. Some have limited activities on Saturdays.

Elite Caring Day Care
80 West Upper Ferry Road
Trenton, NJ 08628
(609) 883-0020

Senior Star Adult Day Care (Medical)
1676 North Olden Avenue Bldg. 1
Trenton, NJ 08638
(609) 434-0041

Parker at Monroe
Formerly St. Peter's Adult Day Care
200 Overlook Drive
Monroe Twp. NJ, 08831
(732) 329-8888

Active Adult Day Care
410 Whitehead Rd.
Hamilton, NJ 08619
(609) 883-0200

Living Independently for the Elderly

This is a Program of All-Inclusive Care for the Elderly (*PACE*), which can assist seniors to live safely at home while being helped by a team of healthcare experts. This program is based out of *St. Francis Medical Center* in Trenton, NJ, and is available to all residents (55 and older) of Mercer County and some parts of Burlington County. Call (609) 599-5433 to learn more about this innovative program which can often help senior citizens stay in their homes.



Home Care Agencies/Respite Care

Home health aides help with personal care, bathing, dressing, walking, food preparation, etc. Aides are trained, some certified and work under the supervision of registered nurses. Some offer Respite Services - a program which provides temporary or short term care to aid families experiencing fatigue and stress due to long-term care giving of frail, elderly and/or disabled members.

Bayada Nurses

168 Franklin Corner Road,
Lawrenceville, NJ 08648
(609) 695-9500

Home Care Instead

153 S. Main Street
Hightstown, NJ 08520
(609) 448-7555

Caregivers

PO Box 2044
Princeton,, NJ 08543
(609) 514-0701

Infinity Princeton Homecare

100 Overlook Center 2nd Floor
Princeton, NJ 08520
(609) 375-2159

Comfort Keepers

2360 Route 33 #103
Robbinsville, NJ 08690
(609) 396-5790

Penn Medicine Princeton Homecare

88 Princeton-Hightstown Rd Suite 202
West Windsor, NJ 497-4900
(609) 497-4900

Springpoint at Home

2650 US Route130 Suite D
Cranbury, NJ 08512
(609) 366-1900

Respite Program

Respite care program funded by the State of New Jersey. Eligibility based on the functional level of recipient and financial criteria.

St. Francis Medical Center

601 Hamilton Ave.
Trenton, NJ 08629
(609) 599-5246

St. Lawrence Rehabilitation Center “Hotel with Care” Respite Program

2361 Lawrenceville Road, Lawrenceville, NJ 08648
(609) 896-9500, ext. 2206

Note: Not all agencies are Medicare affiliated.



Senior Citizen Resources

Mercer County Board of Social Services
200 Woolverton Street, P.O. Box 1450
Trenton, NJ 08650-2099

The Mercer County Board of Social Services is committed to providing economic and social services to individuals and families residing in Mercer County based upon financial need.

CONTACT NUMBERS:

Consumer Information-All Programs	(609) 989-4320
Adult Protective Services & Adult Social Services	(609) 989-4346 or (609) 989-4347
Americans With Disabilities Act Coordinator	(609) 656-6301
Child Support	(877) 655-4371
Fraud Tip Line	(609) 468-8296
Roads to Success Program	(609) 989-4320 ext. 1488
WFNJ TANF Case Management Units	(609) 989-6248
Toll Free Information-All Programs	(800) 564-1595

FAX: (609) 394-6638

EMAIL ADDRESS: mcboss@mcboss.org

Programs include:

Work First New Jersey Temporary Assistance to Needy Families Program

(WFNJ TANF): Cash assistance/Emergency Assistance/Support Services (such as child care and transportation services for those working or participating in a work related activity). Apply at Mercer County Board of Social Services or online at www.njhelps.org

Work First New Jersey General Assistance Program: Able-bodied single adults and couples without dependent children are required to participate in a work related activity. Program provides: Cash Assistance; Emergency Assistance; Support Services (such as transportation services for those working or participating in a work related activity; Transitional and Readjustment Services (to former offenders leaving correctional facilities and returning to Mercer County).

Work First New Jersey Refugee Resettlement Program: The U.S. Citizenship and Immigration Services. Eligibility for this program is based on the classification of the refugee. Recipients are required to participate in a work related activity.

Additional Work First New Jersey Programs:

Kinship Navigator Program: Helps caregivers of relatives' children find and access local support.

Sanction Compliance Program: Encourages sanctioned WFNJ TANF recipients to participate in a work activity which would result in sanction removal and still receive a partial cash grant, may be eligible to receive \$200 per month for up to 24 months.

Senior Citizen Resources (cont.)

Supplemental Work Support (SWS) Program: WFNJ TANF recipients, who are employed and have been working at least 20 hours per week for at least four months and still receive a partial cash grant, may be eligible to receive \$200 per month for up to 24 months.

The following programs are not Work First New Jersey Programs, but are included for informational purposes:

- **Low Income Home Energy Assistance Program (LIHEAP):** Helps very low-income households pay for their heating and medically necessary cooling costs.
- **Universal Service Fund (USF):** Helps low-income households pay for their electric and natural gas costs.
- **Lifeline Utility Credit/Tenants Lifeline Assistance Program.** This program offers an annual \$225 utility benefit on electric and gas utility bills provided PAAD eligibility is met.

Transportation Initiatives: Work Pass -- All WFNJ recipients who are participating in an approved work activity are eligible to receive monthly bus passes or daily tickets in order to get to their activity site.

Get a Job, Get a Ride! -- NJ Transit provides one free monthly bus or rail pass to qualifying new employees who attain a job with one of NJ Transit's Corporate Partners. Extended Work Pass – WRNJ TANF recipients that are terminated from assistance due to employment are eligible to receive bus passes for 6 months.

“Roads to Success” Program -- In addition to the above named programs, Mercer County Board of Social Services administers its own transportation initiative titled “Roads to Success.” Qualified TANF and some Post-TANF individuals may be eligible for these services. Each aspect of the “Roads to Success” program has its own eligibility requirements. Below are the features of this program.

Car Repair. Obtain Driver License. Bus or Rail Transit Passes. Restoration of Driver License. Insurance Premiums. Emergency Transportation Services.

New Jersey Supplemental Nutrition Assistance Program: NJ SNAP helps eligible recipients buy the food necessary to maintain good health. For most households, the food benefit allotment is only part of their food budget. They must spend some of their own cash along with their food benefit allotment to buy enough food for a month.

MEDICAID PROGRAM/NJ Family Care: State and federally funded health coverage program for certain groups of low-to- moderate-income adults and children. Provides health coverage for children, pregnant women, parents/caretaker relatives, single adults, childless couples, the aged, blind, disabled, and individuals qualified for long-term care services. Benefits are provided to the majority of eligible persons through Health Maintenance Organizations (HMOs). NJ Familycare's comprehensive health coverage provides a wide-range of services including: doctor visits, hospital services, prescriptions, laboratory and x-ray tests, vision care services, mental health services, dental care, substance abuse services, nursing home care, and other healthcare services, depending on the person's eligibility category. Other available services: Breast and Cervical Cancer Program and Medical Emergency Payment Program for Aliens.

Senior Citizen Resources (cont.)

MLTSS (Managed Long Term Services and Supports) - long term care coverage through NJ Familycare for individuals who meet the clinical requirements for 24 hour nursing care.

NJ Workability Program – provides Medicaid coverage to individuals with disabilities under the age of 65 who are employed.

PACE (Program of all Inclusive Care for the Elderly) -- is a MLTSS program that provides customized care delivered by a coordinated interdisciplinary team to individuals age 55 and older who live in the service area and meet the clinical eligibility for MLTSS. Services include but are not limited to: primary care, hospital care, prescription drugs, home care, medical transportation, physical therapy, adult day care, assisted living, and nursing home care. In Mercer County the PACE program is offered through Life St. Francis (609-599-5433). Inquiries can also be directed to the Mercer County Board of Social Services.

Qualified Medicare Beneficiary (QMB) Program -- provides eligible recipients with payment of the Medicare Part B medical insurance premium and deductibles. Coverage for QMB is included in most NJ Familycare programs and does not require a separate application.

To apply for the Medicaid programs, apply at the Mercer County Board of Social Services or at one of their outstation locations: Capital Health Regional Medical Center in Trenton (609-394-6000), Menu Option 6 for Operator, Ext. 2129, Monday, Wednesday and Friday; Capital Health Medical Center, Hopewell (609-303-4259), Tuesday and Thursday; and Henry J. Austin Health Center at Warren Street, Trenton (609-278-5936), Monday through Friday.

Social Service Programs:

Adult Protective Services – allegations of abuse, neglect or exploitation of the elderly, blind or disabled are investigated. Adult Protective Services are provided regardless of income.

Adult Social Services – provides services to elderly, blind or disabled adults in the community. Services include assistance with housing, home health aides, and various support services. **Homeless Hotline: 609-468-8296.** Payment of Funeral and Burial Expenses. Substance Abuse Initiative

Mercer County Surrogate: The Mercer County Surrogate visits the East Windsor Township Senior Center on a monthly basis to provide valuable information on living wills, probate, trusts, estates, guardianship, adoptions and much more. To make an appointment to see her, call (609) 989-6336.

Senior Legal Project of Central Jersey Legal Services, Inc.: You may be eligible for legal assistance if you are a resident of Mercer County and are 60 years of age or older. There are no income guidelines for eligibility. Services include powers of attorney, wills, guardianships, nursing homes, health care issues and other legal problems. Call the Mercer County Legal Services office at 609-695-6249 to find out if your problem qualifies for assistance.

Senior Citizen Resources (cont.)

Mercer County Office on Aging/ Aging and Disabilities Resource Connection (ADRC) Erica Saganowski, Executive Director

(609) 989-6661 Toll free: (877) 222-3737 Fax: (609) 989-6032
Email- ADRC@mercercounty.org
640 South Broad Street, P.O. Box 8068, Trenton, NJ 08650-0068

The Mercer County Office on Aging is a federally designated agency that serves as the primary advocate, planning, and coordinating agency for Mercer County's adults aged 60 years old or older and their caregivers by:

- Operating as a fully functioning Aging and Disabilities Resource Connection (ADRC) information and referral resource.
- Conducting screens for community services.
- Assisting with form completion to encourage accurate eligibility and accessibility to programs and services.
- Helping consumers navigate systems and processes.
- Fostering community relationships to enhance positive aging experiences.
- Developing and administering comprehensive coordinated programs and services
- Encouraging use of community-based programs to include:

- Adult protective services
- Caregiver support
- Care management
- Friendly visiting
- Health promotion and disease prevention
- Homecare services
- Information assistance/outreach and community education
- Legal services and prevention education
- Nutrition education and programs
- Safe housing
- Senior mental health
- Socialization and recreation services
- Summer cooling
- Telephone reassurance
- Transportation services

Senior Citizen Resources (cont.)

Mercer County's Aging & Disability Resource Connection (ADRC) is the doorway to information for seniors, adults with physical disabilities age 18 or older, family caregivers, and private-pay consumers to find out what is available and help them access services quickly. This resource is the best way for consumers to find out about:

- Home and community-based services to help consumers remain active and independent.
- Medicare, Medicaid's NJ FamilyCare program* and other insurance options.
- Planning for care needs now and for the future.
- Housing and transportation options.
- Caregiver assistance and supports.
- Health promotion and disease prevention services.
- Work and volunteer opportunities.
- Nutrition programs and education.

*Medicaid Managed Long Term Services and Supports (MLTSS)

Managed Long Term Services and Supports (MLTSS) is part of Medicaid's NJ FamilyCare program. MLTSS is designed to provide individuals with home and community-based social services, in addition to health care services, in order to allow a frail elderly or disabled person to remain living in the community or assisted living facility, and to prevent or delay moving to a nursing facility.

Individual must meet all three eligibility criteria:

Aged—65 years old or older. Under 65 years of age and determined blind or disabled by the Social Security Administration of the State of New Jersey.

Financial Eligibility: determined by County Board of Social Services or Mercer County Office on Aging. Same income and asset guidelines as institutional Medicaid (nursing home).

Clinical Eligibility: determined by the Mercer County Board of Social Services or Mercer County Office on Aging. An individual must meet "nursing home level of care" clinical eligibility criteria, based upon an assessment of what the individual can and can't do for his or herself (such as bathing, feeding, walking, dressing, toileting).

Services available under MLTSS: Person enrolled in MLTSS receives full Medicaid health benefits and additional support services that assist with activities of daily living. MLTSS services are provided by agencies under contract with Medicaid Managed Care Organizations (MCOs) and may include:

Care Management
Personal Care/Home Health Aid
Chore Services
Specialized Medical equipment
Respite

Personal Emergency Response System
Home and Vehicle Modification
Home Delivered Meals
Assisted Living
Long term care in a skilled nursing facility



Senior Citizen Resources (cont.)

PACE-(Program of All-inclusive Care for the Elderly): PACE is a Medicare program that provides frail individuals age 55 and older medical and social services coordinated and provided by an interdisciplinary team of professionals in a community-based center and in their homes, helping participants delay or avoid long-term nursing home care. PACE services are covered by Medicare and Medicaid. The program also accepts participants who pay privately. In Mercer County and parts of Burlington County, the PACE program is called LIFE (Living Independently for Elders) St. Francis and operated by St. Francis Medical Center.

To contact your county Aging and Disability Resource Connection, call (609) 989-6661 or toll free at (877) 222-3737.

Senior Citizen Resources (cont.)

MEDICARE HEALTH INSURANCE INFORMATION

Medicare is health insurance for:

- People 65 and older
- Under 65 with certain disabilities
- People of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or kidney transplant)
- People with disability benefits due to ALS (Amyotrophic Lateral Sclerosis, also called Lou Gehrig's disease)



A sample Medicare Health Insurance card for John Doe. The card includes the Medicare logo, the text 'HEALTH INSURANCE', and the toll-free number 1-800-MEDICARE (1-800-633-4227). The beneficiary's name is JOHN DOE, and the Medicare claim number is 000-00-0000-A. The card indicates that the beneficiary is entitled to HOSPITAL (PART A) and MEDICAL (PART B) coverage, both effective as of 01-01-2007. A large 'SAMPLE' watermark is visible across the card.

If you have questions about enrolling in Medicare or are enrolled and interested in re-evaluating your health and prescription drug coverage, center members or residents of East Windsor interested in becoming a member, may call the East Windsor Senior Center for an appointment with our SHIP (State Health Insurance Assistance Program) counselor who provides members with free, objective, confidential, unbiased information and assistance. (609) 371-7192



(SHIP) The State Health Insurance Assistance Program provides free help to Medicare beneficiaries who need assistance with their health insurance. Experienced counselors do not provide legal advice, sell, recommend or endorse any specific insurance product, agent, or insurance company. Counselors provide information and assistance so that YOU can make your own educated decisions.

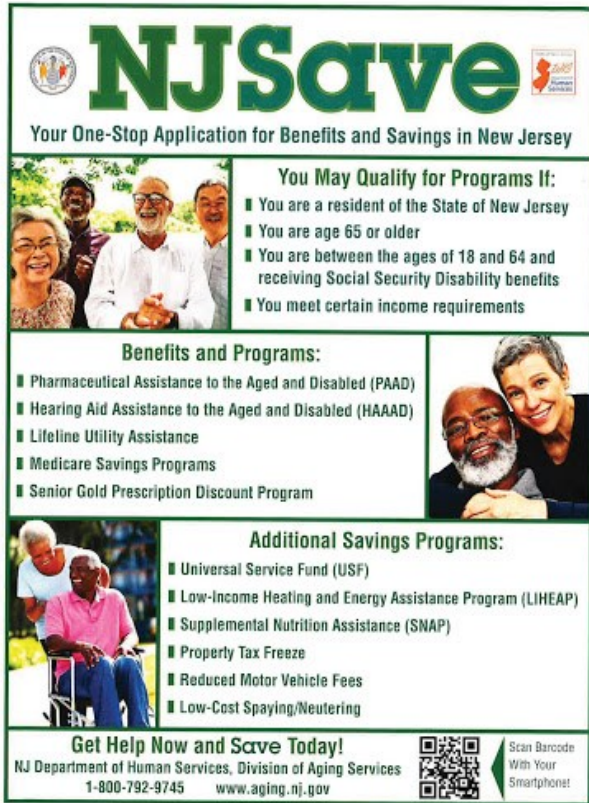
Need help paying Medicare premiums, prescription costs and other living expenses?

If you are living on a low income and have limited resources, you can start saving money on your Medicare costs and other living expenses by using the State of New Jersey's application called **NJSave** that can save you up to \$5,000 per year in prescription, Medicare and other costs. This one application gives you access to numerous programs and other special benefits including the following:

Medicare Savings Programs (Specified Low-Income Medicare Beneficiary (SLMB) and SLMB Qualified Individual (SLMBQI-1 programs). If eligible, these programs pay for your monthly Medicare Part B premium, which currently costs most people \$135.50 per month; and

Lifeline Utility Credit/Tenants Lifeline Assistance program. This program offers an annual \$225 utility benefit on electric and gas utility bills provided you meet the PAAD eligibility requirements.

Senior Citizen Resources (cont.)



The flyer is titled "NJSave" in large green letters, with the subtitle "Your One-Stop Application for Benefits and Savings in New Jersey". It features a photo of four diverse senior citizens smiling. The text is organized into sections: "You May Qualify for Programs If:" followed by a bulleted list of eligibility criteria; "Benefits and Programs:" followed by a bulleted list of available services; and "Additional Savings Programs:" followed by another bulleted list. At the bottom, it includes contact information, a QR code, and a barcode for smartphone scanning.

NJSave
Your One-Stop Application for Benefits and Savings in New Jersey

You May Qualify for Programs If:

- You are a resident of the State of New Jersey
- You are age 65 or older
- You are between the ages of 18 and 64 and receiving Social Security Disability benefits
- You meet certain income requirements

Benefits and Programs:

- Pharmaceutical Assistance to the Aged and Disabled (PAAD)
- Hearing Aid Assistance to the Aged and Disabled (HAAAD)
- Lifeline Utility Assistance
- Medicare Savings Programs
- Senior Gold Prescription Discount Program

Additional Savings Programs:

- Universal Service Fund (USF)
- Low-Income Heating and Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance (SNAP)
- Property Tax Freeze
- Reduced Motor Vehicle Fees
- Low-Cost Spaying/Neutering

Get Help Now and Save Today!
NJ Department of Human Services, Division of Aging Services
1-800-792-9745 www.aging.nj.gov

Scan Barcode With Your Smartphone

Pharmaceutical Assistance to the Aged and Disabled (PAAD) program or the Senior Gold Prescription Discount program. The PAAD program helps with the cost of your prescribed medications, including the payment of certain Medicare Part D premiums and deductibles. Senior Gold is a prescription discount program for individuals not eligible for PAAD; and

Hearing Aid Assistance to the Aged and Disabled (HAAAD) program. This program provides \$100 reimbursement to help offset the purchase of a hearing aid if you meet the PAAD eligibility requirements; and

Screening for Extra Help with Medicare Part D. This program covers Medicare Part D prescription drug plan costs, for those individuals eligible for PAAD; and

Screening for benefits provided by the Universal Service Fund (USFP) and the Low-Income Home Energy Assistance Program (LIHEAP). These are two more programs that help pay for utility costs, if eligible; and

Reduced motor vehicle fees. This benefit is available through the Division of Motor Vehicles to those individuals eligible for PAAD and Lifeline; and

Property tax freeze. This benefit is available through the NJ Division of Taxation to all eligible individuals. For more information on NJSave, call the East Windsor Senior Center, (609) 371-7192, to speak with a SHIP counselor or call the State of New Jersey, **NJSave** office, 1-800-792-9745. To complete a **NJSave** application online visit www.aging.nj.gov



Senior Citizen Resources (cont.)



Mercer County Surrogate

The Mercer County Surrogate visits the East Windsor Township Senior Center on a monthly basis to provide information on living wills, probates, trusts, estates, guardianship, adoptions and much more. To make an appointment, call (609) 989-6336.



Central Jersey
Legal Services, Inc.

Senior Legal Project of Central Jersey Legal Services, Inc.

You may be eligible for legal assistance if you are a resident of Mercer County and are 60 years of age or older. There are no income guidelines for eligibility. Services include powers of attorney, wills, guardianships, nursing homes, health care issues, and other legal problems. Call the Mercer County Legal Services office at (609) 695-6249 to find out if your problem qualifies for assistance..

Senior Services Recourses (cont.)

RISE

116 North Main Street
Hightstown, NJ 08520
(609) 443-4464

AFFORDABLE CLOTHING AND HOUSEHOLD GOODS

Donate—Volunteer—Shop
114 Rogers Avenue
Hightstown, NJ 08520
(609) 443-4464
Monday to Saturday: 10:00 am to 7:00 pm
Sunday: 10:00 am to 4:00 pm

FOOD PANTRY

133 Broad Street
Hightstown, NJ 08520
(609) 443-4464
Monday, Tuesday, Wednesday - 9:00 am to 12 :00 pm
Evening distribution: 1st and 3rd Wednesday - 5:00pm to 7:00 pm

SOCIAL SERVICES

Information/registration for health screenings
Immigration information/referrals
Legal services
Medical services
Housing and financial assistance
Medicaid/Medicare assistance
Substance abuse counseling
Apply for SNAP benefits (food stamps)
Call for additional services and seasonal programs

Transportation



East Windsor Senior Community Bus

(609) 371-7192

East Windsor and Hightstown residents age 60+ or disabled

Monday to Thursday .

Local shopping, banks, doctors appointments and hair salons

Cost is \$0.50

Must call at least one day in advance to schedule

New Jersey Transit “AccessLink” for Seniors, Disabled and Hearing Impaired Persons

(800) 955-2321

Door to door service

Scheduling in advance

Individuals must meet eligibility requirements.

Reduced Fare Program available:

www.njtransit.com/schedules-and-fares/reduced-fare-program

TRADE—Transportation Resources to Aid the Disadvantaged and Elderly

(609) 530 -1971

Provides Transportation to medical appointments, employment, the Senior Center, dialysis, appointments, shopping and other essential services

Call between 9:00 am and 4:00 pm

A donation of \$1.00 is suggested for each trip

Ride Provide

(609) 452-5144

Transportation provided for seniors who are 65 years or older, and for visually impaired adults of any age. There is a minimal fee for membership.

Members are entitled to free door to door transportation in private vehicles to Penn Medicine Princeton Health and Robert Wood Johnson Hamilton.

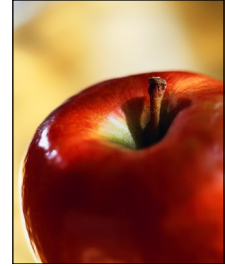
Website: Rideprovide.org

Email: information@rideprovide.org



Nutrition Services

The following nutrition related services are available to eligible seniors:



Food Stamps

- **NJHelps: SNAP** (supplemental food assistance program) via NJ Dept. of Human Services. Call 211
- **Emergency Assistance:** for those who are homeless or about to become homeless: includes food and other necessities
- Apply in person at Mercer County Board of Social Services, 200 Woolverton Street, Trenton, NJ 08611 (609) 989-4491
- Screen for eligibility—<https://njfc.force.com/njhelps>
- Contact by dialing 211 or visiting www.nj211.org/

Meals on Wheels of Mercer County

- (609) 695-3483 or visit www.mealsonwheelsmercer.org/
- Up to two meals/day for individuals who are homebound and are unable to shop or prepare meals for themselves.
- Meals are available Monday through Friday.

Kosher Meals on Wheels

Jewish Family and Children's Service of Greater Mercer County
(609) 987-8100
Secure @Home Members—(609) 987-8121
Email: info@jfcsonline.org

Nutrition Site

- Located at East Windsor Township Senior Center (609) 443-3949
- 40 Lanning Boulevard, East Windsor, NJ 08520
- For all East Windsor and Hightstown residents 60 years or older
- Federally funded—encourages donation of \$1 for daily meal



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Trenton Area Soup Kitchen

Trenton Area Soup Kitchen Community Dinners – Open to all. Ask about weekend and holiday options. 72½ Escher Street in Trenton, NJ 08609, (609) 695-5456

Local Site Information:

First Presbyterian Church

320 North Main Street.

Hightstown, NJ 08520

Dinner—Mondays from 4:00 pm to 5:30 p.m.

Mark Dahlinger (609) 448-0055 or mark.dahlinger@us.rhodia.com.

First United Methodist Church

187 Stockton Street

Hightstown, NJ 08520

Dinner—Thursdays from 4:30 pm to 6:00 p.m.

Pastor Sammy Arroyo (609) 448-0041 or Gail Zelenak at tng130@verizon.net.



Adult Education



East Windsor Township Senior Center

Offers a variety of classes, both fee and non-fee bases. Call for information.

40 Lanning Boulevard, East Windsor, NJ 08520
(609) 371-7192

Mercer County Library System

Hickory Corner Branch

138 Hickory Corner Road, East Windsor, NJ 08520
(609) 448-1330

Hightstown Branch

114 Franklin Street, Hightstown, NJ 08520
(609) 448-1474

Twin Rivers Branch

276 Abbington Dr., East Windsor, NJ 08520
(609) 443-1880

Rutgers University—Senior Citizen Audit Program

Retired New Jersey residents age 62+ can audit courses for free.
Only available for campus classes during spring and fall semesters

Camden Campus

Armitage Hall Lower Floor, 311 N. Fifth St., Camden, NJ 08102
(856) 225-6053

New Brunswick Campus

96 Davidson Road, Piscataway, NJ 08854
(848) 445-1951—print application on-line

Rutgers University—Osher Lifelong Learning Institute

Provides non-credit education without tests and grades to individuals ages 50+.
Courses require registration and payment between \$40-\$115

New Brunswick

Rutgers Lifelong Learning Center
3 Rutgers Plaza, New Brunswick, NJ 08901
(848) 932-6554

Freehold

Western Monmouth Higher Education Center
Brookdale Community College
3680 Route 9 South, Freehold, NJ
(848) 932-6554

Computer Learning Center

Offers classes about computers, iPhones, and iPads for \$5 per person
999 Lower Ferry Road, Ewing, NJ 08628
(609) 883-1776 x6205

Literacy New Jersey

Provides free education to adults who need help with reading, writing, and conversational English.

1 N. Johnston Avenue, Suite A130, Hamilton, NJ 08609
(609) 587-6027

**Library Home Borrower's Service**

The free library delivery service is available to patrons who are homebound, have no other access to the library and are eligible for a Mercer County library card. Services are provided by volunteers and staff from the County Library System. What is available? Books on CD, compact discs, DVDs, Blu-Rays and regular or large print books. To apply for service or to volunteer, call the Hickory Corner branch reference desk at 609-448-0957 or the Twin Rivers branch at (609) 443-1860.

Mercer County Community College

Provides tuition-free education to Mercer County residents 65+ on a space-available basis. Students are still required to purchase books and materials and pay fees.

General number: (609) 586-4800

West Windsor Campus

1200 Old Trenton Road, West Windsor, NJ 08550

Credit Courses—(609) 570-3795

Non-credit Courses—(609) 570-3311

James Kerney Campus

162 North Broad Street, Trenton, NJ 08608

Credit Courses- (609) 570-3110

Non-credit Courses—(609) 586-4800 x 3311, (609) 570-3311

Princeton Adult School

Provides classes for adults in a variety of subjects. Fee required.

(609) 683-1101

Princeton University Community Auditing Program

Allows adults to audit lectures at Princeton University for \$200 per course.

No credits are received for auditing classes.

Princeton Senior Resource Center

101 Poor Farm Rd Princeton, NJ 08540

(609) 751-9669

Provides exercise and educational classes, social activities, retirement and mental health workshops, movies, opera series and more. Education includes the Evergreen Forum. The Forum provides stimulating daytime study and discussion programs for adults from throughout the greater Princeton area. It encourages active participation for those who enjoy learning for its own sake. Course leaders are drawn from teachers and other professionals devoted to their subject and wishing to share their enthusiasm.



EMPLOYMENT OPPORTUNITIES

Senior Community Service Employment Program (SCSEP)

About the Program

The Senior Community Service and Employment Program serves persons who are low income and age 55 years of age or older by placing them in part-time community service positions where they can gain skills and work experience to transition to employment. The program has three main goals for program participants:

Upgrade job skills to help participants obtain job placement

Help the participant get involved in his/her community

Provide participants with added income during training

How does the program work?

Workshops teach you the best methods for searching for, finding, applying, interviewing and getting the right job for you.

Occupational training helps you acquire new job skills or upgrade the ones you have.

On-the-job training at government or non-profit agencies for twenty hours a week helps you earn income and gain real world experience. Training sites serve as a bridge to employment positions in your community.

You receive job leads to employers in your area who are seeking the job skills you have. You could also be eligible for free annual physical exams, as well as other applicable supportive services.

This program is authorized under Title V of the Federal Older Americans Act and administered by the U.S. Department of Labor. In New Jersey, the program is operated by Path-Stone Training and Employment Programs and funded by the National Council on Aging and U.S. Department of Labor. **For further information in Mercer County, call (609) 498-0800 or online, www.pathstone.org.**

Mercer County Employment and Training (One Stop Career Center)

The One-Stop Career service delivery system promotes universal access to services and information on services needed to obtain jobs. The system serves as the single point of contact for job seekers and employees seeking information about workforce development activities and access to all local employment and training services. The system will allow older workers outside of the Senior Community Service Employment Program (SCSEP) to gain full access to any and all services provide through the local workforce development network.

For more information, contact:

New Jersey Department of Labor, Division of Employment and Training
26 Yard Avenue, Trenton, NJ 08625
(609) 989-6523

East Windsor Township Mayor and Council



Pictured above left to right:
David Russell, Anthony Katawick, Denise Daniels, Mayor Janice Mironov,
Deputy Mayor Marc Lippman, Johnnie Whittington, John Zoller



EMERGENCY PHONE NUMBERS

EMERGENCY (Fire, Police, Ambulance).....911
East Windsor Police..... 609 448-5678
NJ Poison Control Center.....800 POISON1 (765-8661)

IMPORTANT NUMBERS

CONTACT of Mercer County.....609-896-2120
National Suicide Prevention Hotline800-283-8255
Family Health Hotline..... 800-328-3838
Women's Referral Central Hotline..... 800-322-8092
East Windsor Welfare.....609-443-4000 x 209
Legal Aid of Mercer County.....609-695-6249

Hospitals

Capital Health Regional Medical Center—Mental Health Screening Center
and Mobile Outreach.....609-394-6086
Capital Health Medical Center – Hopewell.....609-303-4000
CentraState Medical Center – Freehold.....1 732-431-2000
Penn Medicine Princeton Medical Center – Plainsboro.....609-853-7000
St. Francis Medical Center at Trenton.....609-599-5000
RWJ University Hospital – Hamilton.....609-586-7900
Deborah Heart and Lung Center – Browns Mills.....1 800-555-1990

Urgent Care/Immediate Care

Immediate Care Medical Walk-in of East Windsor 609-426-4300
(Urgent Care—Hours: 8:00 am—8:00 pm)
Emergencies after these hours—proceed to Emergency Room

CentraState Health Pavilion at East Windsor.....609-426-1555
(Primary Care—Hours: 8:00 am—4:00 pm)