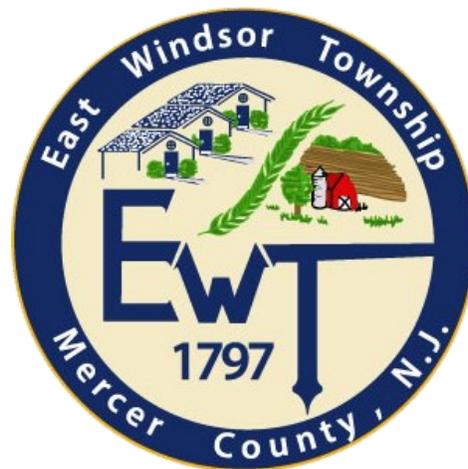


2023



**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](http://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



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**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](http://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](http://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](http://www.applewood.com)  
(609) 780-7370

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

Meadow Lakes (Springpoint)  
300 Meadow Lakes  
East Windsor, NJ 08520  
[www.meadowlakes.org](http://www.meadowlakes.org)  
(609) 448-4100

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

Home  
Sweet  
Home



## 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](http://www.state.nj.us/health)) or the federal government ([www.medicare.gov](http://www.medicare.gov)). There are also a number of independent contractors and websites ([aplaceformom.com](http://aplaceformom.com); [Caring.com](http://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](mailto: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](http://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](mailto: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)



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.

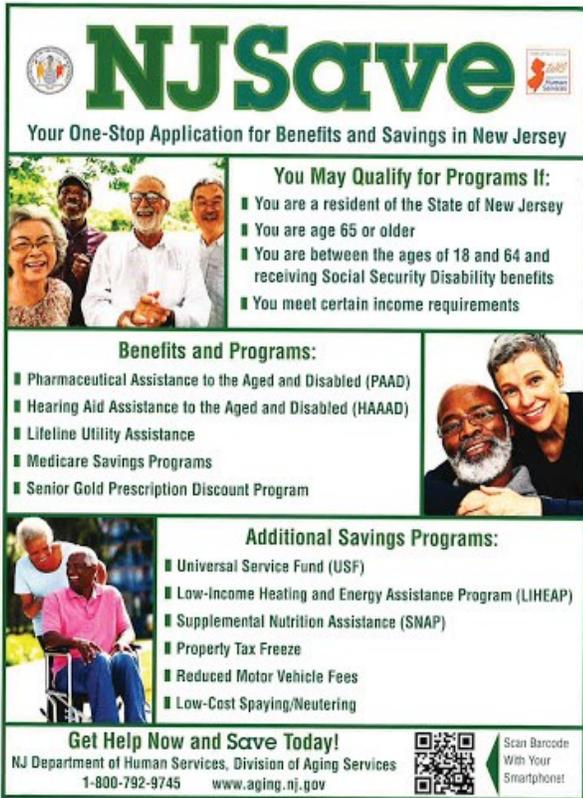
**Need help paying Medicare premiums, prescription costs and other living expenses?** If you are living on a

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.)



**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](http://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](http://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](http://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](http://Rideprovide.org)  
Email: [information@rideprovide.org](mailto: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/](http://www.nj211.org/)

### Meals on Wheels of Mercer County

- (609) 695-3483 or visit [www.mealsonwheelsmercer.org/](http://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](mailto: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



### **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 - 5:00 pm to 7:00 pm

### **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](mailto: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 [tnq130@verizon.net](mailto:tnq130@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](http://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 Hotline .....800-283-8255  
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)