

Monroe Township Senior Services Directory



**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
Michael Markel, Councilman
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

609-448-7140

Nancy Harrigan	Ext 230	Director
Cindy Malkin	Ext 213	Supervisor of Social Services
Samantha Gerbino	Ext 225	Senior Social Worker
Jeanine Fama	Ext 214	Program Supervisor
Jonathan Broder	Ext 228	Program Coordinator
Kirsten Mahon	Ext 211	Program Coordinator
Krista Scheid	Ext 224	Office Coordinator
Rosanna Giancaspro	Ext 215	Secretary
Emilia Volyand	Ext 216	Receptionist

Transportation

609-443-0511

John Magda	Transportation Manager
Amy Rutherford	Transportation Coordinator
Kim Molarz	Senior Clerk

Friends of the Senior Center **609-448-7598**

Maureen O'Brien	President
Christine Flynn	Vice President

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

(877) 428-8844

<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.

Assistance with housing expenses—Dial 211

Piazza & Associate: 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:

Other Affordable Housing Options:

Barclay Village

20 Lake St., Jamesburg, NJ

(732) 521-5003

Multi-family housing rental for low income seniors

Hall's Corner

551 Cranbury Rd., East Brunswick, NJ

(732) 784-4043

Affordable senior community

Hightstown Housing Authority

131 Rogers Ave., Hightstown, NJ

(609) 448-2268

Woodmere

250 Crescent 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) 448-7036

Genesis Cranbury Center

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

Parker at Monroe

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

Surrounding Areas (14 miles or less)

The Elms of Cranbury

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

Excelcare at Manalapan

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 Health and Rehabilitation

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

861 Alexander Rd., Princeton Jct., NJ 08540.....(609) 436-5010

Springpoint Living at Manalapan

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

Adult Day Care Facilities (15 miles or less)

Ageless Moments Adult Social Daycare

209 Applegarth Rd., Monroe Township, NJ 08831.....(609) 642-8362

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

Town Square at Princeton

2 Hospital Drive, Plainsboro, NJ 08536.....(609) 375-0751

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

Angel's Home Care, Inc.

200 Buckelew Ave.
Jamesburg, NJ 08831
(732) 936-1377

CareFinders Total Care

349 Applegarth Rd.
Monroe Twp., NJ 08831
(609) 655-4800

Senior Helpers

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

Comfort Keepers

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

Penn Medicine Home Health & Hospice

88 Princeton-Hightstown Rd., Suite 202
Princeton Junction, NJ 08550
(609) 497-4900

Angel Touch

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

BrightStar Care of East Brunswick

C Brier Hill Court, Suite 202
East Brunswick, NJ 08816
(973) 333-4333

Always Responsive Home Care Right at Home

348 Applegarth Rd.
Monroe Twp., NJ 08831
(609) 208-1111

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

Affirmed Home Care

One Rossmoor Dr.
Monroe Twp., NJ 08831
(201) 409-0238

Grace and Heart Homecare

3525 Quakerbridge Rd., Suite 4450
Hamilton, NJ 08619
(609) 388-8030

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

Platinum Homecare

10 Centre Dr.
Monroe Twp., NJ 08831
(732) 285-1080

Executive Home Care

958 Adelphia Rd.
Freehold, NJ 07728
(732) 308-1512

ComForCare

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

Home Instead

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



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



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 insurance. Questions can include information on supplement claims, prescription plans, or Medicare: (800) 792-8820.

policies, benefits,

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 individuals and families. Visit: www.NJhelps.org.

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

313 State Street, Suite 301

Perth Amboy, NJ 08851

(732) 832-7535 - 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

Anchor Program: Provides tax relief to eligible homeowners who own their home three 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>

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>

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>

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, personal 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.magickitchen.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.

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.

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.

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
Jewish Family Services of Middlesex 52 Concordia Shopping Center, Monroe Twp., NJ 08831	(609) 395-7979
Alla Krutyansky, LCSW : Theracorp, LLC 79 E. Railroad Road, Jamesburg, NJ 08831	(732) 561-8555
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
Catholic Charities of East Brunswick 288 Rues Lane, East Brunswick, NJ 08816	(732) 324-8200
Diane Stanley, LCSW- Virtual only	(908) 334-7206
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 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	(855) 515-5700
Rutgers Early Intervention Support Services Screenings/Appointments for outpatient counseling program 667 Hoes Lane, Piscataway, NJ 08854	(800) 969-5300

Hotlines

24/7 Lifeline Crisis Hotline	Dial 988
24/7 NJ Suicide Prevention Hopeline	(855) 654-6735
24/7 National Suicide Prevention Lifeline	(800) 273-8255
COPSA Care2Caregivers: Peer Support for Dementia Caregivers	(800) 424-2494

For Mental Health Emergencies Requiring Immediate Intervention: Call 911

Geriatric Case Management

Aging Advisors

(609) 815-5959
caremanager@agingadvisors.com

Bonnie Kramer, BS, CMC

Elder Care Solutions
35 Welcome Farms Road Monmouth Junction, NJ 08852
(732) 599-3584

Elder Life Management

4000 Rt 66, Suite 225 Tinton Falls, NJ 07753
(732) 493-8080

Senior Bridge

(609) 395-5575

Sydell Fagen

Elder Options Inc
(609) 490-1194

Tracy Rosenhand, Ph.D., LCSW, ACSW

Eldercare Family Services
(732) 985-7922
Eldercarefamily.com

Assisted Living Placement Assistance

Connecting seniors to senior living such as: assisted living, memory care, respite services, skilled nursing and more. Services are free.

A Place for Mom

Sara Leeds
C: (609) 273-2004 Referral Hotline: (609) 357-4846

Oasis Senior Advisors

Central Jersey Senior Housing Services
(732) 507-9640



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.

Shah & Associates

241 Forsgate Dr., Suite 204
Monroe Twp., NJ 08831
(732) 521-9455

Davison, Eastman, Muñoz, Paone

100 Willow Brook Rd., Suite 100
Freehold, NJ 07728
(732) 462-7170

Huff, Moran and Orron, LLC

1246 South River Rd.
Cranbury, NJ 08512
609-655-3600

Hanlon Niemann & Wright

3499 Route 9 North, Suite 1F
Freehold, NJ 07728
(732) 863-9900

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

Garland Law Offices

195 Route 9 South, Suite 204
Manalapan, NJ 07726
(732) 972-6700

Rasmussen Law

4400 Route 9 South, Suite 1000
Freehold, NJ 07728
(732) 595-1591

Van Dyck Law

707 State Rd., Suite 102
Princeton, NJ 08540
(609) 580-1044

Medina Law Group

65 S. Main Street
Pennington, NJ 08534
(609) 818-0068

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://centraljerseylegalservices.org>

Legal Services of NJ (LSNJ)

Legal services for low income individuals (civil matters)
Hotline: (888) 576-5529

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: 168 Prospect Plains Rd.
1 Rossmoor Drive
1075 Cranbury/S. River Rd.



All About Monroe Pharmacies

CVS Pharmacy

306 Applegarth Rd., Monroe Twp.
609-395-4970

Monroe Park Pharmacy

357 Spotswood-Englishtown Rd.
Monroe Twp.
732-251-3000

CVS Pharmacy

238 Forsgate Drive, Jamesburg
732-521-4393

Point of Care Pharmacy

333 Forsgate Dr., Suite 104, Jamesburg
732-641-2664

Franklin Pharmacy

557 Englishtown Rd., Monroe Twp.
732-446-5445

Stop & Shop Pharmacy

1600 Perrineville Rd., Monroe Twp.
609-409-0136

Future Pharmacy

680 Route 33 E., Unit 8, East Windsor
609-632-2170

Texas Road Pharmacy

355 Applegarth Rd., Monroe Twp.
609-235-9368

Monroe Care Pharmacy

209 Applegarth Rd., Monroe Twp.
609-642-8208

Walgreens

314 Applegarth Rd., Monroe Twp.
609-655-3101

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>

Doordash <https://www.doordash.com>

Grubhub <https://www.grubhub.com>

Taxi & Car Service



Pearl of Monroe Airport Taxi 609-365-0903

Next Level Limousine 732-421-8385

JMS Taxi Services 732-605-0060

EMERGENCY PHONE NUMBERS

EMERGENCY (Fire, Police, Ambulance)	911
Monroe Police (<i>non-emergency</i>)	(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 298 Applegarth Rd Suite B	(609) 831-4004
Hackensack Meridian Health Urgent Care Monroe 215 Applegarth Rd	(732) 263-7922
Concentra Urgent Care 1085 Cranbury South River Rd Jamesburg, NJ 08831	(609) 409-1900
Immediate Care Medical Walk-In 319 US 130 North, East Windsor, NJ 08520	(609) 426-4300

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