



Monmouth County  
**Division on Aging, Disabilities,  
& Veterans Services**



**Department of Human Services**

3000 Kozloski Road, Freehold, NJ 07728

732-431-7450

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# BENEFITS

## **HAAAD (Hearing Aid Assistance to the Aged and Disabled)**

**1-800-792-9745**

**www.nj.gov>Departments>Human Services>DHS Services A to Z**

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

## **Lifeline Assistance Homeowners/Tenants/Renters Credit Program**

**1-800-792-9745**

**www.nj.gov>Departments>Human Services>DHS Services A to Z**

This program provides credit for utilities to PAAD recipients. The credit can be divided between two utility companies. Bottled gas, propane or oil are not covered.

## **Motor Vehicle Registration Discounts**

**1-888-486-3339**

**www.njmvc.gov**

Persons eligible for SSI, PAAD or Lifeline Programs qualify for reduced charges on auto registration. Contact New Jersey Motor Vehicle Commission for information as restrictions apply.

## **Partnership for Prescription Assistance**

**1-888-477-2669**

**www.pparx.org**

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

## **Pharmaceutical Assistance to the Aged and Disabled (PAAD)**

**1-800-792-9745**

**www.nj.gov>Departments>Health & Senior Services>Senior Benefits**

Persons permanently disabled or 65 years of age or older, who meet eligibility requirements, may 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**

**1-800-792-9745**

**www.nj.gov>Departments>Health & Senior Services>Benefits**

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.

# BENEFITS

## **Social Security Administration**

**1-800-772-1213**      **[www.socialsecurity.gov](http://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**

**1-877-772-5772**      **[www.rrb.gov](http://www.rrb.gov)**

Service to railroad employees in areas of unemployment, sickness, retirement and survivor benefits. Call or write for an appointment.

## **Verizon Telephone Discount Program**

**1-800-792-9745**

## **Better Business Bureau**

**609-588-0808** Fax: **609-588-0546**      **[www.bbb.org/new-jersey](http://www.bbb.org/new-jersey)**

Assists with complaints between vendors and consumers and helps to identify trustworthy businesses and charities.

*BBB helps people find and recommend businesses, brands, and charities they can trust. BBB offers consumers and businesses resources including business and charity reviews, complaints, statistics, ratings, and more .*

# CONSUMER PROTECTION

## **Monmouth County Department of Consumer Affairs**

**732-431-7900 [www.visitmonmouth.com](http://www.visitmonmouth.com)**

Mediates complaints, arranges educational speaking engagements, provides literature, TV and radio information to warn of unfair or deceptive business practices.

## **State of New Jersey Division of Consumer Affairs (Main Office)**

**973-504-6200 (consumer hotline) 1-800-242-5846 [www.njconsumersaffairs.gov](http://www.njconsumersaffairs.gov)**

Call for assistance on the best way to proceed with a complaint or to check on a business complaint history.

## **New Jersey Department of Consumer Affairs - Fair Housing Act Administration**

**609-292-3000 [www.state.nj.us/dca/services/lps/hss](http://www.state.nj.us/dca/services/lps/hss)**

# COUNTY SERVICES

## **Monmouth County Adjuster**

**732-431-6302** [www.visitmonmouth.com](http://www.visitmonmouth.com)>Departments

Acts as referee for the County Court in all matters pertaining to admissions to State facilities, both for mentally-ill and mentally challenged. Assists in mental health record searches as part of gun purchasing process.

## **Monmouth County Barrier Free Program**

**732-431-7460 x7999**

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

## **Monmouth County Community Development Program**

**732-431-7460**

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 Consumer Affairs**

**732-431-7900**

See CONSUMER PROTECTION

## **Monmouth County Department of Public Information & Tourism**

**732-431-7310**

See SOCIAL & RECREATIONAL

## **Monmouth County Division of Social Services Outreach Location-Ocean Township**

**732-431-6000 x 5800**

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

## **Monmouth County Office on Aging**

**732-431-7450**

The Monmouth County Office on Aging has information about the services, programs and resources available to county residents 60 years of age and older.

# COUNTY SERVICES

## **Monmouth County Human Resources Department**

**732-431-7300** [www.visitmonmouth.com](http://www.visitmonmouth.com)

## **Monmouth County Library Headquarters**

**732-431-7220** [www.monmouthcountylib.org](http://www.monmouthcountylib.org)

13 branches throughout the county. Information, career resources, tax preparation, art exhibits, educational, recreational and cultural programs and special events for all ages.

## **Monmouth County Office of Addiction Services**

**732-431-6451**

Provides information and referral. Administers County and State funds for prevention and treatment projects and programs, including the municipal Alliances to Prevent Alcoholism and Drug Abuse. Operates the County's Intoxicated Driver Resource Center (IDRC). Coordinates planning, monitoring and advocacy activities.

## **Monmouth County Office of Emergency Management**

**732-431-7400**

A division of the Monmouth County Sheriff's Office, the Monmouth County Office of Emergency Management is responsible for the development, maintenance and implementation of the County's all hazard Emergency Operations Plan.

## **Monmouth County Office on Disabilities**

**732-431-4750**

Information and referral services for person with disabilities. In addition the office provides information regarding the Americans with Disabilities Act.

## **Monmouth County Sheriff's Office**

**732-431-6400** [www.mcsnj.org](http://www.mcsnj.org)

Monmouth County Sheriff's Office are dedicated to serving the law enforcement needs for the entire County of Monmouth. The Sheriff's Office, located in Freehold, NJ, is comprised of five divisions: Law Enforcement, Corrections, Communications, Emergency Management, and the Police Academy.

## **Office of the County Clerk**

**732-431-7324 or 732-303-2828** [www.visitmonmouth.com/countyclerk](http://www.visitmonmouth.com/countyclerk)

Passports, Deeds, Maps, Document Recording, ID's and other services.

# EDUCATION

## **Brookdale Community College (Main Campus)**

**732-842-1900**                      [www.brookdalecc.edu](http://www.brookdalecc.edu)

### **Other campus locations throughout Monmouth County**

Entry-level college credit course programs, support services for enrolled students, credit, non-credit courses, degree and certificate programs in many disciplines. Agreements can be made to define how courses from BCC are applied toward degree programs at other colleges and universities. Other education opportunities include: Adult Education for **GED** (high school equivalency) and **ESL**, (English as a second language), Displaced Homemakers and Lifelong Learning.

## **Business and Community Development-BCC**

**732-224-2315**                      [www.brookdalecc.edu/bcd](http://www.brookdalecc.edu/bcd)

Certificate programs, continuing education credits and a wide variety of short-term seminars, workshops and trips covering a variety of interesting topics for all ages.

## **Osher Lifelong Learning Institute at Rutgers University**

**848-932-6554**                      <http://olliru.rutgers.edu>

Non-credit courses and travel programs offered to individuals 50+. Learn in a friendly, stimulating, and informal setting. No tests or grades. See catalog for courses, fees and locations, including Freehold.

## **Rutgers State University of New Jersey-Senior Citizens Audit Program**

**732-445-4636 or 848-932-0599**

<http://ucm.rutgers.edu/about/senior-citizen-audit-program>

State residents 62+ may attend courses on a space-available, non-credit basis at no tuition cost. Permission to Audit and Campus Parking request forms are required. Online courses are not open to audit.

## **Rutgers Cooperative Extension of Monmouth County - Family & Community Health Sciences**

**732-431-7271**                      [www.njaes.rutgers.edu/fchs](http://www.njaes.rutgers.edu/fchs)

Education in nutrition, food safety, special events, lectures Master Gardener courses.

## **SCAN - Social Community Activities Network**

**Phone: 732-542-1326**

[www.scannj.com/](http://www.scannj.com/)

**Located: Monmouth Mall**

Where active adults meet to be informed, empowered and inspired. SCAN provides a workshop for people with chronic health conditions and in a supportive setting.

# EMPLOYMENT

**Monmouth County Division of Employment, Training and Work Force Group**  
**732-683-8850**                      **www.wnjpın.net**

Training is provided to low-income adults, appointment needed for an information orientation workshop session before training is scheduled.

**National Council on Aging**

**732-869-2202**                      **www.ncoa.org**

15 hours paid training (minimum wage) for disabled or income qualified seniors 55+, US citizens or legal residents. English & Spanish spoken.

**New Jersey Department of Labor-Division of Employment Services Neptune One Stop Center**

**732-775-1566**                      **www.wnjpın.net**

**New Jersey Department of Labor-Workforce NJ 55 Plus**

**732-775-1402**                      **jobs4jersey.com**

WorkForce 55+ is a federally funded program that offers economically disadvantaged seniors, 55 years of age and older, jobs and training. The aim of WorkForce 55+ is to help seniors return to the work place through a program in which you earn while you learn. WorkForce 55+ participants receive the counseling, assessment and training necessary to enable them to be placed in unsubsidized employment.

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

**732-224-2573**                      **www.monmouth.score.org**

**E-mail: monmouthscore@gmail.com**

A volunteer organization of corporate executives, active or retired small business owners, willing to assist people seeking to start a business or manage/expand a current business. Free confidential counseling meetings by appointment.

# HEALTH SERVICES

## Counseling

### **Mental Health Clinic Services**

#### **Booker Behavioral Health Center**

**732-345-3400      [www.meridianhealth.com](http://www.meridianhealth.com)**

### **CentraState Medical Center Psychiatric Services**

**732-780-6023 (Crisis Hot Line)      [www.centrastate.com](http://www.centrastate.com)**

*No out-patient services available.*

### **CPC Behavioral Healthcare**

**732-290-1700      [www.cpcbhc.com](http://www.cpcbhc.com)**

CPC provides behavioral health care services including, mental health care, addiction recovery, special education, residential and corporate services. Out-patient services available.

### **Jersey Shore Behavioral Health**

**732-643-4400      [www.meridianhealth.com](http://www.meridianhealth.com)**

In and out-patient services available.

### **Jersey Shore Medical Center Mental Health Services**

**Crisis Unit 732-776-2325      [www.meridianhealth.com](http://www.meridianhealth.com)**

### **Jewish Family & Children's Service of Greater Monmouth County**

**732-774-6886      [www.jfcsmonmouth.org](http://www.jfcsmonmouth.org)**

Individual, family and children's counseling, out-patient substance in-home counseling for seniors.

### **Mental Health Association of Monmouth County**

**732-542-6422      [www.mentalhealthmonmouth.org](http://www.mentalhealthmonmouth.org)**

This non-profit citizen's organization works to reduce the 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, adequate treatment in the most therapeutic, least restrictive setting close to home.

# HEALTH SERVICES

## **Monmouth County Department of Mental Health**

**732-431-7200** [www.visitmonmouth.com](http://www.visitmonmouth.com)>Departments>Human Services

Provides information and referral for 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**

**732-222-3030 or 732-923-6999** Crisis Hotline      [www.barnabashealth.org](http://www.barnabashealth.org)

In-patient services

## **Pollack Mental Health Center**

**732-923-6500** [www.barnabashealth.org](http://www.barnabashealth.org)

Out-patient services

## **Prevention First**

**732-663-1800** <http://www.preferredbehavioral.org/>

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

## **Riverview Medical Center Mental Health Services**

**Crisis Hotline 732-219-5325** [www.meridianhealth.com](http://www.meridianhealth.com)

## **Saint Barnabas Behavioral Health Network**

**1-800-300-0628**      [www.barnabashealth.org](http://www.barnabashealth.org)

Geriatric psychiatry

## **Rutgers University Behavioral Health Care-COPSA**

**Comprehensive Services on Aging Resource Center for Alzheimer's Disease and Related Disorders**

**1-800-424-2494**

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

### Dental Lifeline Network-New Jersey - Donated Dental Service

[www.nfda.org/donated\\_dental](http://www.nfda.org/donated_dental)

No emergency services. Disabled, elderly or medically compromised individuals who cannot afford treatment may call a coordinator that assists the patient, labs and dentists. There may be a wait list.

### New Jersey Division of Family Health Services

[www.state.nj.us/health](http://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

732-821-9400                      [www.njda.org](http://www.njda.org)

Seniors 65+, having 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 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

732-431-7456                      [www.visitmonmouth.com](http://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.....	732-615-2096

# HEALTH SERVICES

## **Monmouth County Regional Health Commission I**

**732-493-9520      [www.mcrhc.org](http://www.mcrhc.org)**

Serving these towns:

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

## **Health Organizations**

### **Advancing Opportunities** (Formerly, Cerebral Palsy of NJ)

**1-888-322-1918      [www.cpofnj.org](http://www.cpofnj.org)**

### **ALS (Amyotrophic Lateral Sclerosis Association)**

**732-239-4724      [www.alsa.org](http://www.alsa.org)**

### **Alzheimer's Association of Greater New Jersey**

**1-800-272-3900      [www.alz.org/nj](http://www.alz.org/nj)**

### **American Cancer Society**

**1-800-227-2345 or 732-758-8220      [www.cancer.org](http://www.cancer.org)**

### **American Diabetes Association**

**1-800-342-2383      [www.diabetes.org](http://www.diabetes.org)**

### **American Heart & Stroke Association**

**1-800-242-8721      [www.americanheart.org](http://www.americanheart.org)**

### **American Lung Association**

**1-800-586-4872      [www.lung.org](http://www.lung.org)**

### **American Parkinson's Disease Association, Information & Referral in NJ**

**732-745-7520      [www.njapda.org](http://www.njapda.org)**

### **American Red Cross of New Jersey**

**732-493-9100      [www.redcross.org](http://www.redcross.org)**

# HEALTH SERVICES

## **American Stroke Association**

**1-888-478-7653      [www.strokeassociation.org](http://www.strokeassociation.org)**

## **Arthritis Foundation New Jersey Chapter**

**732-283-4300      [www.arthritis.org](http://www.arthritis.org)**

## **Central Jersey Blood Center**

**732-842-5750 or 1-888-712-5663      [www.cjbcblood.org](http://www.cjbcblood.org)**

## **Epilepsy Foundation of New Jersey**

**1-800-336-5843      [www.efnj.com](http://www.efnj.com)**

## **Muscular Dystrophy Association**

**732-936-9940      [www.mda.org](http://www.mda.org)**

## **New Jersey Stroke Activity Center**

**973-450-4114      [www.njsac.org](http://www.njsac.org)**

## **NJ Office of Ombudsman for the Institutionalized Elderly**

**1-877-582-6995      [www.state.nj.us/ooie](http://www.state.nj.us/ooie)**

## **ARC of Monmouth**

**732-493-1919      [www.arcofmonmouth.org](http://www.arcofmonmouth.org)**

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

**732-493-5900      [www.ladacin.org](http://www.ladacin.org)**

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

## **Visiting Nurse Association of Central Jersey, Inc.**

**732-493-2220, 732-747-1204 or 1-800-400-0981, 1-800-862-3330      [www.vnacj.org](http://www.vnacj.org)**

## **VNACJ Community Health Care Centers**

Appointments preferred call for office hours.

**Asbury Park**

**732-774-6333**

**Keansburg**

**732-787-1250**

**Keyport**

**732-888-4149**

**Red Bank**

**732-219-6620**

# HEALTH SERVICES

## Health Related Self-Help/Support Groups

### Cancer Support Community

1-888-793-9355      [www.cancersupportcommunity.org/helpline](http://www.cancersupportcommunity.org/helpline)

### Families Anonymous

1-800-736-9805      [www.familiesanonymous.org](http://www.familiesanonymous.org)

### National Alliance on Mental Illness Helpline

1-800-950-6264      [www.nami.org](http://www.nami.org)

### NAMI of Greater Monmouth

732-462-6448      [www.namigm.org](http://www.namigm.org)

### NJ Self-Help Group Clearing House

1-800-367-6274 (in NJ) or 973-989-1122 (outside NJ)      [www.njgroups.org/](http://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](http://www.state.nj.us/health/seniorbenefits)

### Hearing Loss Association of America

[www.shhh.org](http://www.shhh.org)

### Telecommunications Relay Services (TRS) .....711

TRS permits persons with a hearing or speech disability to use the telephone system via a text telephone (TTY) or other device to call persons with or without such disabilities.

## Home Health Care and Hospice Care Services

Contact the Monmouth County Office on Aging, & Disability Resources Connection at

732-431-7450, to obtain a comprehensive list of certified home health care and hospice care agencies including medical, and non-medical.

# HEALTH SERVICES

## Hospitals

*(Meridian Health Care System)*

### **Jersey Shore University Medical Center**

Neptune 732-775-5500      [www.jerseyshoreuniversitymedicalcenter.com](http://www.jerseyshoreuniversitymedicalcenter.com)

### **Riverview Medical Center**

Red Bank 732-741-2700      [www.riverviewmedicalcenter.com](http://www.riverviewmedicalcenter.com)

### **Bayshore Community Hospital/Bayshore Community Health Service**

Holmdel 732-739-9000 or 1-800-560-9990      [www.bayshorehospital.org](http://www.bayshorehospital.org)

*(Robert Wood Johnson Health Network)*

### **CentraState Health Care System**

Freehold 732-431-2000      [www.centrastate.com](http://www.centrastate.com)

*(Saint Barnabas Health Care System)*

### **Monmouth Medical Center**

732-222-5200 or 1-888-724-7123      [www.barnabashealth.org](http://www.barnabashealth.org)

### **Wound Center at Monmouth Medical Center**

732-923-6060      [www.barnabashealth.org](http://www.barnabashealth.org)

## Medical Adult Day Care Centers

Many centers provide wheelchair accessible transportation.

### **Active Day Adult Services**

Freehold 732-845-3332

### **Allaire Senior Day Center**

Wall Township 732-974-7666

### **All in a Day**

Englishtown 732-792-2273

### **Golden Age Care**

Morganville 732-583-9999

### **Golden Years Care**

Manalapan 732-851-6640

### **Jersey Shore Adult Day Health Care Center**

Asbury Park 732-869-9090 or 732-775-4451

# HEALTH SERVICES

**Monroe Adult Day Care**  
Millstone 732-851-6720

**Just Home Medical Adult Day Care Center**  
East Brunswick 732-432-9990

**LADACIN Network**  
Wanamassa 732-493-5900

**Royal Senior Care, Inc.**  
Atlantic Highlands 732-291-0710

**Young at Heart of Eatontown**  
Eatontown, 732-578-1888

## Social Day Care

**The Senior Mix**  
Belmar, 732-275-2665 <http://www.theseniormix.com/>

**We Care Adult Care**  
Red Bank, 732-741-7363 <http://wecareadultcare.com/>

## Respite Care

MLTSS and JACC programs contact your Care Manager. For private pay options contact the Office on Aging, & Disability Resources Connection at **732-431-7450**.

# HEALTH SERVICES

## Vision

### **American Foundation for the Blind**

**1-800-232-5463      [www.afb.org](http://www.afb.org)**

### **Eye Care America (National Eye Care Project)**

**[www.eyecareamerica.org](http://www.eyecareamerica.org)**

### **Monmouth County Association for the Blind**

**(732) 280-2326**

### **National Federation of the Blind of NJ**

**[www.nfbnj.org/](http://www.nfbnj.org/)**

### **New Eyes for the Needy**

**(973) 376-4903      [www.neweyesfortheneedy.org](http://www.neweyesfortheneedy.org)**

### **New Jersey Blind Citizens Association, Inc.**

**(732) 291-0878      [www.njbca.org](http://www.njbca.org)**

### **New Jersey Library for Blind-Talking Books and Braille Center**

**1-800-792-8322      [www.njstatelib.org/talking\\_books\\_and-braille/](http://www.njstatelib.org/talking_books_and-braille/)**

### **New Jersey Commission for the Blind & Visually Impaired**

**(732) 308-4001      [www.cbvi.nj.gov](http://www.cbvi.nj.gov)**

### **NJ Council of the Blind**

**(973) 595-0116      [www.njcounciloftheblind.org/](http://www.njcounciloftheblind.org/)**

### **NJ Foundation for the Blind**

**(973) 627-0055      [www.njffb.org](http://www.njffb.org)**

### **NJ State Library Talking Book and Braille Center**

**(609) 278-2640      [www.njstatelib.org/](http://www.njstatelib.org/)**

### **Vision USA**

**1-800-766-4466      [www.aoa.org/visionusa](http://www.aoa.org/visionusa)**

# HOUSING

## **Adult Retirement Communities**

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

## **Assisted Livings, Continuing/Lifetime & Comprehensive Personal Care Communities and Long Term Care Options**

Contact the Monmouth County Office On Aging and Disability Resource Connection at **732-431-7450**, to obtain a comprehensive list of the various housing options available, including private pay and those that accept Medicaid.

## **Housing Assistance**

### **Affordable Housing Alliance**

**732-389-2958**                      [www.housingall.com](http://www.housingall.com)

They provide home ownership, rental search, foreclosure assistance, reverse mortgage counseling, information and referral services for low to moderate income and special needs groups for either rental or purchase.

### **Habitat for Humanity in Monmouth County**

**732-728-0441 x304**                      [www.habitatmonmouth.org/brush-kindness](http://www.habitatmonmouth.org/brush-kindness)

A Brush with Kindness Program offers assistance with exterior work on their homes to qualifying homeowners.

### **Housing Discrimination Hotline**

**1-800-669-9777**

### **Home Repair and Barrier Free Program**

**732-308-3770 x7999**

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.

### **Homelessness Prevention Line**

**1-866-889-6270**                      [www.state.nj.us/dca/divisions/dhcr](http://www.state.nj.us/dca/divisions/dhcr)

# HOUSING

## **Interfaith Neighbors, Inc.**

**732-775-5155**      [www.interfaithneighbors.org](http://www.interfaithneighbors.org)

This non-profit organization assists with rental subsidies and mortgage assistance for working families with children.

## **Monmouth County Department of Human Services - Division of Social Services Emergency Shelter and Transitional Housing Program**

**732-431-6000 or 1-800-662-3114**      [www.visitmonmouth.gov](http://www.visitmonmouth.gov)

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

## **Monmouth County Fair Housing Board**

**732-431-7460**      [www.co.monmouth.nj.us](http://www.co.monmouth.nj.us)>Planning Board>Fair Housing

## **New Jersey Department of Community Affairs - Rental Assistance Program**

**609-292-4080 or 609-633-6303**      [www.state.nj.us/dca](http://www.state.nj.us/dca)

## **New Jersey Housing & Mortgage Finance Agency**

**609-278-7400 or 1-800-654-6873 (Consumer hotline)**      [www.nj.gov/dca/hmfa](http://www.nj.gov/dca/hmfa)

## **New Jersey Housing Resource Center**

[www.nj.gov/dca](http://www.nj.gov/dca)

## **New Jersey Weatherization Assistance Program (WAP)**

**1-800-510-3102**      [www.state.nj.us/dca/divisions/dhcr](http://www.state.nj.us/dca/divisions/dhcr)

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.**

**732-787-4887**      [www.projpaul.org](http://www.projpaul.org)

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

# HOUSING

## Utility & Home Energy Assistance Programs

**New Jersey American Water Assistance Programs**  
1-800-272-1325 or 1-866-657-4273 Partner with NJ Share

**New Jersey Natural Gas Gift of Warmth**  
732-389-2204 Partner with NJ Share

### **LIHEAP**

**1-800-510-3102**

Helps very low-income residents with their heating and cooling bills and makes provision for emergency heating system services and emergency fuel assistance.

### **NJ Shares**

**1-866-657-4273      [www.njshares.org](http://www.njshares.org)**

### **PAGE Program**

**732-982-8710      [www.njpoweron.org](http://www.njpoweron.org)**

Help with gas and electric bills for low to moderate income residents of NJ over the LIHEAP Program income limit

### **Telephone Assistance -Verizon New Jersey-Communications Lifeline**

**1-888-337-3339 Partner with NJ Shares**

### **Universal Service Fund (USF)**

**1-866-240-1347**

# INSURANCE

## **National Flood Insurance Program**

1-888-379-9531 or 1-800-427-4661

[www.floodsmart.gov](http://www.floodsmart.gov)

## **New Jersey Department of Banking, Insurance and Real Estate Commission Insurance Ombudsman**

Hotline 609-292-7272 or 1-800-446-7467

[www.state.nj.us/dobi](http://www.state.nj.us/dobi)

## **Medicare**

### **Medicare Enrollment (Social Security Office)**

1-800-772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)

### **Medicare Information Service 1-800-633-4227**

[www.medicare.gov](http://www.medicare.gov)

### **Caregiver Resource Kit-Ask Medicare**

[www.medicare.gov/caregivers](http://www.medicare.gov/caregivers)

One-stop credible and easy to find decision making tools to help caregivers make the most of Medicare.

### **Centers for Medicare and Medicaid Services**

1-800-633-4227

[www.cms.gov](http://www.cms.gov)

### **New Jersey Department of Human Services**

1-800-447-8477

[www.state.nj.us/humanservices](http://www.state.nj.us/humanservices)

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

### **Medicare Fraud and Abuse**

732-777-1940 x1117

### **SHIP - (State Health Insurance Assistance Program) Counseling Coordinator**

732-531-5511, 732-222-9111 or 732-431-7450

Call to find locations, times or make an appointment. 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.

# INSURANCE

**US Department of Health & Human Services**  
**1-877-696-6775**

**Healthcare Insurance Marketplace**  
**1-800-318-2596      [www.healthcare.gov](http://www.healthcare.gov) (NJ)**

# LEGAL SERVICES

## **Community Health Law Project**

**732-380-1012 or 973-275-1175** (Administrative Office)      **www.chlp.org/eatontown**

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

## **LSNJ LAW (Legal Services of New Jersey)**

**1-888-576-5529** (Hotline)      **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 Legal Aid Society, Inc.**

**732-869-5619**      **www.monmouthbarassociation.com/legal\_aid**

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

## **Office of the Public Guardian for the Elderly**

**609-588-6500**      **www.state.nj.us/nj/community/senior**

Guardianship services for unfrinded individuals 60 years or older deemed incapacitated by the Superior Court of New Jersey. Efforts are made to provide compassionate and fundamental responsibility while honoring the choices of the client when possible.

## **South Jersey Legal Services, Inc.**

**Centralized Intake Unit**      **1-800-496-4570 (Toll Free)**      **www.lsnj.org/sjls**

Mon-Friday 9:00AM to 1:00 PM

**Senior Citizens Advocate Center**      **Freehold**      **732-414-6750**

## **Surrogate's Office**

**732-431-7330** **www.visitmonmouth.com** >Departments

Probates wills, Administrations, Guardianships, Adoptions and more

# LEGAL SERVICES

## Filing Facility Complaints

### **NJ Department of Health**

**60 and younger: 1-800-792-9770**

The 24-hour hotline available to patients, health care facility employees and other members of the public to file complaints about hospitals, ambulatory surgery centers, home health agencies, nursing homes, assisted living facilities, comprehensive personal care homes, adult medical day care, pediatric medical day facilities, and many other licensed acute- and long-term care facilities.

### **NJ Office of the Ombudsman for the Institutionalized Elderly (60+)**

**Toll Free Intake Line: 1-877-582-6995**

**Information call (609) 826-5090 or 1-877-582-6995**

OOIE is part of a national resident-focused advocacy program that seeks to protect the health, safety, welfare, and civil and human rights of older individuals in institutions.

# NUTRITION PROGRAMS

## Congregate Nutrition Sites

**Asbury Park Senior Center**  
732-807-2708

**Bayshore Senior Day Center**  
Keansburg 732-495-2454

**Carmen A. Biase Center**  
Bradley Beach 732-502-3277

**Howell Senior Center**  
732-938-4937

**Jewish Family & Children's Services of Greater Monmouth County**  
Elberon 732-774-6886 x40

**Keyport Senior Center**  
732-888-4876

**Middletown Senior Center**  
Leonardo 732-291-0999

**Neptune Township Senior Center**  
732-988-8855

**Red Bank Senior Center**  
732-747-5204

## Home Delivered Meals

**CPI Foods Shelf Stable Meals**  
1-800-549-9630

[www.cpifoods.com](http://www.cpifoods.com)

**G.A. Food Service, Inc.**  
1-800-926-1541 or 747-573-2211

[www.sunmeadow.net](http://www.sunmeadow.net)

# NUTRITION PROGRAMS

## **Home Cooking for You**

**1-800-741-4827      [www.homecookingforyou.com](http://www.homecookingforyou.com)**

## **Interfaith Neighbors, Inc.**

**732-775-5155      [www.interfaithneighbors.org](http://www.interfaithneighbors.org)**

## **Kosher Meals on Wheels**

**Jewish Family and Children's Services**

**732-774-8686 x40**

## **Moms Meals**

**1-877-508-6667      [www.momsmeals.com](http://www.momsmeals.com)**

## **Nutrition Programs/Food Pantry Programs**

Contact the Monmouth County Office On Aging And Disability Resource Connection at **732-431-7450**, to obtain a list of food pantry locations.

## **New Jersey Anti-Hunger Coalition**

**201-569-1804      [www.njahc.org/](http://www.njahc.org/)**

## **SNAP (Supplemental Nutrition Assistance Program)**

Formerly known as New Jersey Food Stamp Program.

## **Monmouth County Division of Social Services**

**732-431-6000**

# SENIOR ORGANIZATIONS

**American Association of Retired Persons (AARP) - NJ**

**1-866-542-8165      [www.aarp.org/states/nj](http://www.aarp.org/states/nj)**

**National Active and Retired Federal Employees Association**

**703-838-7760      [www.narfe.org](http://www.narfe.org)**

**National Council on Aging**

**571-527-3900      [www.ncoa.org](http://www.ncoa.org)**

**New Jersey Chapter 732-367-7111**

# **SOCIAL & RECREATIONAL**

## **Senior Centers**

**Asbury Park Senior Center**  
732-988-5252  
[www.cityofasburypark.com](http://www.cityofasburypark.com)

**Bayshore Senior Day Center**  
Keansburg 732-495-2454

**Eatontown Community Center**  
732-389-7666

**Freehold Township Senior Center**  
732-294-2029

**Howell Senior Center**  
732-938-4500 x2550

**Keyport Senior Center**  
732-264-4916

**Long Branch Senior Center**  
732-571-6542

**Manalapan Senior Center**  
732-446-8401

**Marlboro Twp. Senior Program**  
732-617-0100  
[www.marlboro-nj.gov](http://www.marlboro-nj.gov)

**Middletown Senior Center**  
Leonardo 732-615-2265

**Neptune City Community Center**  
732-774-0089  
[www.neptunecitynj.com/community-center](http://www.neptunecitynj.com/community-center)

**Neptune Township Senior Center**  
Neptune City 732-988-8855  
[www.neptunetownship.org](http://www.neptunetownship.org)

**Ocean Senior Center**  
732-571-4777

**R. D. Wilson Memorial Comm. Ctr.**  
Highlands 732-872-1224 x232  
[www.highlandsnj.com/](http://www.highlandsnj.com/)

**Red Bank Senior Center**  
732-747-5204

**Shore Kasher Site Jewish Comm. Ctr.**  
Deal Park 732-531-9100

**Marlboro Kasher Site**  
732-536-2307

## **Other Service Centers**

**Eatontown Human Services/Senior Ctr.**  
732-389-7666

**Highlands Community Center**  
732-872-1959

# **SOCIAL & RECREATIONAL**

## **Recreation**

### **Family Fishing and Shellfish Licenses**

**609-292-2965                      [www.njfishandwildlife.com](http://www.njfishandwildlife.com)**

### **Gateway Sandy Hook National Recreation Area-(Sandy Hook)**

**732-872-5970                      [www.nps.gov/gate](http://www.nps.gov/gate)**

### **Golf Courses**

Golf ID cards are needed to take advantage of discounts and automated tee time reservations. Information is available by telephone and the internet. ID cards are purchased in person at a Monmouth County Park System golf course.

**732-758-8383                      [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com) or [www.golfable.com](http://www.golfable.com)**

### **Monmouth County Department of Public Information & Tourism**

**732-431-7476 or 1-800-523-2587                      [www.tourism.visitmonmouth.com](http://www.tourism.visitmonmouth.com)**

### **Monmouth County Park System**

**732-842-4000 x4312                      [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)**

Over 30 park areas including 6 golf courses, historic sites, trails and varied activities or events year round.

### **National Parks in New Jersey**

**[www.nps.gov](http://www.nps.gov) or [store.usgs.gov/pass/senior.html](http://store.usgs.gov/pass/senior.html)**

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.

### **New Jersey State Parks**

**1-800-843-6420 or 609-984-1423                      [www.state.nj.us](http://www.state.nj.us) > Things to do in NJ**

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.

# **SOCIAL & RECREATIONAL**

## **NJ State Council on the Arts**

**609-292-6130                      [www.nj.gov/state/njsca](http://www.nj.gov/state/njsca)**

## **New Jersey Aviation Hall of Fame & Museum**

**201-288-6344                      [www.njahof.org](http://www.njahof.org)**

## **NJ Hall of Fame**

**201-460-4021                      [www.njhalloffame.org/](http://www.njhalloffame.org/)**

## **NJ Historical Commission**

**609-292-6062                      [www.nj.gov/state/historical/](http://www.nj.gov/state/historical/)**

## **NJ Office of Travel & Tourism**

**1-800-847-4865** Free Publications  
**609-599-6540** For Inquiries    **[www.visitnj.org](http://www.visitnj.org)**

## **P.N.C. Bank Arts and Cultural Center**

**732-203-2500**

## **Red Bank Community YMCA Family Health and Fitness Center**

**732-741-2504**  
**732-671-5505** Administration Office                      **[www.cymca.org/locations/](http://www.cymca.org/locations/)**

## **SCAN (Social Community Activities Network)**

**Monmouth Mall, Lower level**  
**732-542-1326                      [www.scannj.com](http://www.scannj.com)**

## **YMCA Administration Office**

**732-671-5505                      [www.ymcanj.net](http://www.ymcanj.net)**

**Community YMCA Family Health & Wellness Center                      732-741-2504**

**Community YMCA Family Success Center                      732-462-0464**

# SOCIAL SERVICES

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

**732-531-9191**                      **[www.fcsmonmouth.org](http://www.fcsmonmouth.org)**

Protective Services receives and investigates reports of suspected abuse, neglect and exploitation of vulnerable adults living in the community. 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**

**732-493-9100**                      **[www.redcross.org/nj/tinton-falls](http://www.redcross.org/nj/tinton-falls)**

A non-profit volunteer organization that provides relief to victims of disasters and helps people prevent, prepare for and respond to emergencies. CPR, First Aid, Water Safety and AIDS education; Blood Services; Emergency services for military personnel and their families; International Tracing Services; and Lifeline Emergency Response System.

## **Community Affairs and Resource Centers of Monmouth County**

(Formerly Hispanic Affairs)

**732-774-3282 x11**                      **[www.carcnj.org](http://www.carcnj.org)**

The centers provide assistance to the community in the following areas: Interpretive translation, advocacy, notary, applications and forms assistance, information and job readiness counseling and English as a second language.

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

**1-800-662-3114** (Clients only)

**[www.visitmonmouth.com](http://www.visitmonmouth.com)**

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

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

**732-918-9901 x 106**

Short term child care relief for grandparents or relatives 60+ years that are primary caregivers of a child/children younger than 18 years old 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

## **Monmouth County Division of Social Services**

**732-431-6000 TDD 732-294-5462 or 1-800-662-3114 (Clients only)**

**[www.visitmonmouth.com](http://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.

## **Non-Emergency Help Line**

**Dial: 211                      [www.nj211.org](http://www.nj211.org)**

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

## **Salvation Army**

**732-747-1626 732-775-8698 or 732-775-8633 (Thrift Store)**

**[www.newjersey.salvationarmy.org/NewJersey/asburypark](http://www.newjersey.salvationarmy.org/NewJersey/asburypark)**

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

## **Statewide Respite Care Program-Family and Children's Service**

**732-222-9111                      [www.fcsmonmouth.org](http://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**

**First Call For Help 732-938-5988    [www.uwmonmouth.org](http://www.uwmonmouth.org)**

Volunteer organization, can serve you by telephone or their online directory. Free, confidential, 24/7, TTY and multilingual help for families and seniors.

# TAX BENEFITS

## Federal

### Internal Revenue Service

732-572-9752 or 1-876-829-1715      [www.irs.gov](http://www.irs.gov)

### Taxpayer Advocate Service of the IRS

1-877-777-4778      [www.irs.gov](http://www.irs.gov)

See publication 1546 and Topic 104.

## State

### Free Tax Preparation Site Locator

888-227-7669      [www.aarp.org/money/taxes](http://www.aarp.org/money/taxes)

### New Jersey Department of Taxation-Regional Office

732-869-8044 or 1-800-323-4400      [www.njtaxation.org](http://www.njtaxation.org)

### NJ Homestead Rebate

732-869-8044 or 1-800-323-1233 Benefit hotline

1-877-658-2972 Filing and inquiry system

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

### NJ Inheritance and Estate Tax Service Center

609-292-5033

### NJ Property Tax Freeze Reimbursement (Senior Freeze)

1-800-882-6597      [www.njtaxation.org](http://www.njtaxation.org)

A yearly reimbursement for eligible homeowners where there has been an increase from the previous year's tax amount. File paper application form PTR-1 (or PTR-2 if reimbursement was received the previous year).

### Annual Property Tax Deduction for Senior Citizens, Disabled Persons:

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

Up to a \$250 deduction from property taxes to homeowners 65 or older or disabled who meet certain income and residency requirements. Contact your local municipality.

# TAX BENEFITS

## **Annual Property Tax Deduction for Veterans:**

Up to \$250 deduction from taxes due on real or personal property of qualified war veterans and their unmarried surviving spouse/civil union/domestic partner. Contact your local municipality.

## **Property Tax Exemption for Disabled Veterans:**

Full exemption from property taxes on a principal residence for certain totally and permanently disabled war veterans and their unmarried surviving spouses/civil union/domestic partner. Unmarried surviving spouses/surviving civil union/domestic partners of service persons who died on wartime active duty may also qualify. Contact your local municipality.

# TRANSPORTATION

## **Access Link-ADA Services (NJ Transit)**

**1-800-955-2321, 973-491-7385 or TTY 1-800-955-6765**

**[www.njtransit.com](http://www.njtransit.com)**

Access Link service is ADA compliant for people with disabilities and can accommodate mobility devices. It is comparable to the local fixed route bus system and fare base. Meet the vehicle at the curb within five minutes of the expected arrival time. Drivers are not permitted to assist customers to and from the door or with packages. Interested persons must first apply for eligibility in-person for a transportation assessment interview. To arrange an appointment please contact NJ Transit.

## **Amtrak**

**1-800-872-7245**

**[www.amtrak.com](http://www.amtrak.com)**

There are discounts on the lowest available coach rail fares for veterans, disabled persons or seniors 60 years and older. Restrictions apply.

## **Borough of Freehold Bus**

**732-431-7599 or 732-431-4880**

Freehold Borough Residents *only*. Free for seniors, 62 years and older or persons with disabilities. 48 hour advance reservation required for local shopping, doctors and hospital trips.

## **ezRide-Community Cars Program-Meadowlink**

**732-380-1299 [www.ezride.org](http://www.ezride.org)**

A membership-based shared ride program that begins with an annual registration fee for a transportation account. Flexible routes and schedules, 48 hour advance registration required. Aide rides free. Additional stops permitted if scheduled in advance. Possible shared ride discount for those with the same pick-up/drop off. Call for mileage rates and other important information.

## **J & D Shared Ride Service**

**732-918-4844 or 732-431-6480 make advance reservations with SCAT**

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**

**1-888-288-6865 or 732-442-8600 x2100 [www.ezpassnj.com](http://www.ezpassnj.com)**

Discount on NJ Turnpike/GSP rates, non-peak hours, Mon.-Fri. only. Licensed drivers, 65+ for vehicle registered in driver's name, one per household.

# TRANSPORTATION

## **NJ Transit Senior Citizen and Disabled Persons Reduced Fare Program**

**1-973-275-5555** (24 hour access), **1-800-772-2287** (TTY 6:00 a.m. to 9:00 p.m.)

**1-973-491-7112**      **www.njtransit.com**

Half price discount on the purchase of regular one-way fares for NJ Transit trains, buses (lift assisted) or light rail. Seniors, 62+ if disabled, have application completed by a physician. A personal assistant rides free if certifies. The NJ Commission for the Blind and Visually Impaired at **1-973-648-3333**, completes and certifies applications.

## **People Transport**

**732-251-6000 or 732-347-0102**      **www.peopletransport.com**

Give at least a 24 hour notice before your scheduled appointment. A family member or caretaker may travel without charge. Various payment options available. Insurance plans may cover transportation costs if it is “Medically Necessary”. Check with your insurance provider for their specific criteria.

## **Saint Benedict Senior Program - Assisted Transportation**

**732-264-4712 x37**

Limited to the *Bayshore Area* **only** for medical appointments, grocery store, bank or pharmacy, Rx pick-up. Not a taxi service. Volunteers spare time to help seniors who are unable to get a SCAT appointment, shut-ins or have just returned from a hospital stay.

## **SCAT (Special Citizen Area Transportation)**

**732-431-6480 or 732-431-6485**      **www.visitmonmouth.com**

SCAT is available for medical transportation for persons age 60+ and the permanently disabled. Transportation for shopping is available in some municipalities that have contracted with SCAT. No less than 48 hours notice required for reservations.

## **Senior Citizen Bridge Discount Program-Delaware River Port Authority of Pennsylvania and New Jersey**

**1-877-567-3772**      **www.drpa.org**

Seniors drivers (65+) who have an active NJ E-Z Pass account pay a discounted toll of \$2.50 (50% of the current passenger vehicle toll.) Annual renewal required.

# VETERAN SERVICES

## **Department of Veterans Services - Newark VA Regional Office**

**1-800-827-1000      [www.va.gov](http://www.va.gov)**

## **Monmouth County Veterans Services Office**

**732-683-8675      [www.visitmonmouth.com](http://www.visitmonmouth.com)**

Local full service agency staffed by certified veteran services officers that assist veterans and dependents applying for service-connected compensation, pension benefits and other earned entitlements through the U. S. Department of Veterans Affairs.

## **New Jersey Department of Military and Veterans' Affairs**

**732-775-7009      [www.state.nj.us/military](http://www.state.nj.us/military)**

Processes benefits and claims for veterans.

## **Tinton Falls Community Based Outpatient Clinic-Veterans Affairs New Jersey Health Care System**

**732-842-4751 or Pharmacy 1-800-480-5590**

**NO Emergency Department** at this location.

See also Tax Benefits for veterans, disabled veterans and surviving spouses, civil union/domestic partners.

# VOLUNTEER PROGRAMS

## **American Red Cross of New Jersey**

**732-493-9100      [www.jerseycoast-redcross.org](http://www.jerseycoast-redcross.org)**

## **Cancer Support Community**

**732-923-6090      [www.barnabashealth.org](http://www.barnabashealth.org)**

**Cooperative Extension of Monmouth County  
Rutgers New Jersey Agricultural Experiment Station  
Family & Community Health Sciences Department  
732-431-7260**

## **Family and Children's Service - Retired Senior Volunteer Program (RSVP)**

**732-222-9111 x152      [www.fcsmonmouth.org](http://www.fcsmonmouth.org)**

A variety of volunteering opportunities exist in the county for anyone 55 years of age or older.

## **Interfaith Neighbors, Inc.**

**732-775-5155      [www.interfaithneighbors.org](http://www.interfaithneighbors.org)**

Volunteers welcome for home delivery of meals, vehicle required.

## **Literacy Volunteers of Monmouth County**

**732-571-0209      [www.lvmonmouthnj.org](http://www.lvmonmouthnj.org)**

## **New Jersey Anti-Hunger Coalition (NJAHC)**

**1-201-569-1804      [www.njahc.org](http://www.njahc.org)**

Food pantry volunteer options are under Food pantries and Soup kitchens.

## **SCAN (Social Community Activity Network)**

**732-542-1326      [www.scannj.com](http://www.scannj.com)**

Volunteers provide office support, instruct classes, join committees or host 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.**

**[www.score.org](http://www.score.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, volunteer their time and talents to help new start-up's or existing businesses grow.

# VOLUNTEER PROGRAMS

## **SHIP - (State Health Insurance Assistance Program)**

**732-531-5511 (Family and Children's Service)**

Volunteer counselors are trained by the New Jersey Department of Health and Senior Services, to assist people to understand Medicare supplemental insurance options, help filing claims or appeals and complete PAAD or Senior Gold applications.

## **Superior Court of New Jersey**

**732-677-4471 [www.judiciary.state.nj.us/volunteer](http://www.judiciary.state.nj.us/volunteer)**

Seniors welcome to help on community boards. Contact Volunteer Services Liaison.

## **The Food Bank of Monmouth and Ocean Counties**

**732-918-2600 [www.foodbankmoc.org](http://www.foodbankmoc.org)**

Volunteers assist at food drives, sort donations, fill orders, help with office work and mailings.

## **United Way of Monmouth County**

**848-206-2042 or 732-938-5988 [www.uwmonmouth.org/volunteer](http://www.uwmonmouth.org/volunteer)**

## **Volunteer Match**

**[www.volunteermatch.org](http://www.volunteermatch.org)**

Options are listed to match interests and special skills with needs in your zip code or nearby towns. All sorts of options can be found. 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.

# WEB SITES/TOLL FREE NUMBERS

- Brain Injury Association of New Jersey.....1-800-669-4323**  
[www.bianj.org](http://www.bianj.org)
- Council on Compulsive Gambling of NJ.....1-800-426-2537**  
[www.800gambler.org](http://www.800gambler.org)
- Federal Trade Commission.....1-877-382-4357**  
[www.ftc.gov](http://www.ftc.gov)
- International Hearing Society.....www.ihsinfo.org**
- League of Women Voters.....1-800-792-8683**  
[www.lwvnj.org](http://www.lwvnj.org)
- Legislation Hotline (NJ Bills).....1-800-792-8630**  
[www.njleg.state.nj.us](http://www.njleg.state.nj.us)
- Mental Health America .....www.mentalhealthamerica.net**
- Monmouth County Department of Human Service - Division of Human Services (clients only).....1-800-662-3114**  
[www.visitmonmouth.com](http://www.visitmonmouth.com)
- Multiple Sclerosis Foundation.....1-888-673-6287**  
[www.msfocus.org](http://www.msfocus.org)
- National Do Not Call Registry .....1-888-382-1222**  
[www.donotcall.gov](http://www.donotcall.gov) or [www.consumer.ftc.gov](http://www.consumer.ftc.gov)
- National Foundation for Credit Counseling .....1-800-388-2227**  
[www.nfcc.org](http://www.nfcc.org)
- National Hospice Foundation Helpline.....1-877-470-6472**  
[www.nationalhospicefoundation.org](http://www.nationalhospicefoundation.org)
- National Institute of Health, Osteoporosis & Related Bone Diseases, National Resource Center.....1-800-624-2663**  
[www.osteoporosis.nih.gov](http://www.osteoporosis.nih.gov) or [www.niams.nih.gov/Health\\_Info/Bone](http://www.niams.nih.gov/Health_Info/Bone)
- National Institute of Neurological Disorders..... (800) 352-9424**  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

# WEB SITES/TOLL FREE NUMBERS

- National MS Society (NJ Chapter).....(732) 660-1005**  
[www.nationalmssociety.org/Chapters/NJM](http://www.nationalmssociety.org/Chapters/NJM)
- National Poison Control Center Emergency Line.....1-800-222-1222**  
[www.njpies.org](http://www.njpies.org)
- New Jersey Domestic Violence Hotline.....1-800-572-7233**  
[www.state.nj.us](http://www.state.nj.us) › home › women
- New Jersey Podiatric Medical Society.....1-888-348-3338**  
[www.njpms.org](http://www.njpms.org)
- NJ Office of Vital Statistics and Registry .....**  
**.....1-866-649-8726 or 609-292-4087 x582**  
[www.state.nj.us/health/vital](http://www.state.nj.us/health/vital)
- 180 Turning Lives Around Domestic Violence Hotline.....1-888-843-9262**  
[www.180nj.org/domesticviolence\\_services.html](http://www.180nj.org/domesticviolence_services.html)
- Opt-Out of Prescreened Offers of Credit and Insurance.....1-888-567-8688**  
[www.optoutprescreen.com](http://www.optoutprescreen.com)
- Opt-Out of unsolicited commercial mail from direct-mail marketers and organizations.....**  
[www.dmchoice.org](http://www.dmchoice.org)
- Opt-Out of unsolicited commercial e-mail/E-mail Preference Service (eMPS).....**  
[www.dmchoice.org](http://www.dmchoice.org)
- State of New Jersey Department of Health & Senior Service.....**  
**.....1-800-792-8820 or 1-800-367-6543**  
[www.state.nj.us](http://www.state.nj.us)>Health & Social Service >Senior Services
- Violent Crimes Compensation Board Hotline.....1-877-658-2221**  
[www.njvictims.org](http://www.njvictims.org)
- Women's Referral Central.....1-800-322-8092**  
[www.state.nj.us/dcf](http://www.state.nj.us/dcf)

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