



Monmouth County's Guide to Resources for Older Adults





County of Monmouth Board of Chosen Freeholders
Department of Human Services
Division on Aging, Disabilities and Veterans' Interment Affairs

Office on Aging 732-431-7450

Office on Disabilities 732-308-3770, Extension: 3599

Office of Veterans Interment Affairs 732-308-3770, Extension: 2988

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BENEFITS

General Information:

Bureau of Veterans' Service

20 Washington Place
Room 439
Newark, NJ 07102-3174
1-800-827-1000
Monday through Friday, 8:00 a.m. to 4:30 p.m.
www.va.gov

Hearing Aid Assistance to the Aged and Disabled (HAAAD)

P.O. Box 715
Trenton, NJ 08625-0715
1-800-792-9745
www.state.nj.us/health/seniorbenefits

Eligible persons can receive a rebate of \$100 with proof of purchase of a hearing aid. Must meet PAAD eligibility requirements.

Lifeline Assistance Homeowners/Tenants/Renters Credit Program

P.O. Box 714
Trenton, NJ 08625-0714
1-800-792-9745
www.state.nj.us/health/seniorbenefits

This program provides a \$225 credit for utilities to PAAD recipients, (homeowners, renters, and tenants) whose utilities are not included in their rent. This program does not cover bottled gas, propane or oil. The credit can be divided between two utility companies or one company of your choice. Applicants must be eligible for the PAAD Program.

Motor Vehicle Registration Discounts

1-888-486-3339
www.state.nj.us/mvc

Persons eligible for the PAAD or Lifeline Programs qualify for reduced charges on car registration for their vehicles. Based on the age and type of vehicle, a credit is allowed against the total fee. A copy of your PAAD card or a letter from Lifeline showing your eligibility must be returned with your registration notice and check. Contact the New Jersey Motor Vehicle Commission for more information.

BENEFITS

New Jersey Department of Military and Veterans' Affairs

630 Bangs Avenue
Suite 320
Asbury Park, NJ 07712
732-775-7009

Monday through Friday, 8:30 a.m. to 4:30 p.m.
www.state.nj.us/military

Processes benefits and claims for veterans.

Pharmaceutical Assistance to the Aged and Disabled (PAAD)

P.O. Box 715
Trenton, NJ 08625
1-800-792-9745
www.NJPAAD.gov

This program allows persons permanently disabled or 65 years of age or older, who meet eligibility requirements, to obtain certain prescription drugs at a reduced rate. Applications can be obtained from your local pharmacy or by calling the Monmouth County Office on Aging at **732-431-7450** or **1-877-222-3737**.

Senior Gold Benefits

P.O. Box 724
Trenton, NJ 08625-0724
1-800-792-9745
www.NJSRGOLD.gov

Senior Gold is a prescription discount program for elderly and disabled New Jersey residents who do not qualify for PAAD. You would show the pharmacist both your Medicare Part D and Senior Gold cards so the combined savings can be applied.

Rx4NJ

1-888-793-6765
www.rx4nj.org

Program connects qualified low income people with discounted prescription drugs direct from the pharmaceutical manufacturers.

BENEFITS

Social Security Administration

3310 Route 66
Neptune, NJ 07753
1-800-772-1213

Monday through Friday, 9:00 a.m. to 4:00 p.m.

www.socialsecurity.gov

Retirement, Survivors, Disability, Medicare, Burial Assistance and Supplemental Security Benefits; processes initial applications and provides post-entitlement assistance.

U. S. Railroad Retirement Board

20 Washington Place
Room 516
Newark, NJ 07102
1-877-772-5772

Monday through Friday, 9:00 a.m. to 3:30 p.m.

www.rrb.gov

Service to railroad employees in areas of unemployment, sickness, retirement and survivor benefits.

CONSUMER PROTECTION

General Information:

Better Business Bureau - Central New Jersey

1700 Whitehorse Hamilton Square Road

Suite D5

Trenton, NJ 08690-3596

609-588-0808 Fax: 609-588-0546

Monday through Friday, 9:00 a.m. to 4:30 p.m.

www.newjersey.bbb.org

Provides information on companies and charitable organizations in their files.
Assists consumers with complaints against local firms.

Monmouth County Department of Consumer Affairs

Hall of Records Annex

1 East Main Street

P.O. Box 1255

Freehold, NJ 07728

732-431-7900

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.visitmonmouth.com

Mediates complaints for consumers. Arranges speaking engagements to interested groups, provides literature, pamphlets and brochures to the public.

State of New Jersey Office of Consumer Protection (Main Office)

P.O. Box 45025

124 Halsey Street, 6th Floor

Newark, NJ 07102

973-504-6200

1-800-242-5846

www.njconsumeraffairs.gov

Monday through Friday, 8:30 a.m. to 5:00 p.m.

Complaints must be submitted in writing. Call for advice and information on the best way to proceed when you have a complaint.

EDUCATION

Adult Education Classes

MAECOM/Monmouth Ocean Educational Commission

100 Tornillo Way
Tinton Falls, NJ 07712
732-389-5555

www.moesc.org

For GED High School equalivant program information **x1011**,
Informative and cultural classes **x1002**

Business and Community Development

765 Newman Springs Road
Lincroft, NJ 07738
732-224-2315

www.brookdalecc.edu/bcd

This area of Brookdale Community College offers certificate programs, continuing education credits as well as a wide variety of short-term seminars and workshops on various topics of interest for all ages.

Rutgers Cooperative Extension of Monmouth County-Family and Community Health Sciences

4000 Kozloski Road
P.O. Box 5033
Freehold, NJ 07728
732-431-7271

Monday through Friday, 9:00 a.m. to 4:30 p.m.

www.njaes.rutgers.edu/fchs

Offers adult education in nutrition and food safety. There are special events, lectures and home study courses.

SCAN Learning Center

Monmouth Mall, Lower level
Intersection of Highways 35 and 36
Eatontown, NJ 07724
732-542-1326

Tuesday through Friday, 9:00 a.m. to 4:00 p.m.

www.scannj.com

Offers cultural, educational and informational programs in a familiar mall setting for persons age 55+. Programs include computer classes, physical fitness, health, art and music.

EDUCATION

College Services

Brookdale Community College (Main Campus)

765 Newman Springs Road

Lincroft, NJ 07738

732-842-1900

Monday through Friday, 8:30 a.m. to 10:00 p.m.

www.brookdalecc.edu

Offers entry-level courses in most college credit programs with support services to accommodate enrolled students. There are credit courses, non-credit courses, degree and certificate programs in a wide variety of disciplines available. Formal agreements can be made to define how courses you complete at Brookdale can be applied toward degree programs at other colleges and universities.

Other campus locations:

3680 Route 9 South

Freehold, NJ 07728

732-780-0020

1 Crown Plaza

Hazlet, NJ 07730

732-787-0019

213 Broadway

Neptune, NJ 07753

732-774-3363

60 Neptune Blvd.

Long Branch NJ 07740

732-229-8440

800 Monmouth Road

Wall, NJ 07719

732-280-7090

EMPLOYMENT

General Information:

Hispanic Affairs and Resource Center of Monmouth County

913 Sewall Avenue
Asbury Park, NJ 07712
732-774-3282

Career counseling available.

Monmouth County Division of Employment, Training and Work Force Group

145 Wyckoff Rd., Suite 201
Eatontown, NJ 07724
732-683-8850
Monday through Friday, 8:00 a.m. to 4:30 p.m.
www.wnjp.in.net

Training is provided to low-income adults or individuals facing serious barriers to employment or have lost their job due to a layoff. An appointment is necessary for an information orientation workshop session before training is scheduled.

Monmouth County Library Eastern Branch

Career Center & Links
1001 Highway 35
Shrewsbury, NJ 07702
732-683-8980
1-866-941-8188
Monday through Thursday, 9:00 a.m. to 9:00 p.m.
Fridays and Saturdays, 9:00 a.m. to 5:00 p.m.
Sundays, 1:00 p.m. to 5:00 p.m. (except in summer)
www.monmouthcountylib.org>Services & Collections>Career Centers &

Links

Computers are available to research employment opportunities.

Monmouth County Personnel Department

Hall of Records
1 East Main Street
Freehold, NJ 07728
732-431-7300
www.visitmonmouth.com

EMPLOYMENT

National Council on Aging - Neptune One Stop

60 Taylor Ave
Neptune, NJ 07753

732-869-2202

Monday through Friday, 9:00 a.m. to 4:00 p.m.

www.ncoa.org

20 hours paid training for the disabled or income qualified seniors 55 +, citizens or legal residents of the United States. English and Spanish spoken.

New Jersey Department of Labor-Division of Employment Services

60 Taylor Avenue
Neptune, NJ 07753

732-775-1566

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.njpin.net

Offers an opportunity for employers to post jobs on the internet for the job seeking-public to view and respond.

New Jersey Department of Labor - Workforce NJ 55 Plus

P. O. Box 055
Trenton, NJ 08625

1-609-341-2030

Monday through Friday, 9:00 a.m. to 5:00 p.m.

www.njpin.net

EMPLOYMENT

Service Corps of Retired Executives (S.C.O.R.E.)

Brookdale Community College Career Services Center

765 Newman Springs Road

Lincroft, NJ 07738

732-224-2573

Walk-in counseling without an appointment on Wednesdays, 10:00 a.m. to 12:00 noon

www.score36.org

This is a volunteer organization of corporate executives, and active or retired small business owners who assist people seeking to start a small business or manage/expand their current business. There are free confidential counseling meetings at various locations in Monmouth County at convenient days and times. Some locations require an appointment. Help includes seminars about promoting your business, acquiring a franchise, writing a business plan, establishing a computer based accounting program or selling on the internet.

HEALTH SERVICES

Adult Day Care Centers

ABERDEEN:

Aberdeen Senior Health Care Center

(Medical Day Care)

1027 Highway 34
Aberdeen, NJ 07747
732-583-9999

ASBURY PARK:

Jersey Shore Adult Day Health Care Center

(Medical Day Care)

600 Main Street
Asbury Park, NJ 07712
732-869-9090 or 732-775-4451

ATLANTIC HIGHLANDS:

Royal Senior Care, Inc.

(Medical & Social Day Care)

1041 State Highway 36
Suite 201
Atlantic Highlands, NJ 07716
732-291-0710

EAST BRUNSWICK:

Just Home Medical Adult Day Care Center

(Medical Day Care)

7 Edgeboro Road
East Brunswick, NJ 08816
732-432-9990

Serves Middlesex, Monmouth, and Ocean Counties. Transportation is provided.

EATONTOWN:

Young at Heart of Eatontown

(Medical Day Care)

139 Grant Avenue
Eatontown, NJ 07724
732-578-1888

ENGLISHTOWN:

All in a Day

(Medical Day Care)

104 Pension Road
Englishtown, NJ 07726
732-792-2273

www.allinadaydaycare.com

Wheelchair accessible transportation is available.

FREEHOLD:

Golden Years Care of Freehold

(Medical Care)

20 Jackson Street, Suite 1A
Freehold, NJ 07728
732-845-3332

7 days a week, Morning shift 8:30 a.m. to 1:30 p.m.,

Afternoon shift 1:30 p.m. to 6:30 p.m.

Multi-lingual, serves Monmouth, Middlesex, Ocean and Mercer Counties. Wheelchair accessible transportation is provided.

HEALTH SERVICES

JACKSON:

Young at Heart Adult Center

(Medical Day Care)

115 Grawtown Road

Jackson, NJ 08527

732-928-9222

www.youngatheartadc.com

Serves Englishtown, Freehold area, Howell, Manalapan, Millstone, and Ocean County. Wheelchair accessible transportation is provided.

LAKESWOOD:

Ocean View Adult Medical Day Care

699 Cross Street

Lakewood, NJ 08701

732-370-9400

Serves Cream Ridge, Freehold, Manalapan, and Ocean County. Wheelchair accessible transportation is available.

OCEAN TOWNSHIP:

Garden Hills Residence

(Social Day Care)

1213 West Park Avenue

Ocean Twp, NJ 07712

732-493-3096

www.gardenhillsresidence.com

RED BANK:

We Care Adult Care, Inc.

(Social Day Care)

Union Square Shopping Center

552A Highway 35 South

Red Bank, NJ 07701

732-741-7363

Wheelchair accessible transportation is available.

TINTON FALLS:

Kensington Court

(Medical Day Care)

864 Shrewbury Avenue

Tinton Falls, NJ 07724

732-784-2400

www.kensingtoncourt.net

Wheelchair accessible transportation is available.

WALL:

Allaire Senior Day Center

(Medical Day Care)

Wall Circle Park

1983 Route 34 South

Wall Township, NJ 07719

732-974-7666

www.allairecenter.net

Wheelchair accessible transportation is available.

WANAMASSA:

Ladacin Network

(Medical Day Care)

1701 Kneeley Blvd.

Wanamassa, NJ 07712

732-493-5900

www.ladacin.org

Monday through Friday, 9:30 a.m. to 3:30 p.m.

Wheelchair accessible transportation is available.

HEALTH SERVICES

Counseling

Mental Health Clinic Services

CentraState Medical Center Psychiatric Services

901 West Main Street
Freehold, NJ 07728
732-780-6023 (Crisis Hot Line)
www.centrastate.com

No out-patient services available.

CPC Behavioral Healthcare

1088 Highway 34 Aberdeen, NJ 07747 732-290-1700 www.cpcbhc.com	37 Court Street Freehold, NJ 07728 732-780-7387	270 Highway 35 Red Bank, NJ 07701 732-842-2000
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CPC provides behavioral healthcare services including, mental healthcare, addiction recovery, special education, residential and corporate services. Out-patient services are available.

Jersey Shore Medical Center Mental Health Services

Crisis Hotline 732-776-2325
www.meridianhealth.com

Jersey Shore Behavioral Health

1200 Jumping Brook Road
Bldg. 5, Suite 201
Neptune, NJ 07753
732-643-4400
www.meridianhealth.com

In and out patient services available.

Jewish Family & Children's Service of Greater Monmouth County

705 Summerfield Avenue Asbury Park, NJ 07712 732-774-6886 www.jfcsmonmouth.org	25 Kilmer Drive, Bldg. 3 Suite 103 Morganville, NJ 07751 732-536-0050	1 Main Street Suite 219 Eatontown, NJ 07724 732-747-0777
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Provides geriatric care management, in-home counseling for seniors, individual, family and children's counseling.

HEALTH SERVICES

Mental Health Association of Monmouth County

119 Avenue at the Common, Suite 5

Shrewsbury, NJ 07702

732-542-6422

Monday through Friday, 9:00 a.m. to 5:00 p.m.

www.mentalhealthmonmouth.org

This is a non-profit citizen's organization. It works to reduce stigma of mental illness through increasing public understanding of the disorders. Its primary function is to insure that every person in the county with a mental illness receives prompt and adequate treatment in the most therapeutic, least restrictive setting close to home.

Monmouth County Department of Mental Health

3000 Kozloski Road

Freehold, NJ 07728

732-431-7200

www.visitmonmouth.com>Departments>Human Services

Provides information and referral of mental health services available to county residents, coordinates planning, monitoring and advocacy activities on behalf of persons with mental illness.

Monmouth Medical Center Mental Health/Psychiatric Services

300 Second Avenue

Long Branch NJ 07740

732-222-3030 or 732-923-6999 Crisis Hotline

www.saintbarnabus.com>Hospitals

In-patient services

Pollack Mental Health Center

75 North Bath Avenue

Long Branch, NJ 07740

732-923-6500

www.saintbarnabus.com

Out-patient services

HEALTH SERVICES

Prevention First

1405 Highway 35

Ocean, NJ 07712

732-663-1800

www.preventionfirst.net

Prevention, education, advocacy and public awareness regarding the disease of alcoholism and drug addiction.

Riverview Medical Center Mental Health Services

Crisis Hotline 732-530-2438

www.meridianhealth.com

Meridian Behavioral Health

661 Shrewsbury Avenue

Shrewsbury, NJ 07702

732-345-3400

www.meridianhealth.com

Saint Barnabas Behavioral Health Network

1-800-300-0628

www.saintbarnabas.com

Geriatric psychiatry

University Behavioral Health Care-UMDNJ

COPSA (Comprehensive Services on Aging) Institute for Alzheimers Disease and Related Disorders

1-800-424-2494

www.ubhc.umdnj.edu/copsa

COPSA provides Dementia Management Services, Geriatric Outpatient Services, consultation, counseling, referral, and information services. There are workplace programs for employers/employees and caregivers. A speakers bureau addresses various elder life topics of interest.

HEALTH SERVICES

Dental

New Jersey Foundation of Dentistry for Persons with Disabilities - Donated Dental Service

P.O. Box 2117
Edison, NJ 08818
732-549-8909
www.njda.org

Monday through Friday, 9:00 a.m. to 5:00 p.m.

Helps disabled, elderly or medically compromised individuals who cannot afford the necessary treatment nor get public assistance. A Coordinator assists the patient, labs and dentists to return the patient to good oral health.

New Jersey Division of Family Health Services

www.state.nj.us/health>Primary health>Dental/Oral Health

Provides a dental clinic directory to assist people with difficulty accessing appropriate dental care due to insurance or financial constraints.

New Jersey Dental Association Senior-Dent Program

1 Dental Plaza
P.O. Box 6020
North Brunswick, NJ 08902-6020
732-821-9400
www.njda.org

Seniors with a PAAD card or within the financial guideline who have no dental insurance or medicaid benefits can obtain a discount. You will receive a list of participating dentists in your area and a letter you must present at the time of your appointment.

HEALTH SERVICES

Health Departments of Monmouth County

The health departments of Monmouth County provide public health services such as: communicable disease control, rabies control, sewage disposal, air, water, and noise pollution; dog licensing and animal control. They also provide public health nursing services such as home health care, adult health maintenance programs; oral cancer, mammography, pap and chronic disease screenings; vital records (birth, death, and marriage certificates), health information and referral services. Some fees apply.

Monmouth County Health Department

435 Route 9
Freehold, NJ 07728
732-431-7456

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.visitmonmouth.com>Departments >Health Department

Monmouth County Health Department serves all towns in Monmouth County except for the towns listed below which have their own health departments.

- Freehold Area Health Department.....732-294-2060**
- Hazlet/Aberdeen Health Department.....732-264-5541**
- Long Branch Health Department.....732-571-5665**
- Manalapan Township Health Department.....732-446-8345**
- Middletown Township Health Department.....732-615-2094**

Monmouth County Regional Health Commission I

1540 West Park Avenue
Tinton Falls, NJ 07724
732-493-9520

www.visitmonmouth.com>Departments >Health Department >List of Health

Departments

Serving these contracted towns:

Allenhurst	Highlands	Little Silver	Red Bank	Spring Lake
Brielle	Holmdel	Loch Arbour	Sea Bright	Spring Lake Heights
Deal	Interlaken	Monmouth Beach	Shrewsbury	Tinton Falls
Eatontown	Keansburg	Ocean Township	Shrewsbury Township	Wall
Fair Haven	Keyport	Rumson	West Long Branch	

HEALTH SERVICES

Health Organizations

- Addictions Hot Line of New Jersey.....1-800-238-2333 or
.....1-800-322-5525
www.addictionshotlineofnj.org**
- Alzheimer's Association of Greater New Jersey.....1-800-272-3900
www.alz.org/nj**
- American Cancer Society.....1-800-227-2345 or 732-758-8220
www.cancer.org**
- American Diabetes Association.....1-800-342-2383
www.diabetes.org**
- American Heart & Stroke Association.....1-800-634-1242
www.americanheart.org**
- American Lung Association.....1-800-548-8252
www.lungusa.org**
- American Parkinson's Disease Association, Information & Referral
in New Jersey.....732-745-7520
www.apdaparkinson.org**
- American Red Cross of New Jersey.....732-493-9100
www.redcross.org or www.jerseycoast-redcross.org**
- American Stroke Association.....1-888-478-7653
www.strokeassociation.org**
- Amyotrophic Lateral Sclerosis Association (ALS).....732-239-4724 or
.....1-877-434-7441
www.alsa.org**
- Arthritis Foundation New Jersey Chapter.....1-888-467-3112
www.arthritis.org**
- Central Jersey Blood Center.....732-842-5750
www.cjbcblood.org**
- Epilepsy Foundation of New Jersey.....1-800-336-5843
www.efnj.com**
- Muscular Dystrophy Association.....732-936-9940
www.mda.org**
- New Jersey Stroke Activity Center.....973-450-4114
www.njsac.org**
- Ombudsman for the Institutionalized Elderly.....1-877-582-6995
www.state.nj.us Departments>Public Advocate >Senior Citizen >Elder Ombudsman**

HEALTH SERVICES

Advancing Opportunities (Formerly, Cerebral Palsy of NJ)

1005 Whitehead Road Ext., Suite 1

Ewing, NJ 08638

609-882-4182

www.cpofnj.org

Offers online workshops, technology equipment lending center, comprehensive on-line library and access to personal assistance.

LADACIN Network (Lifetime Assistance for Developmental and Challenging Individual Needs)

(Formerly Cerebral Palsy of Monmouth and Ocean Counties)

1701 Kneeley Boulevard

Wanamassa, NJ 07712

732-493-5900

Monday through Friday, 7:30 a.m. to 6:00 p.m.

www.ladacin.org

Provides education, therapy, social, residential, and support services for people with cerebral palsy and other physical disabilities.

Seniors First

1 Applewood Drive

Freehold, NJ 07728

732-780-3013

Program assists individuals through preventive care and education. Includes low cost social programs and support groups available for Parkinson, Strokes and Diabetes.

Visiting Nurse Association of Central Jersey, Inc.

176 Riverside Ave.

Red Bank, NJ 07701

1-800-862-3330

www.vnacj.org

VNACJ Community Health Care Centers

1301 Main St.

Asbury Park

732-774-6333

100 Main St

Keansburg

732-787-1250

35 Broad St

Keyport

732-888-4149

176 Riverside Ave

Red Bank

732-219-6620

Appointments preferred call for office hours.

HEALTH SERVICES

Health Related Self-Help/Support Groups

Families Anonymous.....1-800-736-9805

www.familiesanonymous.org or www.tabw.org

National Alliance on Mental Illness.....1-800-950-6264

www.nami.org

NAMI of Greater Monmouth.....732-462-6448

www.namimonmouth.org or www.naminj.org

NJ Self-Help Clearing House

375 East McFarlan Street

Dover, NJ 07801

1-800-367-6274 or 973-989-1122

Monday through Friday, 8:30 a.m. to 5:00 p.m.

www.njgroups.org

Call the helpline to get information on many more groups not listed on the web.

Hearing

HAAAD Program.....1-800-792-9745

www.state.nj.us/health/seniorbenefits

Hearing Loss Association of America.....732-222-5546

www.shhh.org or www.hearingloss-nj.org

Home Health Care Services

Contact the Monmouth County Office On Aging at 732-431-7450, to obtain a comprehensive list of certified home health care agencies including medical, non-medical and those that accept medicaid.

Elder Life Management

931 West Park Avenue

Ocean, NJ 07712

732-493-8080

www.elderlifemanagement.org

HEALTH SERVICES

Family and Children's Service Inc. of Monmouth County

191 Bath Avenue

Long Branch, NJ 07740

732-222-9111

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.fcsmonmouth.org

Jewish Family & Children's Service of Greater Monmouth County

705 Summerfield Avenue

Asbury Park, NJ 07712

732-774-6886

www.jfcsmonmouth.org

Senior Care Options, Inc.

P.O. Box 385

Navesink, NJ 07752

732-872-8882

www.seniorcareoptionsinc.com

Visiting Nurse Association of Central Jersey

176 Riverside Avenue

Red Bank, NJ 07701

732-747-1204 or 1-800-862-3330

www.vnacj.org

Hospitals

(Meridian Health System)

Jersey Shore University Medical Center

P. O. Box 397

1945 State Highway #33

Neptune, NJ 07754-0397

732-775-5500

www.jerseyshoreuniversitymedicalctr.com

Riverview Medical Center

One Riverview Plaza

Red Bank, NJ 07701

732-741-2700

www.meridianhealth.com

HEALTH SERVICES

Bayshore Community Hospital/Bayshore Community Health Service

727 North Beers Street
Holmdel, NJ 07733
732-739-5900
www.bchs.com

(Robert Wood Johnson Health Network)

CentraState Health Care System

901 West Main Street
Freehold, NJ 07728
732-431-2000
www.centrastate.com

(Saint Barnabas Health Care System)

Monmouth Medical Center

300 Second Avenue
Long Branch, NJ 07740
732-222-5200
www.sbhcs.com

Wound Center at Monmouth Medical Center

255 Third Avenue, Suite 10
Long Branch, NJ 07740
732-923-6060 or 1-866-253-8907
www.sbhcs.com

Monmouth County Community Long Term Care Centers

John L. Montgomery Care Ctr.

115 Dutch Lane Road
Freehold, NJ 07728
732-431-7420

Geraldine L. Thompson Care Ctr.

PO Box 347
Hospital Road
Allenwood, NJ 08720
732-683-8600

HEALTH SERVICES

Vision

- Eye Care America (National Eye Care Project).....1-800-222-3937
www.eyecareamerica.org
- New Jersey Blind Citizens Association, Inc.....732-291-0878
www.njbca.org
- New Jersey Commission for the Blind & Visually
Impaired.....732-255-0720
www.cbvi.nj.gov
- New Eyes for the Needy.....973-376-4903
www.neweyesfortheneedy.org
- NJ Foundation for the Blind.....973-627-0055
www.njffb.org
- Vision USA.....1-800-766-4466
www.aoa.org

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

Adult Retirement Communities

These facilities are registered with the New Jersey Department of Community Affairs, Office of Planned Real Estate Development.

ENGLISHTOWN:

Marlboro Greens

1 Ivy Hill Drive
Englishtown, NJ 07726
732-972-8202

Office in clubhouse

FREEHOLD:

Rain Tree

99 Pagoda Lane
Freehold, NJ 07728
732-780-1728

Not for adults only. Purchase thru sales office

Rug Mill Towers

30 Jackson Street
Freehold, NJ 07728
732-294-1483

Surrey Downs

1 Queen Anne Boulevard
Freehold, NJ 07728
732-308-4134

<http://mysite.verizon.net/surreydowns>

Office in clubhouse

The Villages

100 Dag Hammerskjold Blvd.
Freehold, NJ 07728
732-431-1646

OCEAN TOWNSHIP:

Whalepond Village

400 Stacey Drive
Ocean Township, NJ 07712
732-493-3833

MANALAPAN:

Covered Bridge I

1 Amberly Drive & Route 9
Manalapan, NJ 07726
732-536-4330
www.coveredbridgenews.com

Covered Bridge II

1 Covered Bridge Boulevard
Manalapan, NJ 07726
732-536-3900

Heritage Village at Manalapan

216 Woodward Road
Manalapan, NJ 07726
1-877-834-9066

MARLBORO:

Greenbriar North at Marlboro

31 Clubhouse Lane
Marlboro, NJ 07746
732-536-7171

MATAWAN:

Cheesequake Village Adult Community

33 Galewood Drive
Marlboro, NJ 07746
732-566-6323

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

MIDDLETOWN:

Conifer Village at Middletown

100 Beaman Blvd.
Atlantic Highlands, NJ 07716
732-291-0809

Regal Pointe Senior Living at Middletown

1800 Highway 35
Middletown, NJ 07748
732-957-0083

RED BANK:

River Street Commons

49 Catherine Street
Red Bank, NJ 07701
732-345-1011

Shadow Lake Village

1 Loch Arbour Way
Red Bank, NJ 07701
732-842-9580
www.shadowlakevillage.com

Shady Oaks

1 Shady Oaks Way
Red Bank, NJ 07701
732-530-8787

TINTON FALLS:

Tinton Falls Senior Residence

2500 Shafto Road
Tinton Falls, NJ 07712
732-922-2320

Assisted Living

ASBURY PARK:

Asbury Towers

1701 Ocean Avenue
Asbury Park, NJ 07712
732-988-9090 or 732-988-3790

COLTS NECK:

Brandywine Reflections at Colts Neck

3 Meridian Circle
Colts Neck, NJ 07722
732-303-3100

www.brandycare.com

Specializing in Alzheimer Care

ENGLISHTOWN:

Brandywine Assisted Living at Governor's Crossing

49 Lasatta Avenue
Englishtown, NJ 07726
732-786-1000

www.brandycare.com

FREEHOLD:

Applewood Estates

One Applewood Drive
Freehold, NJ 07728
732-780-7370

www.centrastate.com

Mellennium Assisted Living Residence at Freehold, DBA The Brookside

93 Manalapan Avenue
Freehold, NJ 07728

732-303-8800 or 1-866-339-3345

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

Monmouth Crossing

560 Iron Bridge Road
Freehold, NJ 07728
732-303-8600
www.centrastate.com

HOLMDEL:

The Willows at Holmdel

713 North Beers Street
Holmdel, NJ 07733
732-335-4405
www.bchs.com

HOWELL:

Brandywine at Howell

100 Meridian Place
Howell, NJ 07731
732-961-2200 or 732-719-0100
www.brandycare.com

KEANSBURG:

Bayside Manor

7 Loral Avenue
Keansburg, NJ 07734
732-471-1600
www.baysidemanor.com

LINCROFT:

Sunrise Assisted Living of Lincroft

734 Newman Springs Road
Lincroft, NJ 07738
732-212-1910
www.sunriseseniorliving.com

MANALAPAN:

The Chelsea at Manalapan

445 Route 9 South
Manalapan, NJ 07726
732-972-6200
www.chelseaseniorliving.com

MATAWAN:

Victoria House

40 Freneau Avenue
Matawan, NJ 07747
732-566-0800
www.victoriahealthcarecenter.com

MIDDLETOWN:

Brighton Gardens of Middletown

620 State Highway 35 South
Middletown, NJ 07748
732-275-0790
www.sunriseseniorliving.com

MARLBORO:

Sunrise Assisted Living of Marlboro

3A South Main Street
Marlboro, NJ 07746
732-409-6665
www.sunriseseniorliving.com

OCEAN GROVE:

Francis Asbury Manor

70 Stockton Avenue
Ocean Grove, NJ 07756
732-774-1316

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

SHREWSBURY:

Brandywine Assisted Living at The Sycamore

5 Meridian Way
Shrewsbury, NJ 07702
732-212-2600
www.brandycare.com

SPRING LAKE:

The Wexford at Wall Township

2018 Highway 35
Spring Lake, NJ 07762
732-282-1014

TINTON FALLS:

Atria Tinton Falls

44 Pine Street
Tinton Falls, NJ 07753
732-918-1960
www.atriaseniorliving.com

The Chelsea at Tinton Falls

One Hartford Drive
Tinton Falls, NJ 07701
732-933-4700
www.chelseaseniorliving.com

Seabrook Village Renaissance Gardens

3002 Essex Road
Tinton Falls, NJ 07753
732-643-2000

Kensington Court

864 Shrewsbury Avenue
Tinton Falls, NJ 07724
732-784-2400
www.kensingtoncourt.net

WALL:

Sunrise Assisted Living of Wall

2600 Allaire Road
Wall, NJ 07719
732-282-1700
www.sunriseseniorliving.com

Waterford Glen Assisted Living

2021 Highway 35
Wall, NJ 07719
732-282-1910
www.springpointsl.org

Continuing/Lifetime & Comprehensive Personal Care Communities

FREEHOLD:

Applewood Estates

One Applewood Drive
Freehold, NJ 07728
732-780-7370
www.centrastate.com

HAZLET:

Regency Park

3325 Highway 35
Hazlet, NJ 07730
732-264-5800

HIGHTSTOWN:

Meadow Lakes

200 Etra Road
Hightstown, NJ 08520
609-448-4100

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

HOLMDEL:

Bayshore Health Care Center

715 North Beers Street
Holmdel, NJ 07733
732-739-9000
www.bchs.com

RED BANK:

The Atrium at Navesink Harbor

40 Riverside Avenue
Red Bank, NJ 07701
732-842-3400
www.springpointsl.org

MANASQUAN:

Sunnyside Manor

2501 Ramshorn Drive
Manasquan, NJ 08736
732-528-9311

SPRING LAKE HEIGHTS:

The Arbors

550 Warren Avenue
Spring Lake Heights, NJ 07762
732-449-4444

OCEAN GROVE:

Francis Asbury Manor

70 Stockton Avenue
Ocean Grove, NJ 07756
732-774-1316

TINTON FALLS:

Seabrook Village

3000 Essex Road
Tinton Falls, NJ 07753
732-918-9100

PERRINEVILLE:

Ave Care

839 Perrineville Road
Perrineville, NJ 08535
732-446-5225
www.avecure.com

A complete list of the optional living arrangements is available through the Monmouth County Office on Aging. To obtain a copy of this list, please call, **732-431-7450 or 1-877-222-3737.**

Housing Assistance

Affordable Housing Alliance

59 Broad Street
Eatontown, NJ 07724
732-389-2958

Monday through Friday, 9:00 a.m. to 5:00 p.m.

www.housingall.com

The Alliance develops and expands the availability of affordable housing for low to moderate income and special needs groups for either rental or purchase. They provide home ownership, rental search, foreclosure assistance, information and referral services.

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

Check-Mate, Inc.

910 4th Avenue

P.O. Box 1288

Asbury Park, NJ 07712

732-774-3100

20 Jackson Street

Freehold, NJ 07728

732-780-7656

40 Memorial Parkway

Long Branch, NJ 07740

732-870-6685

Monday through Friday, 9:00 a.m. to 4:30 p.m.

www.check-mateinc.org

The community action agency of Monmouth County provides services to low and moderate income residents, including HUD counseling, emergency placement, referrals, community education workshops, and mediation in landlord/tenant disputes. There is weatherization help for home energy efficiency.

Council on Affordable Housing

Department of Consumer Affairs

P.O. Box 813

Trenton, NJ 08625

609-292-3000

www.state.nj.us/dca/coah

Interfaith Neighbors, Inc.

810 Fourth Avenue

Asbury Park, NJ 07712

732-775-5155

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.interfaithneighbors.org

This is a non-profit organization that provides rental subsidies for working families with children. They also provide home-delivered meals, throughout the county, with the help of volunteers.

Home Repair and Barrier Free Programs

Unit 835

P.O. Box 3000 Kozloski Road

Freehold, NJ 07728

732-308-3770 x7999 or x7985

Monday through Friday, 8:30 a.m. to Noon

Monmouth County provides ramps and other modification to homes or apartments to seniors, the disabled and families. Income limits and some restrictions apply. Asbury Park, Little Silver, Long Branch, Middletown and Red Bank have similar programs for their residents.

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

Jewish Family and Children's Service of Greater Monmouth County - (Russian Resettlement)

705 Summerfield Avenue

Asbury Park, NJ 07712

732-774-6886

Monday through Friday, 9:00 a.m. to 5:00 p.m.

www.jfcsmonmouth.org

Assistance to newly arrived immigrants.

Monmouth County Community Development Program

Hall of Records Annex

1 East Main Street

Freehold, NJ 07728

732-431-7490

Monday through Friday, 9:00 a.m. to 5 :00 p.m.

Funds a variety of public improvements and public service activities for eligible non-profits and participating municipalities. Files housing discrimination complaints with appropriate federal and state agencies for county residents, provides education, training and referrals for fair housing.

Monmouth County Department of Human Services - Division of Social Services

Human Services Bldg.

3000 Kozloski Road

Freehold, NJ 07728

732-431-6000 or 1-800-662-3114

www.visitmonmouth.gov

Offers rental subsidies, rental assistance programs, resource development, tenant/landlord relations, rights and responsibilities counseling.

Monmouth County Fair Housing Board.....732-431-7490

www.co.monmouth.nj.us>Planning Board>Fair Housing

New Jersey Department of Community Affairs - Rental Assistance

Program609-292-4040 or 609-633-6303

www.state.nj.us/dca

HOUSING

GENERAL AND OPTIONAL ARRANGEMENTS

New Jersey Housing Resource Center.....www.njhousing.gov

Consumers >Rental Subsidy Programs

New Jersey Housing & Mortgage Finance Agency.....609-278-7400

.....Consumer hotline 1-800-nj-house (1-800-654-6875)

www.nj.gov/dca/hmfa

New Jersey Weatherization Assistance Program (WAP)

NJ Division of Community Resources

Weatherization Assistance Program

P.O. Box 811, 5th Floor

101 South Broad Street

Trenton, NJ 08625-0811

609-633-2378

www.energyassistance.nj.gov/dca/dcr

Assists seniors, disabled and low income families to weatherize their homes to improve their heating system efficiency and conserve energy. Some restrictions apply.

Project Paul, Inc.

211 Carr Avenue

Keansburg, NJ 07734

732-787-4887

Monday through Friday, 10:00 a.m. to 3:00 p.m.

Saturday, 10:00 a.m. to 2:00 p.m.

Assists in preventing homelessness, by helping with utilities, rent and clothing. Project Paul disperses SSH and FEMA funds in the Bayshore area according to the guide-lines of the funding source. There is also a food pantry and thrift store.`

HOUSING

AFFORDABLE OR SUBSIDIZED APARTMENTS FOR THE ELDERLY

ASBURY PARK:

Asbury Towers

1701 Ocean Avenue
Asbury Park, NJ 07712

732-988-9090

www.springpointsl.org

Comstock Court

1018 First Avenue
Asbury Park, NJ 07712

732-774-2660

Asbury Park Housing Authority

Lumley Homes A

1004 Comstock Street
Asbury Park, NJ 07712

732-774-2660

Asbury Park Housing Authority

Lumley Homes B

1025 Second Avenue
Asbury Park, NJ 07712

732-774-2660

Asbury Park Housing Authority

Philip Seaview Tower

206-220 First Avenue
Asbury Park, NJ 07712

732-774-3022

220 units HUD

Robinson Tower

1000 Third Avenue
Asbury Park, NJ 07712

732-774-2660

Asbury Park Housing Authority

Stephen Manor

1100 Atlantic Avenue
Asbury Park, NJ 07712

732-774-1700

Limited number of senior units

Vita Gardens

120 Monmouth Avenue
Asbury Park, NJ 07712

732-988-8808

Limited number of senior units

ATLANTIC HIGHLANDS:

Portland Pointe

202 First Avenue
Atlantic Highlands, NJ 07716

732-872-9040

www.springpointsl.org

BELMAR:

Belmar Plaza Apartments

710 Eighth Avenue
Belmar, NJ 07719

732-859-7088

HUD, 50 senior units

EATONTOWN:

Meadowbrook

55 Wyckoff Road
Eatontown, NJ 07724

732-542-6702

196 units

FREEHOLD:

Elton Corner at Heritage Village

895 Elton Adelpia Road
Freehold, NJ 07728

732-431-3456

www.cisnj.com

Active 55+

HOUSING

AFFORDABLE OR SUBSIDIZED APARTMENTS FOR THE ELDERLY

Hudson Manor

40 Hudson Street
Freehold, NJ 07728
732-431-4880
164 units, HUD

Monmouth Court

107 Throckmorton Street
Freehold, NJ 07728
732-462-2421
47 units, Housing Authority

HAZLET:

Bethany Towers

1 Clark Street
Hazlet, NJ 07730
732-264-9550
62+

Middle Road Village

423 Middle Road
Hazlet, NJ 07730
732-264-6555
212 units

HIGHLANDS:

Ptak Towers

215 Shore Drive
Highlands, NJ 07732
732-872-2022
Borough of Highlands Housing Auth.

HOWELL:

The Crossroads at Howell

720 Route 9 South
Freehold, NJ 07728
732-683-1244
www.springpointsl.org
86 units

Friendship Gardens

100 Friendship Gardens
Howell, NJ 07731
732-370-9110
www.springpointsl.org
99 units, HUD

KEANSBURG:

Fallon Manor

43 Church Street
Keansburg, NJ 07734
732-787-6161
62 +, Tax Credit Subsidies

Granville Towers

1 Church Street
Keansburg, NJ 07734
732-787-6151
Church Street Housing Group

McGrath Towers

25 Hancock Street
Keansburg, NJ 07734
732-787-6161
110 units, HUD, Privately owned

KEYPORT:

Bethany Annex

500 Broad Street
Keyport, NJ 07735
732-264-9550

Keyport Legion Apartments

50 Beers Street
Keyport, NJ 07735
732-264-2711
209 units, 62+, NJHA

HOUSING

AFFORDABLE OR SUBSIDIZED APARTMENTS FOR THE ELDERLY

LINCROFT:

Luftman Towers

41 Hurley's Lane
Lincroft, NJ 07738
732-530-0668

189 units

LONG BRANCH:

Hobart Manor

58 Hobart Manor at James Street
Long Branch, NJ 07740
732-222-4533

www.lbhousingauthority.org

57 units, Long Branch Housing Auth.

Ocean Point Tower

10 Pavillion Avenue
Long Branch, NJ 07740
732-870-6400

www.lbhousingauthority.org

HUD, Long Branch Housing Auth.

Chester Arthur Apartments

111 Union Avenue
Long Branch, NJ 07740
732-222-4051

www.lbhousingauthority.org

60 units, Long Branch Housing Auth.

Kennedy Towers

36 Rockwell Avenue
Long Branch, NJ 07740
732-222-3747

www.lbhousingauthority.org

100 units, Long Branch Housing Auth.

Washington Manor

325 Ocean Blvd.
Long Branch, NJ 07740
732-571-1002

100 units, privately owned

MATAWAN:

Minnisink Village

1 Minnisink Drive
Matawan, NJ 07747
732-583-4980

108 units, 62+, Privately owned

MIDDLETOWN:

Alice V. Tomaso Plaza

2 Oakdale Drive
Middletown, NJ 07748
732-671-2990

151 units, HUD

Daniel Tower

1 Oakdale Drive
Middletown, NJ 07748
732-671-1629

100 units, HUD

NEPTUNE:

John W. Knox Homes

19 Davis Avenue
Neptune, NJ 07753
732-774-7692

www.tnha.org

Lake Alberta Homes

Taylor and Sixth Avenues
Neptune, NJ 07753
732-774-7692

www.tnha.org

55 units

HOUSING

AFFORDABLE OR SUBSIDIZED APARTMENTS FOR THE ELDERLY

Midtown Senior Housing

1512 Monroe Avenue
Neptune, NJ 07753
732-776-6092

R. W. Stout Homes

1810 Alberta Avenue
Neptune, NJ 07753
732-774-7692
www.tnha.org

Sebastian Villa

2305 West Bangs Avenue
Neptune, NJ 07753
732-775-6362

171 units

West Lake Senior Housing

1609 West Lake Avenue
Neptune, NJ 07753
732-988-8003

William Steele Homes

Atkins and Heck Avenues
Neptune, NJ 07753
732-774-7692
www.tnha.org

NEPTUNE CITY:

Neptune City Senior Housing Apartments

2000 Sixth Avenue
Neptune City, NJ 07753
732-988-2540

60 units, HUD

OAKHURST:

Poplar Village

67 Skinner Drive
Oakhurst, NJ 07755
732-531-2929

93 units, some affordable and Section 8

OCEANPORT:

Oceanport Gardens

274 East Main Street
Oceanport, NJ 07757
732-542-2436

101 units

PORT MONMOUTH:

Bayshore Village

Shoal Harbor Court
Port Monmouth, NJ 07758
732-787-8840

96 units

RED BANK:

Evergreen Terrace

P.O. Box 2158
Red Bank, NJ 07701
732-741-1808

50 units, 62 and older and disabled,
Housing Authority

Weselyan Arms

9 Wall Street
Red Bank, NJ 07701
732-936-0760
www.umh-nj.org

60 units

HOUSING

AFFORDABLE OR SUBSIDIZED APARTMENTS FOR THE ELDERLY

ROOSEVELT:

Solar Village

North Valley Road
Roosevelt, NJ 08555

609-371-1350

Tuesday afternoons

Thursday mornings

20 units, for aged and disabled, send
mail to: P.O. Box 535, Roosevelt, NJ
08555

TINTON FALLS:

Tinton Falls Senior Residence

2500 Shafto Road
Tinton Falls, NJ 07712

732-922-2320

The Pines at Tinton Falls

70 Pine Street
Tinton Falls, NJ 07753

732-922-9960

95 units, Tax credit

WALL TOWNSHIP:

Allaire Crossing

2011 New Bedford Road
Wall, NJ 07719

732-449-5889

www.springpointsl.org

66 units for seniors and disabled.

WEST LONG BRANCH:

Peter Cooper Village

200 Forest Street
West Long Branch, NJ 07764

732-229-3800

150 units

INSURANCE

General Information:

**New Jersey Department of Banking Insurance and Real Estate
Commission Hotline.....609-292-5316 or 1-800-446-7476**

New Jersey Department of Insurance

20 West State Street
Trenton, NJ 08625
609-292-5360

www.nj.gov >Departments>Banking & Insurance

Medigap and Long-Term Care policy information.....1-800-792-8820

Insurance Ombudsman.....1-800-446-7476

609-292-7272 or 609-292-5360

www.state.nj.us/dobi/aboutdobi.htm

SHIP - (State Health Insurance Assistance Program)

732-728-1331 or 732-431-7450 (Monmouth County Office on Aging)

Call to find locations, times and make an appointment, if necessary. Volunteer counselors are trained by the New Jersey Department of Health and Senior Services, to assist you in contacting insurance companies, answering questions about filing claims, or appeals. They assist with Medicare plans, PAAD or Senior Gold applications.

Medicare

Medicare Toll-Free Information Service.....1-800-633-4227

Monday through Friday, 8:00 a.m. to 4:00 p.m. www.medicare.gov

Counseling on Health Insurance for Medicare Enrollees (SHIP)

Coordinator.....732-531-5511

Medicare Enrollment (Social Security Office)

For appointment.....1-800-772-1213

General Inquiry.....732-918-8783

Medicare Fraud and Abuse.....1-800-447-8477

www.cms.hhs.gov/ContactCMS

Medicare Beneficiary Helpline.....1-800-624-4557

LEGAL SERVICES

General Information:

Community Health Law Project

1 Main Street, Suite 413
Eatontown, NJ 07724
732-380-1012
1-888-838-3180 (Hotline)
www.chlp.org/eatontown

Legal and non-legal advocacy services for mentally and developmentally impaired individuals. Medicare beneficiaries outreach and assistance.

LSNJ LAW

1-888-576-5529 (Hotline)
Monday through Friday, 8:00 a.m. to 5:30 p.m.
www.lsnjlaw.org

Free legal help for low-income New Jersey residents, by phone. Advice on civil matters. No court representation or criminal law advice.

Monmouth County Adjuster

Hall of Records
1 East Main Street
Freehold, NJ 07728
732-431-6302
www.visitmonmouth.com

Acts as referee for the County Court in all matters pertaining to admissions to State Facilities, both for mentally-ill and mentally retarded.

Monmouth County Legal Aid Society, Inc.

Location:

2407 Route 66 (inside the Probation Bldg.)
Ocean, NJ 07712
732-869-5619
www.probono.net

Mailing Address:

P.O. Box 86
Asbury Park NJ 07712

To provide legal counsel and assistance on problems of civil law to eligible residents of Monmouth County, including court representation where necessary.

LEGAL SERVICES

Monmouth County Sheriff's Office-TRIAD Program

50 East Main Street

Freehold, NJ 0772

732-431-7138

www.visitmonmouth.com/sheriff

The TRIAD Program is a three-way cooperative effort among the Sheriff's Office, the Chiefs of Police Association and the leadership of various local senior organizations. The primary goal is to reduce the criminal victimization of older citizens and enhance the delivery of law enforcement.

Ocean/Monmouth Legal Services

303 West Main Street, 3rd Floor

Freehold, NJ 07728

732-866-0020

www.lsnj.org/omls

279 Broadway Suite 301, 3rd Floor

Long Branch, NJ 07740

732-222-3338

Legal services are available under the Older Americans Act to provide legal assistance, by or under the supervision of an attorney, to protect and secure the rights of older persons. Legal assistance to eligible, low-income individuals and groups in certain civil, non-fee generating matters also available.

Office of the Public Guardian

P.O. Box 812

25 Scotch Road

Ewing, NJ 08628

609-530-8810

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.state.nj.us/health

Guardianship/conservatorship services to individuals 60 years of age and older who meet the eligibility requirements. Services include visits, coordination of social services, trust/property management, and legal services.

Surrogate's Office

Hall of Records

1 East Main Street

Freehold, NJ 07728

732-431-7330

www.visitmonmouth.com>Departments

Probates wills, Administrations, Guardianships, Adoptions

NUTRITION PROGRAMS

Congregate Nutrition Sites

Asbury Towers

1701 Ocean Avenue
Asbury Park, NJ 07712
732-774-4447

Bayshore Senior Day Center

100 Main Street
Keansburg, NJ 07734
732-495-2454

Howell Senior Center

P.O. Box 580
251 Preventorium Road
Howell, NJ 07731
732-938-4500 x2552

Keyport Senior Center

110 Second Street
Keyport, NJ 07735
732-264-4916
**Monday through Friday, 9:00
a.m. to 3:30 p.m.**

Long Branch Senior Center

85 Second Avenue
Long Branch, NJ 07740
732-571-6542

Middletown Senior Center

Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737-1339
732-615-2265 (Senior Ctr.)
732-291-0999 (Nutrition Ctr.)

Marlboro Recreation Center

1996 Recreation Way
Marlboro, NJ 07751
732-617-0100

Morganville Senior Center

176 Texas Road
Marlboro, NJ 07751
732-591-9337

Monday, 12:30 p.m. to 1:30

p.m.

Senior weekly kosher hot lunch, call to reserve.

Neptune Township Senior Center

1825 Corlies Avenue
Neptune, NJ 07753
732-988-8855

**Monday through Friday 9:00 a.m. to
3:30 p.m.**

www.neptunetownship.org

Red Bank Senior Center

80 Shrewsbury Avenue
Red Bank, NJ 07701
732-747-5204

**Monday through Friday, 8:30 a.m. to
4:00 p.m.**

NUTRITION PROGRAMS

Food Stamp Program

Monmouth County Division of Social Services

3000 Kozloski Road

Freehold, NJ 07728

732-431-6000

Monday through Friday, 8:30 a.m. to 4:30 p.m.

Evening hours only at the Ocean location, Tuesday and Wednesday, 4:30 to 8:00 p.m.

2405 Route 66

Ocean, NJ 07712

732-431-6000 x5800

Home Delivered Meals

Interfaith Neighbors, Inc.

810 Fourth Avenue

Asbury Park, NJ 07712

732-775-5155

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.interfaithneighbors.org

Ruth Hyman Jewish Community Center

100 Grant Avenue

Deal Park, NJ 07723-1506

732-531-5144 ext. 125

Congregate meals served Tuesday & Thursday at Noon.

www.jccmonmouth.org

Call to arrange at-home meal delivery.

Nutrition Programs/Food Pantry Programs

Belmar Methodist Food Pantry

7th Avenue and D Street

Belmar, NJ 07719

732-681-1385

Monday and Thursday (except holidays), 10:00 a.m. to 12:00 p.m.

Bradley Food Pantry

605 4th Avenue & Commons

Bradley Beach, NJ 07720

732-775-0161

Monday through Friday, 10:00 a.m. to Noon

NUTRITION PROGRAMS

Calico Cat Food Pantry, Cupboard And Homeless Action Team

96 Kings Highway
Middletown, NJ 07748
732-671-0550

Wednesday, 9:30 a.m. to Noon, 1:00 p.m. to 2.30

Serves the Bayshore area. Referral needed.

CHANT (Conquer Hunger & Needy Together)

131 Corlies Avenue Unit 1B/D
Neptune, NJ 07753
732-774-2712

Monday through Friday, 9:00 a.m. to 2:00 p.m.

Food Bank of Monmouth and Ocean Counties

3300 Route 66
Neptune, NJ 07753
732-918-2600

Monday through Friday, 8:30 a.m. to 4:30 p.m.
www.foodbankmoc.org

Freehold Area Open Door

39 Throckmorton Street
Freehold, NJ 07728
Send mail to: P.O. Box 1073
732-780-1089

Monday through Friday, 10:00 a.m. to 1:30 p.m.

Howell Emergency Food Pantry, Inc.

450 Adelpia Road
Farmingdale, NJ 07727
732-938-2368

Mail to:
P.O. Box 580
Howell, NJ 07731

Monday mornings, 8:00 a.m. to 11:00 a.m.

Food distribution last Monday of the month 4:00 p.m. to 7:00 p.m.

NUTRITION PROGRAMS

Keyport Ministerium Food Pantry

St. Mary the Virgin Episcopal Church

10 East Front Street

PO Box 35

Keyport, NJ 07735

732-888-1986

Tuesday and Thursday, 9:30 a.m. to 11:30 a.m.

www.keyportfoodpantry.org

The pantry is located in St. Mary's Hall at #8, on the left, behind the church.

Lunch Break

121 Drs. James Parker Blvd.

Red Bank, NJ 07701

732-747-8577

Monday through Friday, 8:00 a.m. to 2:00 p.m., Saturday, 9:00 a.m. to Noon. Meals served from Noon to 1:30 p.m.

www.lunchbreak.org

The pantry distributes food baskets on a bi-monthly basis. A donation of time is requested, if possible. Clothing distribution is the first Saturday of the month at 8:00 a.m.

Mercy Center

1106 Main Street

Asbury Park, NJ 07712

732-774-9397

Monday through Friday, 8:30 a.m. to 4:00 p.m.

www.mercycenter.nj.org

Middletown Assembly of God

628 Palmer Avenue

Middletown, NJ 07748

732-977-9767

Tuesdays & Fridays, 11:00 a.m. to 1:00 p.m.

Tuesday evenings, 6:00 p.m. to 7:00 p.m.

Emergency food assistance pantry.

NUTRITION PROGRAMS

Project Paul, Inc.

211 Carr Avenue
Keansburg, NJ 07734
732-787-4887

Monday through Friday, 10:00 a.m. to 2:00 p.m.

Saturday 10:00 a.m. to 2:00 p.m.

Pantry operates Monday, Wednesday and Friday

www.projpaul.org

If there is a food emergency call during office hours.

Saint Peter's Episcopal Church Soup Kitchen

Throckmorton Street (near West Main St.)
Freehold NJ 07728
732-780-1089

Lunches served Monday, Wednesday & Thursday 11:30 a.m. to 1:30 p.m.

Samaritan Center

3 Harrison Avenue
Englishtown, NJ 07726
732-446-1142

Tuesday, Thursday and Saturday, 9:30 a.m. to 12:30 p.m.

SENIOR ORGANIZATIONS

General Information:

American Association of Retired Persons (AARP)

601 East Street, NW
Washington, DC 20049
202-434-2277 or 1-800-424-3410
www.aarp.org

National Active and Retired Federal Employees Association

606 North Washington Street
Alexandria, VA 22314
703-838-7760
www.narfe.org

National Council on Aging

1901 L Street, NW
Washington, DC 20036
202-479-1200
www.ncoa.org

SOCIAL & RECREATIONAL

Senior Centers

Asbury Park Senior Center

Temporary location:

Philip Seaview Tower

206 First Avenue

Asbury Park

732-504-5040 or 732-988-5252

Monday through Friday, 9:00 a.m. to 4:30 p.m.

Send mail to: 1 Municipal Plaza

Asbury Park, NJ 07712-6217

www.cityofasburypark.com

>City information>Departments>Senior Center

Bayshore Senior Day Center

100 Main Street

Keansburg, NJ 07734-1799

732-495-2454

Monday through Friday, 8:30 a.m. to 4:00 p.m.

Eatontown Community Center

72 Broad Street

Eatontown, NJ 07724

732-389-7666

Monday, Wednesday, Friday, 8:30 a.m. to 4:30 p.m.

Send mail to: 47 Broad St.

Freehold Township Senior Center

116 Jackson Mills Road

Freehold, NJ 07728

732-294-2029

R. D. Wilson Memorial

Community Center

22 Snug Harbor Avenue

Highlands, NJ 07732-1465

732-872-1959

Thursday, 12:00 a.m. to 3:00 p.m.

Howell Senior Center

251 Preventorium Road

P.O. Box 580

Howell, NJ 07731

732-938-4500 x2550

Monday through Friday, 8:30 a.m. to 4:30 p.m.

Keyport Senior Center

110 Second Street

Keyport, NJ 07735-1848

732-264-4916

Monday through Friday, 9:00 to a.m. to 3:30 p.m.

Long Branch Senior Center

85 Second Avenue

Long Branch, NJ 07740-6725

732-571-6542

Monday through Friday, 8:30 a.m. to 4:30 p.m.

Manalapan Senior Center

211 Freehold Road

Manalapan, NJ 07726

732-446-8401

Monday through Friday, 9:00 a.m. to 4:00 p.m.

SOCIAL & RECREATIONAL

Middletown Senior Center

Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737-1339
732-615-2265 (Senior Center)

**Monday through Friday, 8:30 a.m.
to 4:30 p.m.**

Marlboro Twp. Senior Program

Marlboro Recreation Center
1996 Recreation Way
Marlboro, NJ 07746
732-617-0100

**Monday through Friday, 8:30 a.m.
to 4:00 p.m.**

www.marlboro-nj.gov

Neptune Township Senior Center

1825 Corlies Avenue
Neptune, NJ 07753
732-988-8855

**Monday through Friday, 9:00 a.m.
to 3:30 p.m.**

www.neptunetownship.org

Red Bank Senior Center

80 Shrewsbury Ave.
Red Bank, NJ 07701
732-747-5204

**Monday through Friday, 8:30 a.m.
to 3:30 p.m.**

Recreation

National Parks in New Jersey

Appalachian, Delaware Water Gap, Edison, Ellis Island, Gateway National Recreation Area, Morristown, New Jersey Coastal Heritage Trail, and New Jersey Pinelands

www.nps.gov

America the Beautiful - National Parks and Federal Recreation Lands Pass - for Seniors - Cost \$10.

America the Beautiful - National Parks and Federal Recreation Lands Pass - Access Pass (for the disabled) - Free

This is a lifetime pass for U. S. citizens or permanent residents age 62 or over. The pass, obtained in person, at the park, permits access to Federal Recreation sites. Proof of age, citizenship and documentation of permanent disability (if applicable) are required. Other restrictions apply.

Gateway Sandy Hook National Recreation Area

PO Box 530
Sandy Hook, NJ 07732
732-872-5970
www.nps.gov/gate

SOCIAL & RECREATIONAL

State of New Jersey

New Jersey State Parks

1-800-843-6420 or 609-984-1423

www.state.nj.us > Things to do in NJ

Shore Region Park Service (serving Monmouth County).....732-462-5868

There are 42 parks, 11 forests, 3 recreation areas and more than 50 historic sites. Residents of the State of New Jersey who are 62 years of age and older or people who are totally disabled, may apply for a free or discounted Annual State Park Pass upon providing adequate verification of their status. Applications are obtained on line or by calling.

Allaire State Park.....732-938-2371

Leonardo State Marina.....732-291-1333

Monmouth Battlefield State Park.....732-462-9616

Spring Meadow Golf Course.....732-449-0806

Family Fishing, Clamming and Oyster Licenses

(NJ Dept. of Environmental Protection Division of Fish & Wildlife)

P.O. Box 400

Trenton, NJ 08625

609-292-2965

www.njfishandwildlife.com

Walk-in at 501 East State Street, 3rd floor. State applications available for those 62 years of age or older. Proof of residency and age required. A moderate fee applies.

NJ Hall of Fame

201-507-8134

www.njhalloffame.com

NJ Historical Commission

609-984-0902

www.state.nj.us > Things to do in NJ

NJ Office of Travel & Tourism

1-800-847-4865 Free Publications

609-777-0885 For Inquiries

www.state.nj.us/travel

SOCIAL & RECREATIONAL

NJ State Council on the Arts

609-292-6130

www.njartscouncil.org or www.state.nj.us >Things to do in NJ

Monmouth County

Monmouth County Department of Tourism

31 East Main Street

Freehold, NJ 07728

732-431-7476 or 1-800-523-3587

www.visitmonmouth.com

Monmouth County Park System

805 Newman Springs Road

Lincroft, NJ 07738

732-842-4000

www.monmouthcountyparks.com

There are varied activities and events year round.

P.N.C. Bank Arts and Cultural Center

Exit 116 Garden State Parkway

Holmdel, NJ 07733

732-203-2500

www.livenation.com/venue

The Community YMCA Administration Office

732-671-5505

The Community YMCA Family Health and Fitness Center

166 Maple Avenue

Red Bank, NJ 07701

732-741-2504

www.TheCommunityYMCA.org

YMCA of Western Monmouth County

470 East Freehold Road

Freehold, NJ 07728

732-462-0464

www.ymcanj.org

SOCIAL & RECREATIONAL

Golf Courses

Automated tee time reservations and information are available 24 hours a day by telephone and the internet. ID cards must be purchased in person at a Monmouth County Park System golf course.

732-758-8383

www.monmouthcountyparks.com or www.golfable.com

Bel Aire Golf Course

Route 34 at Allaire Road
Wall Township, NJ 07719
732-449-6024

This course does not accept advance reservations. It is a walk on, first-come, first served facility.

Charleston Springs

101 Woodville Road
Millstone Township NJ 07726
732-409-7227

Hominy Hill Golf Course

92 Mercer Road
Colts Neck, NJ 07722
732-462-9222

Howell Park Golf Course

Preventorium Road (next to the high school on Rt. 524)
Howell Township, NJ 07731
732-938-4771

Pine Brook Golf Course

1 Covered Bridge Boulevard
Manalapan, NJ 07726
732-536-7272

Shark River Golf Course

320 Old Corlies Road
Neptune Township, NJ 07753
732-922-4141

SOCIAL SERVICES

General Information:

Adult Protective Services - Family and Children's Service of Monmouth County

191 Bath Avenue

Long Branch, NJ 07740

732-531-9191 or 1-800-792-6995 (State office)

Monday through Friday, 8:30 a.m. to 4:30 p.m.

www.fcsmonmouth.org

Protective Services for the elderly is a program of socio-legal intervention for persons in Monmouth County who are being psychologically, physically, or financially abused or neglected by their caretaker or family. The program is sponsored by Family and Children's Service. Disabled persons 18 years and older who live alone and are unable to care for themselves or protect themselves from jeopardy are also served.

American Red Cross Jersey Coast Chapter

1540 West Park Avenue

Tinton Falls, NJ 07724

732-493-9100

Monday through Friday, 9:00 a.m. to 5:00 p.m.

www.jerseycoast-redcross.org

A non-profit volunteer organization that provides emergency services for military personnel and their families; emergency assistance (food, clothing, etc. for those stricken by disaster, large or small); CPR, First Aid, Water Safety and AIDS education; Blood Services; International Tracing Services; and Lifeline Emergency Response System.

Barrier Free Program

Unit 835

P.O. Box 3000

Kozloski Road

Freehold, NJ 07728

732-431-6000 x7999

Monday through Friday, 8:30 a.m. to Noon

Provides ramps and other modifications to homes or apartments to enhance mobility to persons with physical limitations.

SOCIAL SERVICES

Catholic Charities Family & Community Services

145 Maple Avenue
Red Bank, NJ 07701

732-747-9660 or 1-360-771-1800 (Trenton)

www.dioceseoftrenton.org/justice/charities.asp

Mental Health; anger management. Accepts medicare insurance.

Check-Mate, Inc.

910 4th Avenue
P.O. Box 1288
Asbury Park, NJ 07712
732-774-3100

20 Jackson Street
Freehold, NJ 07728
732-780-7656

40 Memorial Parkway
Long Branch, NJ 07740
732-870-6685

Monday through Friday, 9:00 a.m. to 4:30 p.m.

www.check-mateinc.org

Provides services to low and moderate income residents. These include: Housing Assistance, Emergency Shelter Program, AIDS Education Project, Day Care Project, Energy Projects, Weatherization and Resource Centers.

Emergency Shelter and Transitional Housing Program Monmouth County Division of Social Services

732-431-6000 (after hours) or 1-800-662-3114 (Clients only)

www.visitmonmouth.com

Provides temporary shelter for homeless eligible families and allows for the provision of social services and transportation.

Family & Children's Services-Money Management Program

191 Bath Avenue
Long Branch, NJ 07740
732-222-9111 x173

www.fcsmonmouth.org

The program helps people be independent and stay in their homes as long as possible. Help is provided to low-income seniors and disabled citizens having difficulty paying routine bills and keeping track of financial matters. Money management materials are provided. Volunteers balance checkbooks and pay bills for people who remain in control of their finances. A Representative Payee Service is available for clients that are incapable of handling their own funds. Volunteers are appointed by a federal government agency to receive and manage a government benefit (such as a Social Security check). The benefit is usually directly deposited to a bank account from which the payee pays the client's bills.

SOCIAL SERVICES

Hispanic Affairs and Resource Centers of Monmouth County

913 Sewall Avenue

Asbury Park, NJ 07712

732-774-3282

12 Throckmorton St.

Freehold, NJ 07728

732-431-6977

121 Bridge Avenue

Red Bank, NJ 07701

732-747-9000

The centers provide assistance to the Hispanic community in the following areas: Interpretive translation, escort services, advocacy, notary, applications and forms assistance, information and job referrals, technical assistance to other human service providers, youth support services, and English as a second language.

Monmouth County Division of Social Services

Human Services Bldg.

3000 Kozloski Road

Freehold, NJ 07728

732-431-6000 (after hours for all offices) TDD 732-294-5462 or

1-800-662-3114 (Clients only)

www.visitmonmouth.com

All programs and services can be obtained through the central office in Freehold. The Division of Social Services provides assistance to senior citizens with financial, medical, and social service needs. Some services are; emergency assistance, income assistance, food stamps, medicaid programs, volunteer unit, and burial assistance. The New Jersey Care Program provides full medicaid coverage to aged, blind and disabled people who meet specified income and asset guidelines.

Monmouth County Division of Social Services Outreach Location Ocean Township

2405 Route 66

Ocean, NJ 07712

Monday through Friday, 8:30 a.m. to 4:30 p.m. 732-431-6000

Tuesday and Wednesday evenings only, 4:30 p.m. to 8:00 p.m. call

732-431-6000 x 5800

Outreach offices offer applications and re-determination activities for food stamps, general assistance and medicaid.

SOCIAL SERVICES

New Jersey Self-Help Clearing House

375 East McFarland Street

Dover, NJ 07801-3638

1-800-367-6274

Monday through Friday, 9:00 a.m. to 5:00 p.m.

www.medhelp.org/njgroups

Information and referral services to Mutual Aid Self-Help/MASH groups.

The Salvation Army

Headquarters:

510 Grand Avenue

Asbury Park, NJ 07712

732-775-8698

Thrift Store:

821 Main Street

Asbury Park, NJ 07712

732-775-8633

Salvation Army - Red Bank Corps

20 Riverside Avenue

Red Bank, NJ 07701

732-747-1626

www.newjerseysalvationarmy.org

Serves all members of the community on a case by case basis depending on the resources available.

Grandparent/Relative Caregiver Respite Program-Child Care Resources of Monmouth County

3301C Route 66

P.O. Box 1234

Neptune, NJ 07753

732-918-9901 or 1-800-734-4810

www.ccrnj.org

Short term child care relief for grandparents or relatives 60+ years and primary caregivers of a child/children 18 years and younger, residing with them in Monmouth County. Applicants must have a legal relationship to the child for whom they are seeking respite care, such as legal custody or guardianship or be a grandparent who is raising the child informally.

SOCIAL SERVICES

Statewide Respite Care Program-Family and Children's Service

191 Bath Avenue

Long Branch, NJ 07740

732-222-9111

www.fcsmonmouth.org

This program provides respite services to families experiencing fatigue and stress due to long-term caregiving of frail elderly and/or disabled relatives. Priority is given to families where the impaired member is at risk of long-term institutionalization due to the inability of the caregiver to continue in the role.

United Way of Monmouth County

1415 Wyckoff Road

Wall Township

Farmingdale, NJ 07727

First Call For Help - 732-938-5988

www.uwmonmouth.org

This is a non-profit volunteer organization, making an impact on the lives of our friends and neighbors. For further information, United Way of Monmouth County can serve you by telephone or their online directory.

Non-Emergency Help Line

Dial: 211

www.nj211.org

Free, confidential, 24/7, TTY and multilingual help for families and seniors.

TAX BENEFITS

General Information:

Federal

Internal Revenue Service

4 Paragon Way
Freehold, NJ 07728
732-660-0063 or 1-800-829-1040
Monday through Friday, 8:30 a.m. to 4:30 p.m.
www.irs.gov

Taxpayer Advocate Service of the IRS

1-877-777-4778
www.irs.gov

See publication 1546 and Topic 104.

State

New Jersey Department of Taxation

630 Bangs Avenue
Asbury Park, NJ 07712
732-869-8044
www.njtaxation.org

NJ Homestead Rebate and New Property Tax Deduction/Credit

732-869-8044
1-877-658-2972 Filing and inquiry system

Must file the N.J. 1040 Tax return and rebate forms. For qualified homeowners and tenants based on income and amount of property taxes or rent paid during the previous year.

NJ Property Tax Freeze and Homestead Property Tax Reimbursement Programs

1-800-882-6597

A yearly reimbursement for eligible homeowners where there has been an increase from the previous year's tax amount.

TAX BENEFITS

Senior Citizens' Property Tax Deduction

732-869-8044 or 1-800-882-6597

A deduction on property taxes to homeowners 65 and over with limited income. Contact your local municipality.

Veterans' Property Tax Deductions

Available regardless of income, to qualified Veterans' or Veterans' widows if they have not remarried. Contact your local municipality.

TRANSPORTATION

Amtrak.....1-800-872-7245

www.amtrak.com

There is a 15% discount on regular coach rail fares and a 10% discount on a North America Rail Pass for senior citizen, veterans and handicapped travelers. Appropriate identification is required, for additional information call Amtrak.

Bridge Fees - Reduced Fee Tickets

Delaware River Port Authority

Attn: Toll Accounting

P.O. Box 1949

Camden, NJ 08101

856-968-3347

www.drpa.org

Seniors 65+, using various bridges may apply for 20 reduced fee tickets, purchased by mail only. Must provide proof of age and valid driver's license.

J & D Shared Ride Service

732-918-4844

Monday, Wednesday, Fridays and Saturdays, 9:15 a.m. to 4:00 p.m.

Thursday evenings, 4:00 p.m. to 9:00 p.m.

24-hour advance reservation required; for this multiple destination, shared ride, for shopping, medical or personal trips. Open to seniors 60+ and disabled residents. Wheelchair accessible transportation is available.

NJ E-Z Pass Customer Service Center

P.O. Box 52003

Newark, NJ 07101-8203

1-888-288-6865 or 732-442-8600 x2100

www.ezpassnj.com

10% discount off NJ Turnpike/GSP rates, Mon.-Fri. only, during non-peak hours. Good on one vehicle per household.

TRANSPORTATION

NJ Transit

Customer service and Lift assisted buses

973-275-5555 (24 hour access, Operator-assisted 6:00 a.m. to 9:00 p.m.)

1-800-772-2287 (TTY 6:00 a.m. to 9:00 p.m.)

www.njtransit.com

Access Link (NJ Transit)

1-800-955-2321 or **TTY 1-800-955-6765**

7 days a week

ADA Services (NJ Transit)

973-491-7385

Monday through Friday 8:30 a.m. to 5:00 p.m.

NJ Transit Reduced Fare Program

180 Boyden Avenue

Maplewood, NJ 07040

973-378-6401

www.njtransit.com

Seniors 62+ can save half or more off the purchase of regular one-way fares for NJ Transit trains, buses or light rail. Proof of age required, such as a reduced fare ID card or a Medicare Card. If disabled, have an application completed and returned by a physician. If a personal assistant is required, they ride free with properly certified ID. The NJ Commission for the Blind and Visually Impaired at **973-648-3333**, can complete, certify and mail applications. Apply on line or call NJ Transit Reduced Fare Office.

Special Citizen Area Transportation (SCAT)

250 Center Street

Freehold, NJ 07728

732-431-6480 or **732-431-6485**

Monday through Friday, 6:30 a.m. to 4:00 p.m.

Pick-up and return 9:00 a.m. to 2:00 p.m.

www.visitmonmouth.com>Social Services>Transportation

SCAT is available for medical transportation for persons age 60+ and the permanently disabled. Transportation for shopping is available in the municipalities that have contracted with SCAT. Reservations are required, no more than 14 days in advance, no less than 48 hours notice.

TRANSPORTATION

Suburban Coach USA732-249-1100
www.coachusa.com/suburban

Participates in New Jersey Transit Reduced Fare Program. Identification cards along with Reduced Fare Coupons. These coupons are available where NJ Transit Reduce Fare ID card applications are obtained. See also NJ Transit.

VOLUNTEER PROGRAMS

AmeriCorps Corporation For National Service

1-800-942-2677

www.americorps.gov

The Senior Corps utilizes the skills, talents, and experiences of older Americans to help make communities stronger, safer, healthier, and smarter.

American Red Cross of New Jersey

1540 West Park Avenue

Tinton Falls, NJ 07724

732-493-9100

www.jerseycoast-redcross.org

Family and Children's Service

191 Bath Avenue

Long Branch, NJ 07740

732-222-9111

www.fcsmonmouth.org

RSVP - (Retired Senior Volunteer Program)

1-800-424-8867

Monday through Friday, 8:30 a.m. to 4:30 p.m.

A variety of volunteering opportunities exist in the county for anyone 55 years of age or older. Volunteers sign up for a minimum of 4 hours to 40 hours per week.

SHIP - (State Health Insurance Assistance Program)

732-728-1331 or 732-431-7450 (Monmouth County Office on Aging)

Call to find locations, times and make an appointment, if necessary. Volunteer counselors are trained by the New Jersey Department of Health and Senior Services, to assist you in contacting insurance companies, answering questions about filing claims, or appeals. They assist with Medicare plans, PAAD or Senior Gold applications.

Interfaith Neighbors, Inc.

810 Fourth Avenue

Asbury Park, NJ 07712

732-775-5155

www.interfaithneighbors.org

Volunteers welcome for home delivery of meals, vehicle required.

VOLUNTEER PROGRAMS

Literacy Volunteers of Monmouth County

213 Broadway

Long Branch, NJ 07740

732-571-0209

Monday through Friday, 10:00 a.m. to 2:00 p.m.

www.lvmonmouthnj.org

New Jersey Anti-Hunger Coalition (NJAHC)

1-201-569-1804

www.njahc.org

Food pantry volunteer options under food pantries and soup kitchens

Senior Citizens Activities Network (SCAN)

Monmouth Mall

180 Highway 35 South

Eatontown, NJ 07724

732-542-1326

www.scannj.com

Volunteer staff runs the center and the reception desk, greets visitors, registers new members, and hosts various activities. SCAT bus transportation is available to the Monmouth Mall. Call directly to schedule your ride with SCAT at **732-431-6480**.

Service Corps of Retired Executives - S.C.O.R.E.

Score Chapter 36 of Monmouth County

Brookdale Community College

Newman Springs Road

Lincroft, NJ 07738

732-219-9119

Meets the first Friday of every month at 10:00 a.m.

Room 220 at the ATeC Building, Brookdale Community College

www.score36.org

This is a non-profit organization and resource partner with the U. S. Small Business Administration (SBA). The aim is to have business people active or retired who wish to volunteer their time and talents to help start new businesses or help existing businesses grow.

VOLUNTEER PROGRAMS

Superior Court of New Jersey

71 Monument Street
Freehold, New Jersey 07728
732-677-4471
www.njcourtsonline.com

Seniors welcome to help with administrative support and community boards.

The Food Bank of Monmouth and Ocean Counties

3300 Route 66
Neptune, NJ 07753
732-918-2600
www.foodbankmoc.org

Volunteer guidelines include a completion of an application, a tour of the facility and a 20 minute orientation video. Volunteers must be 13 years or older. For those short of time, there is a “Mix, Mingle and Sort” evening on the first Thursday of the month from 6:00 p.m. to 8:00 p.m., during September through June. The door is open, please wear closed shoes. Those under 18 need to be accompanied by an adult.

United Way of Monmouth County

1415 Wyckoff Road
Farmingdale, NJ 07727
732-938-5988
www.volunteersolutions.org

VolunteerMatch

www.volunteermatch.org

Options are listed to match interests, with needs in your zip code and nearby towns. All sorts of options can be found, including gardening, crafts, mentoring etc., There are hands-on and virtual projects that can be done without leaving your home.

There are many charitable organizations and faith based groups throughout Monmouth County that need volunteers and are very grateful for whatever time you can offer them.

TOLL-FREE NUMBERS & WEB SITES

- Access Link (NJ Transit).....1-800-955-2321**
www.njtransit.com
- Addictions HotLine Services.....1-800-238-2333**
www.addictionshotlineofnj.org
- Adult Protective Services (State office).....1-800-792-6995**
- American Association of Retired Persons (AARP).....1-800-424-3410**
or 1-866-542-8165
www.aarp.org
- American Foundation for the Blind.....1-800-232-5463**
www.afb.org
- American Podiatric Medical Association Foot Care Information
 Center Hotline.....1-800-366-8227**
www.apma.org
- AmeriCorps Corporation for National Service.....1-800-942-2677**
www.americorps.gov
- Amtrak.....1-800-872-7245**
www.amtrak.com
- Brain Injury Association of New Jersey.....1-800-669-4323**
www.bianj.org
- Bureau of Veterans' Services.....1-800-827-1000**
www.va.gov
- Child Care Resources of Monmouth County.....1-800-734-4810**
www.ccrnj.org
- Community Health Law Project.....1-888-838-3180**
www.chlp.org
- Consumer Credit Counseling Services.....1-800-388-2227**
www.nfcc.org
- COPSA Institute for Alzheimers Disease and Related Disorders.....**
1-800-424-2491
www.ubhc.umdj.edu
- Council on Compulsive Gambling of NJ1-800-426-2537**
www.800gambler.org
- Deaf/Hard of Hearing.....1-800-792-8339**
www.shhh.org
- Department of Public Health Hotline.....1-800-732-9770**
www.state.nj.us/health

TOLL-FREE NUMBERS & WEB SITES

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- Drug Abuse Hotline.....1-800-238-2333
www.addictionshotlineofnj.org
- Emergency Shelter and Transitional Housing Program-
1-800-662-3114
www.visitmonmouth.com>Departments>Human Services>Data Mart
- Grandparent/Relative Caregiver Respite Program-Child Care
 Resources of Monmouth County.....1-800-734-4800
www.ccrnj.org
- Hearing Aid Assistance to the Aged and Disabled
 (HAAAD).....1-800-792-9745
www.state.nj.us/health/seniorbenefits
- Holy Redeemer Health Center.....1-888-678-8678 or 1-800-818-4747
www.holyredeemer.com
- Home Energy Assistance.....1-866-240-1347 or 1-800-510-3102
www.energyassistance.nj.gov/dca/dcr
- Housing Discrimination Hotline.....1-800-669-9777
www.state.nj.us/dca/fairhousing
- Income Tax (Federal).....1-800-829-1040
www.irs.gov
- Income Tax (State).....1-800-323-4400
www.state.nj.gov/treasury/taxation
- Insurance Ombudsman.....1-800-446-7476
www.state.nj.us/dobi/aboutdobi.htm
- Internal Revenue Services.....1-800-829-1040
www.irs.gov
- International Society Hearing Aid Helpline.....1-800-521-5247
www.ihinfo.org or www.helpbook.prarienet.org
- Lead Education/Outreach.....1-877-322-5323
www.state.nj.us>Division of Community Affairs
- League of Women Voters.....1-800-792-8683
www.lwvnj.org
- Legislation Hotline (NJ Bills).....1-800-792-8630
www.njleg.state.nj.us
- Library for Blind & Handicapped (NJ).....1-800-792-8322
www.njlbh.org

TOLL-FREE NUMBERS & WEB SITES

- Lifeline Assistance Credit**.....1-800-792-9745
www.njPAAD.gov>Senior Benefits Home>Support Services for Aged and Disabled>Utility Assistance>Lifeline
- LSNJ Law (Hotline)**.....1-888-576-5529
www.lsnjlaw.org
- Medicare Beneficiary Helpline**.....1-800-624-4557
- Medicare Enrollment (Social Security Office)**.....1-800-772-1213
www.socialsecurity.gov or www.medicare.gov
- Medicare Fraud and Abuse**.....1-800-447-8477
www.cms.hhs.gov/Contact/CM
- Medicare Toll-Free Information Service**.....1-800-633-4227
www.medicare.gov
- Medigap and Long Term Care Policy Information**....1-800-792-8820
www.nj.gov>Departments>Banking & Insurance
- Meridian Home Care**.....1-800-894-6885
www.meridianathome.com
- Monmouth County Dept. of Human Service-Division of Human Services (clients only)**.....1-800-662-3114
www.visitmonmouth.com
- Monmouth County Department of Tourism**.....1-800-523-2587
www.visitmonmouth.com
- Monmouth County Library Eastern Branch**.....1-866-941-8188
www.monmouthcountylib.org
- Motor Vehicle Registration Discounts**.....1-888-486-3339
www.state.nj.us/mvc
- Multiple Sclerosis Foundation**.....1-800-544-1213
www.msfocus.org
- National Do Not Call Registry**.....1-888-382-1222
www.donotcall.gov
- National Institute of Health, Osteoporosis & Related Bone Diseases, National Recourse Center**.....1-800-624-2663
www.osteoporosis.org
- National Institute of Neurological Disorders**.....1-800-352-9424
www.ninds.nih.gov
- National Mental Health Association**.....1-800-969-6642
www.nmha.org

TOLL-FREE NUMBERS & WEB SITES

TOLL-FREE NUMBERS & WEB SITES

- National Poison Control Center Emergency Number.1-800-222-1222
www.njpies.org
- New Jersey Department of Banking Insurance and Real Estate
Commission Hotline.....1-800-446-7476
www.state.nj.us/dobi
- New Jersey Housing & Mortgage Finance Agency.....1-800-654-6875
www.nj.gov/dca/hmfa
- New Jersey State Parks.....1-800-843-6420
www.state.nj.us/dep/parksandforests
- NJ E-ZPass Customer Service Center.....1-888-288-6865
www.ezpassnj.com
- NJ Office of Travel & Tourism.....1-800-847-4865
www.state.nj.us/travel
- NJ Property Tax Freeze Homestead-Property Tax Reimbursement
Program.....1-800-882-6597
www.njtaxation.org
- NJ Self-Help Clearinghouse..... 1-800-367-6274
www.njgroups.org
- Nursing Home Ombudsman.....1-877-582-6695
www.state.nj.us >Department>Public Advocate>Senior Citizen>Elder Ombudsman
- Pharmaceutical Assistance (PAAD).....1-800-792-9745
www.njPAAD.gov
- RSVP - Retired Service Volunteer Program.....1-800-424-8867
www.fcsmonmouth.org
- Rx4NJ.....1-888-793-6765
www.rxnj.org
- Saint Barnabas Behavioral Health Network.....1-800-300-0628
www.saintbarnabas.com
- Senior Citizens Property Tax Deduction.....1-800-882-6597
www.njtaxation.org
- Social Security Administration.....1-800-772-1213
www.socialsecurity.gov
- Social Security Medicare1-800-633-4227
www.medicare.gov
- State of New Jersey Dept. of Health & Senior Service.....
.....1-800-792-8820 or 1-800-367-6543
www.state.nj.us>Health & Social Service >Senior Services

TOLL-FREE NUMBERS & WEB SITES

- State of New Jersey Office of Consumer Protection...1-800-242-5846**
www.njconsumeraffairs.gov
- Tax Payer Advocate Service of the IRS.....1-877-777-4778**
www.IRS.gov>Publication 1546 or Topic 104
- U. S. Railroad Retirement Board.....1-877-772-5772**
www.rrb.gov
- Veterans' Service Bureau.....1-800-872-1000**
www.va.gov
- Vision USA.....1-800-766-4466**
www.aoa.org
- Violent Crimes Compensation Board Hotline.....1-800-242-0804**
or 1-877-658-2221
www.njvictims.org
- Visiting Nurse Association of Central Jersey, Inc.....1-800-862-3330**
www.vnacj.org
- Women's Referral Center.....1-800-322-8092**
- Wound Center at Monmouth Medical Center.....1-866-253-8907**
www.sbhes.com

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**Monmouth County Department of Human Services
Division on Aging, Disabilities & Veterans' Interment
Monmouth County Office on Aging
PO Box 1255
21 Main & Court Center
Freehold, NJ 07728-1255**

**1-877-222-3737 • 732-431-7450
www.visitmonmouth.com/aging**

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