Monroe Township Office of Senior Services
12 Halsey Reed Road
Monroe Township, NJ 08831

Senior Center
(609) 448-7140

Transportation Office
(609) 443-0511

Friends of the Senior Center
(609) 448-7598

Office Hours: 8:30 a.m. to 4:30 p.m.
Monday through Friday
Visit us on the Web at www.monroetwp.com

Stephen Dalina, Mayor
Miriam Cohen, Council President
Terence Van Dzura, Council Vice President
Charles Dipierro, Councilman
Elizabeth Schneider, Councilwoman
Rupa Siegel, Councilwoman

Alan Weinberg, Business Administrator
The Monroe Township Office of Senior Services offers a variety of valuable programming, services and opportunities to the community’s large population of adults, 55 years of age and older. Through programs and activities that include events, classes, lectures and seminars, screenings, support groups, social services, and transportation, our office provides opportunities to be actively engaged physically, mentally, and socially.

The Office of Senior Services enriches the lives of our senior population by helping them thrive in mind, body, and spirit. Our programming enables seniors to maintain their independence by providing numerous and diverse opportunities for them to be engaged in the community-at-large. The result significantly enhances their well-being and quality of life.

Our social services department plays an instrumental and critical role in the implementation and execution of our in-house programming, in addition to providing much needed community support to seniors.

The Monroe Township Senior Center is a SAGECare accredited facility. Our goal is to provide a safe and positive environment for all members while promoting diversity and inclusion. We welcome all and do not discriminate on the basis of race, color, sex, religion, ethnicity, national origin, sexual orientation, gender expression, disabilities, education levels, socioeconomic status, veteran status or marital status.
## STAFF TELEPHONE EXTENSIONS

### Senior Center

<table>
<thead>
<tr>
<th>Name</th>
<th>Extension</th>
<th>Title</th>
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<tbody>
<tr>
<td>Karen Theer</td>
<td>x210</td>
<td>Director</td>
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<tr>
<td>Vito Oliveri</td>
<td>x224</td>
<td>Program Director</td>
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<tr>
<td>Cindy Malkin</td>
<td>x213</td>
<td>Supervisor of Social Services</td>
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<tr>
<td>Nancy Harrigan</td>
<td>x230</td>
<td>Program Supervisor</td>
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<tr>
<td>Jonathan Broder</td>
<td>x228</td>
<td>Program Assistant</td>
</tr>
<tr>
<td>Jeanine Fama</td>
<td>x217</td>
<td>Receptionist</td>
</tr>
<tr>
<td>Samantha Gerbino</td>
<td>x225</td>
<td>Senior Social Worker</td>
</tr>
<tr>
<td>Rosanna Giancaspro</td>
<td>x215</td>
<td>Secretary</td>
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<tr>
<td>Claire Kelly</td>
<td>x211</td>
<td>Office Coordinator</td>
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<tr>
<td>Krista Scheid</td>
<td>x216</td>
<td>Receptionist</td>
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### Transportation

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>John Magda</td>
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<td>Transportation Manager</td>
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<tr>
<td>Amy Rutherford</td>
<td></td>
<td>Transportation Coordinator</td>
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<tr>
<td>Kim Molarz</td>
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<td>Dispatcher</td>
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### Friends of the Senior Center

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Jonathan Broder</td>
<td>Office Manager</td>
</tr>
<tr>
<td>Christine Flynn</td>
<td>President</td>
</tr>
<tr>
<td>Rosemary Tasso</td>
<td>Vice President</td>
</tr>
</tbody>
</table>

Phone Numbers:
- **Senior Center**: 609-448-7140
- **Transportation**: 609-443-0511
- **Friends of the Senior Center**: 609-448-7598
Monroe Township
Senior Services Directory

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Monroe Township Active Adult Communities

Clearbrook
1 Clearbrook Dr.
(609) 655-2706

Renaissance at Cranbury Crossing
48 Vineyard Ct.
(609) 395-7114

Concordia
1 Clubhouse Dr.
(609) 655-0382

Rossmoor
128 Sussex Way
(609) 655-1000

Encore
1 Brookside Dr.
(609) 409-7454

Stonebridge
1 Cobblestone Blvd.
(609) 409-1470

Four Seasons
245 Prospect Plains Rd.
(609) 235-9093

The Gables
2A Gables Way
(609) 443-0995

Greenbriar at Whittingham
100 Whittingham Dr.
(609) 409-9292

The Ponds
100 Waterside Blvd.
(609) 655-0821

Monroe Village (Independent Section)
1 David Brainerd Dr.
(732) 521-6400

The Village at Stratford (Rental Only)
2 Patriot’s Path
(609) 655-0384

Regency
530 Buckelew Ave.
(732) 605-9800

Waterside Villas
1 Overlook Dr.
(609) 409-0018

Renaissance at Monroe
106 Murano Ave.
(609) 443-5446

Venue at Monroe
280 Rhode Hall Rd.
(609) 349-8258
Affordable Housing
NJ Housing Resource Center
https://www.nj.gov/njhrc/find/
You can search by county and town for rentals or for sale.

Monroe Township Affordable Housing Officer  (732) 521-4400, Ext. 166
Affordable Housing in Monroe Township:
* Financial eligibility & preliminary application required
* Age and restriction may apply. Call individual places for more information.

Piazza & Associates: NJ connection to affordable housing
216 Rockingham Row, Princeton, NJ 08540
Phone: (609) 786-1100  Fax: (609) 786-1105

Lofts at Monroe:  30 one, two and three bedroom affordable rental units
Eagle View:  48 two and three bedroom affordable rental units
Stratford Terrace:  45 two and three bedroom affordable units
Tall Oaks:  102 affordable sale units and 25 affordable rental apartments
Stratford Meadows:  38 affordable homes for sale
Courts at Monroe:  26 one, two and three bedroom units for sale
The Village at Stratford:  61 one and two bedroom age-restricted rental units

Visit Piazza & Associates online for a preliminary application or email: Monroe@HousingQuest.com

Other Affordable Housing Options:

Barclay Village
20 Lake St., Jamesburg, NJ
(732) 521-5003
Multi-family housing rental for low income seniors

Hightstown Housing Authority
131 Rogers Ave., Hightstown, NJ
(609) 448-2268

Hall's Corner
551 Cranbury Rd., East Brunswick, NJ
(732) 784-4043
Affordable senior community

Woodmere
250 Croascont Ave., Spotswood, NJ
(732) 251-3242
Affordable senior community

Oak Creek Village
401 New Brunswick Ave., E. Brunswick, NJ
(732) 254-4488
Affordable senior community
Assisted Living Facilities

In Monroe Township:

Brookdale Monroe
380 Forsgate Dr., Monroe Twp., NJ 08831.................................(609) 409-7525

Monroe Village  *Continuing Care Retirement Community
1 David Brainerd Dr., Monroe Twp., NJ 08831.............................(732) 521-6400

The Chelsea at Forsgate
319 Forsgate Dr., Monroe Twp., NJ 08831.................................(732) 656-1000

Surrounding Areas (12 miles or less):

Meadow Lakes
300 Meadow Lakes, East Windsor, NJ 08520...............................(609) 448-4100

Brandywine Living at Governor’s Crossing
49 LaSatta Ave., Englishtown, NJ 07726.................................(732) 786-1000

Springpoint Living at Manalapan  *Offers Memory Care
199 Woodward Rd., Manalapan, NJ 07726.................................(877) 242-3390

Bear Creek
291 Village Rd., East, West Windsor, NJ 08550.............................(609) 918-1075

The Villas
289 Gordons Corner Rd., Manalapan, NJ 07726............................(732) 847-3920

CareOne at East Brunswick Assisted Living
664 Cranbury Rd., East Brunswick, NJ 08816.............................(732) 653-1178

The Chelsea at East Brunswick
606 Cranbury Rd., East Brunswick, NJ 08816.............................(732) 651-6100

Applewood  *Continuing Care Retirement Community*
1 Applewood Dr., Freehold, NJ 07728.................................(732) 780-7370

Mattison Crossing at Manalapan Avenue
93 Manalapan Ave., Freehold, NJ 07728.................................(732) 303-8800

Monmouth Crossing
560 Iron Bridge Rd., Freehold, NJ 07728.................................(732) 303-8600

The Chelsea at Manalapan
445 US Highway 9 Manalapan, NJ 07726.................................(732) 972-6200

Sunrise of East Brunswick
190 Summerhill Rd., East Brunswick, NJ 08816............................(732) 613-1355
Rehabilitation and Skilled Nursing Facilities

Monroe Township

The Gardens at Monroe
189 Applegarth Rd., Monroe Twp., NJ 08831.................................(609) 448-7033

Genesis Cranbury Center
292 Applegarth Rd., Monroe Twp., NJ 08831...............................(609) 860-2500

Parker at Monroe
395 Schoolhouse Rd., Monroe Twp., NJ 08831..............................(732) 902-4200

Surrounding Areas (14 miles or less)

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

Pinebrook Care Center
104 Pension Rd., Manalapan Township, NJ 07726.........................(732) 446-3600

CareOne East Brunswick
599 Cranbury Rd., East Brunswick, NJ 08816..............................(732) 967-0100

Jewish Home for Rehabilitation and Nursing
1151 W. Main St., Freehold, NJ 07728.................................(732) 202-1000

Merwick Care & Rehabilitation Center
100 Plainsboro Rd., Plainsboro Township, NJ 08536......................(609) 759-6000

The Manor
689 W. Main St., Freehold, NJ 07728.................................(732) 431-5200

Hamilton Continuing Care Center
1059 Edinburg Rd., Hamilton, NJ 08690.................................(609) 588-0091

Roosevelt Care Center
1133 Marlboro Rd., Old Bridge, NJ 08857.................................(732) 360-9830

Preferred Care At Hamilton
1501 State Highway 33, Hamilton Square, NJ 08690..................(609) 586-1114

Allaire Rehab and Nursing
115 Dutch Lane Rd., Freehold, NJ 07728.................................(732) 431-7420

To locate more facilities in NJ, visit
https://healthapps.state.nj.us/facilities/fsSearch.aspx
Memory Care Facilities

Millennium Memory Care at Monroe
310 Buckelew Ave., Monroe Twp., NJ 08831.................................(732) 523-5797

Parker At Monroe
395 Schoolhouse Rd., Monroe Twp., NJ 08831..............................(732) 992-5200

Fox Trail Memory Care
69 Burton Ave., South River, NJ 08882......................................(732) 561-5475

Golden View Living
1313 Aaron Rd., North Brunswick, NJ 08902..............................(732) 820-9700

Artis Senior Living

Springpoint Living at Manalapan
199 Woodward Rd., Manalapan, NJ 07726.................................(877) 242-3390

Adult Day Care Facilities
(15 miles or less)

Parker Monroe Adult Day
200 Overlook Dr., Monroe Township, NJ 08831............................(609) 655-6853

Monroe Adult Day
24 Dugans Grove Rd., Millstone, NJ 08535.................................(732) 851-6720

Golden Years
108 Woodward Rd., Manalapan Township, NJ 07726......................(732) 851-6640

All In A Day
104 Pension Rd., Manalapan Township, NJ 07726.........................(732) 792-2273

Buckingham Place Adult Day
700 Wood Ln., Monmouth Junction, NJ 08852............................(732) 329-8954

New Beginnings Adult Day Care
4 Crossroad Dr., Suite 108, Hamilton, NJ 08619...........................(732) 589-6101
### Home Health Care Agencies

**Always Best Care**  
981 Route 33, Suite C  
Monroe Twp., NJ 08831  
(732) 483-4611

**Senior Helpers**  
711 Tennent Rd.  
Manalapan, NJ 07726  
(732) 242-7713

**CareFinders Total Care**  
349 Applegarth Rd.  
Monroe Twp., NJ 08831  
(609) 655-4800

**Penn Medicine Home Health & Hospice**  
88 Princeton-Hightstown Rd., Suite 202  
Princeton Junction, NJ 08550  
(609) 497-4900

**Comfort Keepers**  
355 Applegarth Rd. #4  
Monroe Twp., NJ 08831  
(732) 889-5902

**Home Care Assistance**  
301 North Harrison St.  
Princeton, NJ 08540  
(609) 357-0226

**Angel Touch**  
190 Prospect Plains Rd.  
Monroe Twp., NJ 08831  
(609) 325-2903

**Right at Home**  
1405 Rt. 18 S., Suite 203  
Old Bridge, NJ 08857  
(732) 967-0900

**Independence Home Care**  
348 Applegarth Rd.  
Monroe Twp., NJ 08831  
(609) 208-1111

**Grace and Heart Homecare**  
3525 Quakerbridge Rd., Suite 4450  
Hamilton, NJ 08619  
(609) 388-8030

**Senior Bridge**  
One Rossmoor Dr.  
Monroe Twp., NJ 08831  
(609) 395-5575

**Home Instead**  
3635 Quakerbridge Rd., Suite 15  
Hamilton, NJ 08619  
(609) 448-7555

**Care Street**  
32 Concordia Shopping Center  
Monroe Twp., NJ 08831  
(732) 607-8870

**RWJ Visiting Nurses**  
972 Shoppes Blvd.  
North Brunswick, NJ 08902  
(888) 997-9584

**ComForCare**  
9 Davison Ave.  
Jamesburg, NJ 08831  
(732) 561-2035

**Executive Home Care**  
958 Adelphia Rd.  
Freehold, NJ 07728  
(732) 308-1512

**Angel's Home Care, Inc.**  
200 Buckelew Ave.  
Jamesburg, NJ 08831  
(732) 936-1377

**Griswold Home Care**  
780 Livingston Ave.  
North Brunswick NJ 08902  
(732) 749-8173
Transportation

Monroe Township Senior Center
12 Halsey Reed Rd. Monroe Twp., NJ 08831
(609) 443-0511

Providing specialized transportation for Township Residents 55+ or permanently disabled, who are registered with the Senior Center. Offer transportation for medical appointments, in-town shuttle and out-of-town shuttle. Please call (609) 443-0511, for specific rules/guidelines, questions and reservations.

Middlesex County Area Transit (MCAT)
97 Apple Orchard Lane, North Brunswick, NJ 08902
Phone: (732) 745-7456; Reservations: (800) 221-3520

Monday thru Friday
8:30 am to 4:00 pm

> MCAT provides transportation, for a fee each way, to disabled residents and seniors 60+ of Middlesex County. Call for information or to make reservations.

NJ Transit for Seniors, Disabled and Hearing Impaired Persons “Access Link”
1 Penn Plaza East, Newark, NJ 07105
(973) 491-4224

> Individuals must apply & meet eligibility requirements.

Access Link service, which does not run through Monroe Township, is comparable to the NJ TRANSIT local fixed bus and light rail system. Access Link is for people with disabilities. You qualify for Access Link service if your pick up / drop off routes are within a 3/4 mile radius of an eligible bus route/light rail station. Fare price will be based on zones crossed and determined by Access Link. Exact change is required. You will be given the fare amount when a reservation is made. Reservations can be made 1-7 days in advance.

New Jersey Transit Reduced Fare Cards

Legislation was passed that allows all Access Link customers to be automatically issued a Reduced Fare Card that can be used to discount fares on NJ TRANSIT Rail, Bus, and Light Rail. The Reduced Fare Card cannot be used on Access Link. Cards will be mailed. For questions or concerns and language assistance, please call NJ TRANSIT Customer Service at 973-275-5555, between the hours of 8:30 a.m. and 5:00 p.m., daily.
Department of Human Services (DHS)
Division of Aging - State Programs

**NJSave**

*One online application for the following programs:*
PAAD, Senior Gold, HAAD, Lifeline Utility Assistance,
Medicare Savings, Programs, Medicare Part D's Low
Income Subsidy.

Must be 65+ or 18-64, disabled, and a NJ Resident. Call 1-800-792-9745 or
visit: www.njpaad.gov for applications and information.

**Pharmaceutical Assistance to the Aged and Disabled (PAAD)/ Senior Gold**
- State funded program to help pay for prescriptions.
- Income eligibility.
- Required to be enrolled in a Medicare Part D drug plan.

**Hearing Aid Assistance to the Aged and Disabled (HAAD)**
- Receive $100 reimbursement to offset cost of a hearing aid
- Must be enrolled in PAAD. If not, must apply through
  NJ SAVE.

**Lifeline Utility Assistance**
- Must be PAAD eligible or SSI eligible.
- Yearly benefit towards utility cost.

**NJ State Health Insurance Program (SHIP)**

Provides free help to NJ Medicare beneficiaries who
have problems with, or questions about their health in-
surance. Questions can include information on supplement
policies, benefits, claims, prescription plans, or Medicare: (800) 792-8820.

SHIP counselors available by appointment at the Monroe Twp. Senior Center.
Call (609) 448-7140, for more information.

**NJEASE:** One stop toll free telephone number for information on programs and
services for your needs: 1-877-222-3737. (Operates Monday thru Friday.)

**NJHelps:** Online prescreening for programs (i.e. SNAP, Medicaid) to assist

**Dial 211:** 24-hour toll free number, for Essential Community Services.
Learn about and be connected to social service programs, community
resources and crisis intervention hotlines.
Income Based Assistance

Low Income Home Energy Assistance (LIHEAP) and Universal Service Fund (USF)

Middlesex County Local Community Action Agency

Puerto Rican Action Board
90 Jersey Avenue New Brunswick, NJ 08901
(732) 828-4510 - Call for application assistance

Note: Anyone who has completed a SNAP or PAAD application is screened for LIHEAP and USF already. *Income guidelines apply to ALL programs.*

**LIHEAP**: Funded by US Dept. of Health and Human Services. Provides financial assistance for low-income families to assist with costs of heat and medically necessary cooling.

**USF**: Helps make electric and/or natural gas bills more affordable for low-income households. Must spend more than 3% of annual income on electric or more than 3% on natural gas OR 6% of annual income on electricity if you have electric heat.

Tax Assistance

**Homestead Benefit Program**: Provides tax relief to eligible homeowners who own their home two years prior to the year they are applying in and paid property taxes. Must meet income requirements and must have an ID and PIN to file.

To see if you are eligible, call 1-888-238-1233
If eligible and want to file by phone, call 1-877-658-2972
Or visit: [https://www.state.nj.us/treasury/taxation/homestead/geninf.shtml](https://www.state.nj.us/treasury/taxation/homestead/geninf.shtml)

**Property Tax Reimbursement**: Senior Freeze program for eligible senior citizens and disabled persons. Reimburses for property tax or mobile home park site fee increases. Must meet income qualifications for base year and every other year after. Rules regarding NJ residency and time of home ownership apply.

Call the Property Tax Reimbursement Hotline 1-800-882-6597
Or visit: [https://www.state.nj.us/treasury/taxation/ptr/printform.shtml](https://www.state.nj.us/treasury/taxation/ptr/printform.shtml)

**Senior 250**: $250 Senior Citizens and Disabled Persons Property Tax Deduction. Eligibility requirements apply. File form with municipal tax assessor for the upcoming tax year.

Form can be found online at: [https://www.state.nj.us/treasury/taxation/lpt/lpt-seniordeduction.shtml](https://www.state.nj.us/treasury/taxation/lpt/lpt-seniordeduction.shtml)
Middlesex County Office of Aging and Disabled Services

Homecare Programs
> To apply or for more information on the following programs, call 732-745-3295.

All programs have individual financial and/or clinical eligibility requirements. Each program also has a monetary cap for services. Individuals must apply and will be asked to provide proof of income/assets. Waitlists may occur.

**Middlesex County Multi-Assistance Program (MCMAP)**
- May provide homecare, care management, RX assistance, adult day care service, home delivered meals, medical supplies.
- Must be 65+ or 18-64, Disabled.

**Jersey Assistance for Community Caregiving (JACC)**
- NJ resident 60 or older, US citizen or qualified permanent resident.
- Lives in the community.
- May require a co-pay based on income.
- May provide case management, homecare, adult day care, home delivered meals, medical supplies, transportation, personal emergency response systems, personal employed provider.

**Statewide Respite Care Program**
- Program for unpaid caregivers, who are caregiving more than four (4) times per week. Meant to provide short-term intermittent relief to caregiver.
- Person receiving care must be a frail or functionally impaired adult who requires daily, basic care.
- May require a cost-share based on income.
- May provide homecare, adult day care, or a short stay in a facility.

**Personal Assistance Service Program (PASP)**
- Supplemental personal care program for residents, ages 18-70.
- Must be employed, preparing for employment, in school or actively volunteering.
- Must have permanent physical disability and capable of directing own care.
- Will receive a monthly budget to purchase care services.
- May include cost-share.
- There are no income limits to qualify.

**Managed Long Term Support Services (MLTSS)**
- Medicaid waiver program, must meet financial requirements for NJ Family Care, NJ’s Medicaid Program.
- Uses managed care organizations to coordinate care.
- 65+ or 18-64, disabled.
- Requires nursing home level of care determined by State clinical assessment.
- May provide support in the community such as homecare, home delivered meals, respite, personel emergency response system, home modification, transportation.
- May cover nursing home care or assisted living.
Resources for an Emergency

Project Medical Card Program

FREE! USB used to store medical information and history. For Middlesex County residents 60+ or disabled with medical condition and access to a computer. For information, call the Middlesex County Office of Aging and Disabled Services (732) 745-3295.

Project LifeSaver Program

FREE! For individuals with a history of wandering due to illness or disability. Individuals can receive a bracelet with a transmitter that is monitored by police. In order to be eligible, individual must live with a caregiver who can monitor bracelet daily. For information, call the Middlesex County Office of Aging and Disabled Services (732) 745-3295.

Personal Emergency Response Systems

Below are a few of many companies offering emergency alert systems for a monthly cost. Different products offer options to use in the home or mobile and prices vary. This device is meant to access emergency services when needed.

Bay Alarm Medical.......(877) 522-9633
Medical Alert............(800) 800-2537
Mobile Help.............(800) 992-0616
Phillips Lifeline.........(855) 681-5351
Alert 1...................(866) 581-4540
Q Medic..................(877) 241-2244
LifeFone...............(800) 331-9198

In Case of An Emergency, Call 911
Nutrition

Senior Meal Program ......................................................(732) 329-6171
South Brunswick Senior Center - Servicing Monroe Twp.

Jewish Family Services Middlesex ..................................(732) 777-1940
Kosher Meals & Emergency Food Pantry

Mom's Meals .................................................................(877) 508-6667
Call to inquire about privately paying for home delivered meals.
Some government programs cover the cost, to find out more call the Middlesex County
Office of Aging at 732-745-3295.

Magic Kitchen ...............................................................(877) 516-2442
Call or visit www.maggikitchen.com for pricing and meal information.
Offering A La Carte or Complete Meals delivered to your home.

Chefs for Seniors Meals ..................................................(609) 545-2315
Connects seniors with licensed, professional chefs who prepare meals in your own
home. Fee service. Visit Chefsforseniors.com/central-new-jersey

Monroe Township Food Pantry .........................................(609) 448-7140
Food pantry offered through the Senior Center.
Call for financial eligibility requirements. Application necessary.

Peapod .................................................................www.peapod.com
Convenient online grocery shopping. Delivery or pick up at any Stop & Shop location.
Monroe store located at 1600 Perrineville Rd., Monroe Twp., NJ 08831

Instacart .................................................................www.instacart.com
Online grocery delivery service company that works with local stores to deliver
groceries to your door. Delivery and service fees apply.

TeleGrocers Inc ...........................................................1-888-902-7467
Accepts grocery orders by phone and places order on-line for you.
TeleGrocers Inc. works with Walmart and Stop & Shop.
$60.00 minimum plus fee for service.

NJ Supplemental Nutrition Assistance Program (NJSNAP)
Assists low-income families with buying groceries they need to eat healthy. Must apply
and meet financial eligibility.

Apply online at https://oneapp.dhs.state.nj.us or visit the Middlesex County
Board of Social Services to apply in person: (732) 745-3500
Mental Health Providers

Roberta Hantman, LCSW
8B Yorkshire Drive, Monroe Twp., NJ 08831 (914) 714-8146

Jacob Kirschenbaum, Phd
315A Forsgate Drive, Monroe Twp., NJ 08831 (732) 521-3600

Sheri Bechtel, LCSW
9 Davison Avenue, Suite 6, Jamesburg, NJ 08831 (732) 580-1818

Jewish Family Services of Middlesex
52 Concordia Shopping Center, Monroe Twp., NJ 08831 (609) 395-7979

Catholic Charities of East Brunswick
288 Rues Lane, East Brunswick, NJ 08816 (732) 324-8200

Lenora Ziegler, LCSW: Breakthrough Counseling Services
81 Bridge Plaza Drive, Manalapan, NJ 07726 (732) 610-4122

Olive Branch Therapy Group
63 Milltown Road, East Brunswick, NJ 08816 (732) 659-0683

Intensive Family Support Services
Serving family members of mentally ill adults
30 Knights Bridge Road, Piscataway, NJ 08854 (732) 235-6184

Crisis Intervention

Rutgers University Behavioral Healthcare (855) 515-5700
24/7 access to emergency evaluations for individuals of all ages
at imminent risk of harm to self or others due to a mental health condition.
671 Hoes Lane West, Piscataway, NJ 08854

Rutgers Early Intervention Support Services (800) 969-5300
Screenings/Appointments for outpatient counseling program
667 Hoes Lane, Piscataway, NJ 08854

Hotlines

24/7 NJ Suicide Prevention Hopeline (855) 654-6735

24/7 National Suicide Prevention Lifeline (800) 273-8255

COPSA Care2Caregivers: (800) 424-2494
Peer Support for Dementia Caregivers

For Mental Health Emergencies Requiring Immediate Intervention: Call 911
Geriatric Case Management

Senior Bridge
One Rossmoor Drive, Monroe Twp., NJ 08831
(609) 395-5575
Offering Care Management & Home Healthcare Provider.

Always Best Care
981 State Route 33, Suite C, Monroe Twp., NJ 08831
(732) 483-4611
Offering assistance with placements for Assisted Living and Long Term Care Nursing Home as well as Homecare Services.

Tracy Rosenhand, Ph.D., LCSW, ACSW
Eldercare Family Services
(732) 985-7922
www.eldercarefamily.com
Provides fee for service case management & care coordination.

Bonnie Kramer, BS, CMC
Elder Care Solutions
35 Welcome Farms Road, Monmouth Junction, NJ 08852
(732) 599-3584; Email: eldercaresolutions@comcast.net

Elder Life Management & Home Care
4000 Rt 66, Suite 225, Tinton Falls, NJ 07753
(732) 493-8080
Fee for service options include care management, elder care planning, bill pay, Medicaid applications, home care and counseling.

A Place for Mom
Referral Hotline: (888) 867-0706
Connecting families to senior living options. Free to patients’ families.
Elder Law Attorneys

Elder Law Attorneys specialize in matters that affect older adults. Since the Senior Center Staff does not make any recommendations, please use this list as a resource.

Neel Shah, Esq.
Shah & Associates
241 Forsgate Dr., Suite 204
Monroe Twp., NJ 08831
(732) 521-9455

Fiona Van Dyck, Esq.
Van Dyck Law
707 State Rd., Suite 102
Princeton, NJ 08540
(609) 580-1044

Carl Archer, Esq.
Archer Law Office
29 E. Railroad Ave.
Jamesburg, NJ 08831
(609) 842-9200

Fredrick P. Niemann, Esq.
Hanlon Niemann & Wright
3499 Route 9 North, Suite 1F
Freehold, NJ 07728
(732) 863-9900

Roger Levine, Esq.
Levine, Furman, & Rubin, LLC
F-3 Brier Hill Ct.
East Brunswick, NJ 08816
(732) 238-6000

John J. Ross, Esq.
46 Thoreau Dr.
Freehold, NJ 07728
(732) 294-9036

William C. Moran, Jr., Esq.
Huff, Moran and Orron, LLC
1246 South River Rd.
Cranbury, NJ 08512
(609) 655-3600

Duane O. Davison, Esq.
Davison, Eastman, Muñoz, Paone
100 Willow Brook Rd., Suite 100
Freehold, NJ 07728
(732) 462-7170

Gary B. Garland, Esq.
Garland Law Offices
195 Route 9 South, Suite 204
Manalapan, NJ 07726
(732) 972-6700

Matthew D. Rasmussen, Esq.
Rasmussen Law
4400 Route 9 South, Suite 1000
Freehold, NJ 07728
(732) 595-1591

Middlesex County Bar Association: Lawyer Referral Service
87 Bayard Street, New Brunswick, NJ 08901
(732) 828-3433—Call for a 30 minute, fee-for-service consultation.
or visit: www.mcbalaw.com

Central Jersey Legal Services (Free legal services for low income individuals.)
317 George Street, Suite 201, New Brunswick, NJ 08901
Call or visit website for eligibility: (732) 249-7600
http://centraljerseyegalsservices.org
How to Apply for Wheelchair Symbol Plates and Persons with a Disability Placards

1. Complete online application OR
2. Retrieve application from a motor vehicle agency OR
3. Request application through the mail. If you choose to do this, send request to:

   New Jersey Motor Vehicle Commission
   Special Plate Unit
   225 East State Street
   PO Box 015
   Trenton, NJ 08666-0015

Include a copy of the vehicle registration with the plate application. A medical practitioner must sign application. Certifications can only be authorized by the following medical practitioners: a physician, podiatrist, chiropractic physician, physician assistant or nurse practitioner licensed to practice in NJ or a bordering state or a physician stationed at a military or naval installation located in NJ who is licensed to practice in any state.

Applicants without a driver's license or non-driver identification (ID) card must prove identity by meeting the 6 Points of ID verification requirements.

How To Apply For a Handicapped Placard

The following information is listed on the Monroe Township Police Department’s website on how to obtain a temporary handicapped placard. This is only for temporarily handicapped individuals.

1. Go to the Monroe Township Police Department, Monday thru Friday, between the hours of 8:00 am-4:00 pm to pick up a temporary handicapped placard application.

2. Once you receive your application, your physician is required to fill out the right side of the application with all applicable information.

3. Do not print in the areas marked placard number, date issued, expiration, signature of Police Chief, or Municipality.

4. After your physician completes the form, you must call to make an appointment to receive your placard. Please call 732-521-0222, x156, or 609-655-3250, x156. The hours that the placards will be issued are Monday thru Friday, between the hours of 9:00 am and 11:30 am, except on Holidays.

5. Upon entering Police Headquarters, please pick up the phone at the dispatchers window. You must bring the completed application, signed by a physician, and a check or money order for four ($4.00) dollars made out to: NJ Motor Vehicle Services. CASH WILL NOT BE ACCEPTED.
All About Monroe

Monroe Township Library
4 Municipal Plaza
(732) 521-5000
www.monroetwplibrary.com

Mon.-Thurs.: 9:30 am - 9 pm
Fri: 9:30 am - 5 pm
Sat-Sun: 10 am - 5 pm

More than just books. Events happening Monthly. See online or visit the library.

Bookmobile: Bringing a bus filled with books to you. (Ext 126)

At Home Services: Books, CDs, movies, notary, etc. (Ext 135)

Drive Through Window: Request a book 1 hour ahead.

Museum Passes: 3-day loan period.

Monroe Township Community Center
120 Monmouth Rd.
(732) 723-5000
http://monroerec.com/

Senior Programs: Bowling League, Mayors Cup, Pickle ball, Senior Co Ed Softball League, Senior Lunch and Learn

Monroe Township Cultural Arts Commission
1 Municipal Plaza
(732) 521-4400 ext. 134
www.monroetownshipculturalarts.com

> Live cultural performances and events.

UPS Store Monroe
1600 Perrineville Rd.
(609) 409-1877
Offers notary, shredding, faxing & scanning services

Drop Box:
1075 Cranbury/S. River Rd.

Global Business Plus
357 Applegarth Rd.
Fed Ex & UPS Ship Center
(609) 395-7900

FedEx Monroe
Walgreens, on 314 Applegarth Rd.

Drop Box: 108 Prospect Plains Rd.
1 Rossmoor Drive
1075 Cranbury/S. River Rd.
## All About Monroe

### Pharmacies

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>CVS Pharmacy</td>
<td>306 Applegarth Rd., Monroe Twp.</td>
<td>609-395-4970</td>
</tr>
<tr>
<td>CVS Pharmacy</td>
<td>238 Forsgate Drive, Jamesburg</td>
<td>732-521-4393</td>
</tr>
<tr>
<td>Franklin Pharmacy</td>
<td>557 Englishtown Rd., Monroe Twp.</td>
<td>732-446-5445</td>
</tr>
<tr>
<td>Future Pharmacy</td>
<td>680 Route 33 E., Unit 8, East Windsor</td>
<td>609-632-2170</td>
</tr>
<tr>
<td>Monroe Care Pharmacy</td>
<td>209 Applegarth Rd., Monroe Twp.</td>
<td>609-642-8208</td>
</tr>
<tr>
<td>Monroe Park Pharmacy</td>
<td>357 Spotswood-Englishtown Rd.</td>
<td>732-251-3000</td>
</tr>
<tr>
<td>Point of Care Pharmacy</td>
<td>333 Forsgate Dr., Suite 104, Jamesburg</td>
<td>732-641-2664</td>
</tr>
<tr>
<td>Stop &amp; Shop Pharmacy</td>
<td>1600 Perrineville Rd., Monroe Twp.</td>
<td>609-409-0136</td>
</tr>
<tr>
<td>Texas Road Pharmacy</td>
<td>355 Applegarth Rd., Monroe Twp.</td>
<td>609-235-9368</td>
</tr>
<tr>
<td>Walgreens</td>
<td>314 Applegarth Rd., Monroe Twp.</td>
<td>609-655-3101</td>
</tr>
</tbody>
</table>

### Online Food Delivery

For the computer savvy, order online for delivery or pick up from various restaurants in Monroe and surrounding towns. Type in your address to see what restaurants and food chains are delivering to you!

- **Bring Me That** [https://www.bringmethat.com](https://www.bringmethat.com)
- **Doordash** [https://www.doordash.com](https://www.doordash.com)
- **Grubhub** [https://www.grubhub.com](https://www.grubhub.com)

### Taxi & Car Service

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearl of Monroe Airport Taxi</td>
<td>609-365-0903</td>
</tr>
<tr>
<td>Next Level Limousine</td>
<td>732-421-8385</td>
</tr>
<tr>
<td>JMS Taxi Services</td>
<td>732-605-0060</td>
</tr>
</tbody>
</table>
EMERGENCY PHONE NUMBERS

EMERGENCY (Fire, Police, Ambulance) 911
Monroe Police (non-emergency) (732) 521-0222
Poison Control Help Line (800) 222-1222

HELPFUL NUMBERS

Essential Community Services Dial 211
Adult Protective Services – Middlesex County (732) 745-3635
Middlesex County Board of Social Services (732) 745-3500
Middlesex County Office of Aging and Disabled Services (732) 745-3295
Middlesex County Veterans Services (732) 745-4051
Social Security Administration (800) 772-1213

URGENT CARE

My InstaDoc Urgent Care of Monroe (609) 831-4004
298 Applegarth Rd Suite B

Hackensack Meridian Health Urgent Care Monroe (732) 263-7922
215 Applegarth Rd

Concentra Urgent Care (609) 409-1900
1085 Cranbury South River Rd Jamesburg, NJ 08831

Immediate Care Medical Walk-In (609) 426-4300
319 US 130 North, East Windsor, NJ 08520

HOSPITALS

CentraState Medical Center — Freehold (732) 431-2000
JFK Medical Center — Edison (732) 321-7000
Memorial Sloan Kettering Cancer Center—Middletown (848) 225-6000
Penn Medicine Princeton Health — Plainsboro (609) 853-7000
Raritan Bay Medical Center—Old Bridge (732) 360-1000
Robert Wood Johnson University Hospital — Hamilton (609) 586-7900
Robert Wood Johnson University Hospital — New Brunswick (732) 828-3000
Rutgers Cancer Institute of NJ — New Brunswick (732) 235-2465
St. Peter’s University Hospital — New Brunswick (732) 745-8600