

East Windsor Township Senior Services Directory



2015

**East Windsor Township Senior Center
40 Lanning Boulevard
East Windsor, NJ 08520
(609)371-7192
www.east-windsor.nj.us**



Pictured above left to right: John Zoller, Perry Shapior, Peter Yeager, Hector Duke, Alan Rosenberg, Mayor Janice Mironov, Marc Lippman, Ondina Jeffers, Andrew Sung, Ina Heiman, and Dilys Henninger.

**TENTH ANNIVERSARY PROCLAMATION
Township Mayor and Council
and Commission on Aging Members**

MESSAGE FROM MAYOR JANICE S. MIRONOV



Dear Friends,

Our senior citizens are a valued and treasured part of our community, and their happiness, health and well-being are an important goal for all of us in public service. We hope that this Directory is helpful and can assist in answering many of the questions and needs of our senior citizens.

This Directory was compiled by the Township Commission on Aging to provide an information guide for a better understanding and access to services and facilities in our area which are available for senior citizens. It is not intended to be all-inclusive, but to offer a listing of many of the available resources in this area for housing, medical insurance, home care, nutrition, transportation, education, recreation and employment opportunities. East Windsor Township hopes that this Directory is a beneficial and positive addition to senior citizens and their families.

Sincerely,

MAYOR JANICE S. MIRONOV

East Windsor Township

Senior Services Directory

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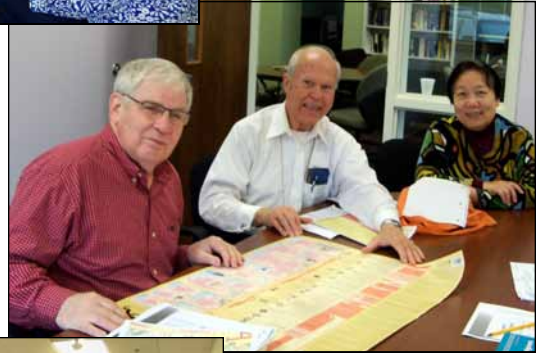
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WELCOME

The 11,000 square foot plus East Windsor Township Senior Center houses a large multi-purpose room used for Senior Center meetings and large group gatherings, as well as exercise, movies, stage events, and seasonal celebrations. In addition, there is a craft room and a game room equipped with 2 billiard tables. The center also includes a computer room with high speed internet access, as well as access to some of the latest Microsoft programs. There is a wide array of classes available year round.

The center is open Monday through Friday 9:00 AM to 4:00 PM. During the winter months, the Senior Center will follow the school closings and late openings. The Senior Center is available for use by *East Windsor* and *Hightstown Borough* residents age 60 and over. Applications for membership are available at the front desk and must be completed prior to participation. Proof of residency and age are required at the time of registration.

A schedule of monthly trips, events, and activities is available in the lobby of the Senior Center or online at www.east-windsor.nj.us. There is a community bus available for local shopping and local doctors appointments for a cost of \$.25 each way. The community bus is also used for special trips as well several times a month. The cost varies from trip to trip. Check with the Senior Center trip brochure for more information. Community bus schedules and the Mercer County Nutrition menu are also available.

Classes, programs and special events include exercise classes such as yoga, core balance, tai chi, ballroom dancing, line dancing Zumba and many more; health screenings such as monthly blood pressure and cholesterol screenings; educational and health talks; computer programs including digital photography; movies; parties; and art classes, including crafts and watercolor painting. A noon meal is available through the Mercer County Nutrition Project for the Elderly for a suggested donation of \$1.00. Registration for this program is required through the nutrition program.

Address: 40 Lanning Boulevard
East Windsor, NJ 08520
(609) 371-7192
www.east-windsor.nj.us

Active Adult Communities

Communities geared for active adults 55 and older; these facilities involve some form of ownership.

Riviera at East Windsor
166 Aristotle Way
East Windsor, NJ 08512

Enchantment at Hightstown
Wyckoff Mills Road
Hightstown, NJ 08520



Continuing Care Retirement Communities (CCRC)

CCRCs are retirement communities that provide a full spectrum of living/health care options for residents - from total independence in apartments or cottages through assisted living to total care and rehabilitation in on-site skilled nursing units.

Applewood Estates
1 Applewood Drive
Freehold, NJ 07728
732-780-7370

Monroe Village
1 David Brainerd Drive
Jamesburg, NJ 08831
800-833-4447

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

Stonebridge at Montgomery
100 Hollingshead Spring Road
Skillman, NJ 08558
800-218-3456

Federally Assisted Housing (Affordable Housing)

In general, this type of housing is apartment style and is designed for people aged 62 or older and the handicapped. There are income guidelines for eligibility for federally subsidized housing; some buildings may offer limited services.

Hightstown Housing Authority
131 Rogers Avenue
Hightstown, NJ 08520
609-448-2268

St. James Village
719 St. James Place
East Windsor, NJ 08520
609-448-1460

Wheaton Pointe at East Windsor
20 Lanning Boulevard
East Windsor, NJ 08520
609-448-7738

The Gables at West Windsor
996 Alexander Road
Princeton Junction, NJ 08550
609-779-8885

Assisted Living

These facilities provide programs/assistance for individuals who need some assistance with normal activities of daily living, but who do not need the custodial or medical care/nursing provided in a skilled nursing facility.

Acorn Glen
775 Mt. Lucas Road
Princeton, NJ 08540
609-430-4000

Wynwood at Forsgate
380 Forsgate Drive
Jamesburg, NJ 08831
609-409-7525

Bear Creek Assisted Living
291 Village Road East
West Windsor, NJ 08550
609-918-1075

Pavilions at Forrestal
5000 Windrow Drive
Princeton, NJ 08540
609-987-1221

Buckingham Place
155 Raymond Road
Princeton, NJ 08540
732-329-8888

Rose Hill
1150 Washington Boulevard
Robbinsville, NJ 08690
609-371-7077

Rehabilitation and Skilled Nursing Facilities

These facilities are licensed to provide 24 hour medical services (nursing and short term rehabilitation) by registered nurses and other professionals for those people who no longer require hospitalization but are not yet safe to be home. Many are also authorized to provide custodial care for those who need supervision; several have specialized dementia units. Information on finding a good facility in NJ can be obtained via the websites maintained by the NJ Dept of Health and Senior Services (www.state.nj.us/health) or the federal government (www.medicare.gov). The following facilities are close to East Windsor but there are at least 10 additional skilled nursing/ rehab centers in Mercer County:

Arcadia Nursing and Rehab Center
1501 State Highway 33
Hamilton Sq., NJ 08690
609-586-1114

Hamilton Continuing Care Ctr.
1059 Edinburg Road
Hamilton, NJ 08690
609-588-0091

Hamilton Grove Nursing & Rehab Center
2300 Hamilton Avenue
Hamilton, NJ 08619
609-588-5800

Genesis Eldercare of Cranbury
292 Applegarth Road
Monroe Twp., NJ 08831
609-860-2500

Mercerville Genesis Eldercare Center
2240 White Horse-Mercerville Road
Mercerville, NJ 08619
609-586-7500

Merwick Rehab Nursing Center
100 Plainsboro Road
Plainsboro, NJ 08536
609-759-6000

The Elms of Cranbury
61 Maplewood Avenue
Cranbury, NJ 08512
609-395-0641

The Gardens at Monroe
189 Applegarth Road
Monroe Twp., NJ 08831
609-448-7036



St. Lawrence Rehab Center
2381 Lawrenceville Road
Lawrenceville, NJ 08648
609-896-9500



Adult Day Care

Adult Day Care facilities provide socialization, meals and activities for senior citizens or those who are disabled, Medical Adult Day Care Centers also provide medical services such as blood sugar and pressure checks as well as medication administration. They often accept Medicaid payments and some have limited activities on Saturdays.

Elite Caring Day Care
80 West Upper Ferry Road
Trenton, NJ 08628
609-883-0020

Senior Star Adult Day Care
1980 N. Olden Avenue
Trenton, NJ 08618
609-434-0041

St. Peter's Adult Day Care Center
200 Overlook Drive
Monroe Twp. NJ, 08831
609-655-6853

Senior Care Center of Trenton
1450 Parkside Avenue. #7
Trenton, NJ 08638
609-883-0200

The Gallery at Buckingham Place
155 Raymond Road
Princeton, NJ 08540
732-329-8888

Living Independently for the Elderly

This is a Program of All-Inclusive Care for the Elderly (*PACE*), which can assist seniors to live safely at home while being helped by a team of healthcare experts. This program is based out of *St. Francis Medical Center* in Trenton, NJ and is available to all residents (62 and older) of Mercer County and some parts of Burlington County. Call 609-599-5433 to learn more about this innovative program which can often help senior citizens stay in their homes.

Insurance/Financial Information

MERCER COUNTY BOARD OF SOCIAL SERVICES

200 Woolverton Street, CN01450, Trenton, NJ 08650

(609) 989-4320 - PO Box 1450, Trenton, NJ 08650

Hours: Monday – Friday 8:00 AM to 4:30 PM

Programs include:

Medicaid Federal/State Health Assistance Program:

(800) 792-8820

pays medical bills if eligible. Must meet criteria.

Food Stamps Federal Assistance Program:

helps eligible persons purchase food.

Social Services Adult Protective Services

evaluation of situations involving individuals 18 or older who are at risk of abuse, neglect and/or exploitation.

(609) 989-4451 (intake)

Homemaker Services: provision of in home services to assist the aged or disabled.

Medical Transportation Services: provision of transportation to Medicaid eligible recipients for medical appointments.

Medicaid Waiver Programs

Community Care Program for the Elderly and Disabled (CCPED). Helps individuals to continue to live at home rather than going to a nursing facility. Services of visiting nurse and adult day care available. Low income eligibility and proof of assets required. § Care-giver Assistance Program (CAP) provides in-home services to seniors at risk of placement in a nursing facility, through Mercer County Commission on Aging (609) 989-6661. Assisted Living Waiver promotes a resident's self direction and participation in decisions that emphasize privacy, individuality, dignity and choice in homelike surroundings.

Qualified Medical Beneficiary Program (QMB). Helps pay Medicare out-of-pocket expenses for some low income persons.

LIFELINE

Utility assistance program which offers a yearly benefit of \$225 credit on electricity bills. This is open to people who are New Jersey residents who are 65 years of age or older, or Social Security disabled. Lifeline is available to utility customers and tenants whose utilities are included in their rent.

PAAD

Helps to pay for prescription medicines and certain pharmacy items. Recipients must co-pay for each prescription and the State of New Jersey pays the remaining costs.

SENIOR GOLD

This program applies to prescription drugs as well and requires a \$15 co-pay per prescription plus 50% of the cost balance. Financial eligibility must be met.

Mercer County Home Energy Assistance Program (HEAP)

Housing and Community Development
640 Broad Street, Room 402, Trenton, NJ
(609) 989-6959
Financial assistance to defray cost of home heating.

New Jersey Medicaid Program

Division of Medical Assistance and Health Services
(609) 588-3475
Federal assistance program administered by the State of New Jersey for the needy. It covers most hospital, medical and prescription expenses. Low income, low assets documentation needed.

Medicaid for Nursing Homes of Mercer County

(609) 989-4664
Applicant must meet financial and medical necessity requirements. Low income, low assets. Must “spend down” assets when already in nursing home and Medicare has expired. Process of evaluation is individual and complex.

Community Care Program for the Elderly and Disabled (CCPED).

(609) 989-4664
Helps individuals to continue to live at home rather than going to a nursing home. Services of visiting nurses and adult day care available. Low income and low assets required.

Global Options - GO

(609)-989-6661
A combination of three community-based waiver programs. It provides access to a wide range of in-home long-term supportive services for seniors and adults with physical disabilities who meet the income, asset and nursing facility level of care requirements established by Medicaid. It is designed to increase the type and amount of options available to persons who would otherwise require nursing home placement. Individuals receive all Medicaid State Plan services. Some additional covered waiver services may include: respite care; home-based supportive care; social/medical adult day care; transportation; medical equipment and supplies; assisted living programs as well as residences; and Personal Emergency Response Systems.

Medicare

Mercer County Office on Aging

(609) 989-6661 or (609) 989-6662

Medicare

(800) 772-1213 (State toll free number)

Medicare Supplemental Insurance (NJ Dept. of Insurance)\

(609) 292-5363

Federal health insurance program operated by the Social Security Administration. Patient or spouse must have contributed to fund while employed (part of Social Security deduction).

Senior Health Insurance Program (SHIP) formerly CHIME

(609) 584-5900

State program that provides information on medical insurance for seniors and the disabled. For Mercer County residents enrolled in Medicare. Information can be requested regarding supplemental insurance.

Medicare + Choice, (Also known as MEDIGAP)

(609) 924-7108

Additional information can be accessed at www.medicare.gov. Health insurance programs available to supplement Medicare, Health Maintenance Organizations (HMOs). Information on these programs can be obtained from State Health Insurance Program (SHIP) 1-800- 792-8820

Affordable Clothing and Household Goods

Greater Goods Thrift store

(609) 448-2702

114 Rogers Avenue, Hightstown, NJ 08520

Open Monday - Saturday, 10:00 AM - 7:00 PM

Home Care Agencies/Respite Care

Home health aides help with personal care, bathing, dressing, walking, food preparation, etc. Aides are trained, some certified and work under the supervision of registered nurses. Some offer Respite Services - a program which provides temporary or short term care to aid families experiencing fatigue and stress due to long-term care giving of frail, elderly and/or disabled members.

Bayada Nurses

168 Franklin Corner Road, Lawrenceville, NJ 08648
(609) 695-9500

Caregivers

PO Box 2044, Princeton, NJ 08543
Alexander Road, West Windsor, NJ 08550
(609) 514-0701

Hamilton Continuing Care Center

1059 Edinburg Road, Mercerville, NJ 08619
(609) 588-0091

Home Instead Senior Care

379 Monmouth Street, Suite 111, East Windsor, NJ 08520
(609) 448-7555
All non-medical home care

Medical Center at Princeton

Department of Home Care
88 Princeton-Hightstown Rd., Princeton Junction, NJ 08550
(609) 497-4900

Nursefinders

2211 Whitehorse-Mercerville Road, Mercerville, NJ 08619
(609) 631-8900

St. Francis Medical Center

601 Hamilton Avenue, Trenton, NJ 08629
(609) 599-5246
Respite care program funded by the State of New Jersey. Eligibility based on the functional level of recipient and financial criteria

St. Lawrence Rehabilitation Center "Hotel with Care" Respite Program

2361 Lawrenceville Road, Lawrenceville, NJ 08648
(609) 896-9500, ext. 2206

Note: Not all agencies are Medicare affiliated

Transportation

East Windsor Township Senior Center

40 Lanning Boulevard, East Windsor, NJ 08520
(609) 371-7192

Requirements: Must be an East Windsor or Hightstown resident. Call the East Windsor Township Senior Center to reserve a ride on the bus.
Monday – Thursday: Seniors can go to local businesses, banks, doctors appointments and hair salons. NOTE: Doctor's appointments must be scheduled for 10:00 AM. Round trip ticket is \$0.50, and one way is \$0.25. Bus does not go outside the Hightstown/East Windsor area for doctor's appointments.

Friday: There are always scheduled trips. Printed bus schedules are revised monthly and may be obtained at the Senior Center and local libraries. This information is also on the website at www.eastwindsor.nj.us.

New Jersey Transit for Seniors, Disabled and Hearing Impaired Persons

"AccessLink"
1 Penn Plaza East, Newark, NJ 07105
(800) 955-2321
Curb to Curb transportation
Scheduling in advance
Individuals must meet eligibility requirements.



Transportation Resources to Aid the Disadvantaged and Elderly (TRADE)

Mercer County DOT Facility
300 Scotch Road, Building 1, Trenton, NJ 08628
(609) 530 -1971 Princeton-Hightstown Area (609) 275-2929
Provides Transportation to medical appointments, employment, school, shopping, and other essential services.
Call between 9 AM and Noon.
No fee

Medical Transport

Fee based service providing specialized medical transport. Will accept medical insurance.
Mercer County region - (800) 373-2253. Information available on-line at www.ablemedicaltransport.com.

New Jersey Transit

Reduced Fare Program

Seniors 62 and over and the disabled can ride NJT trains, light rail and buses for a 50% or more reduction in fare.

A Medicare Card, NJ Transit Card, NJ Reduced Fare ID, or other accepted ID must be provided.

NJ Transit Reduced Fare ID's can be obtained from local banks or:
NJ Transit Reduced Fare Program,
180 Boyden Ave., Maplewood, NJ 07040

To receive a reduced fare on an interstate bus not marked NJ Transit, obtain coupons from local banks.

AccessLink - Transit for Seniors, Disabled and Hearing Impaired Persons

1 Penn Plaza East, Newark, NJ 07105

(800) 955-2321

Curb to Curb transportation

Scheduling one to seven days in advance

Individuals must meet eligibility requirements.

ITN Greater Mercer (Independent Transportation Network Greater Mercer)

Transportation provided by volunteers throughout the Greater Mercer County Area for seniors who have visual impairment or who are unable to drive.

The fee for transportation is minimal and can be arranged by calling 609 452-1491. Volunteer opportunities are also available for those who drive and wish to help others in the community.





Nutrition Services



The following nutrition related services are available to eligible seniors:

Food Stamps

- Mercer County Board of Social Services
- 200 Woolverton Street, Trenton, NJ 08611
- (609) 989-4491
- The Mercer County Board of Social Services administers the Food Stamp Program. There is an income eligibility requirement.

• Kosher Meals on Wheels

- Kosher Meals on Wheels are now available for seniors in our area through Jewish Family and Children's Services.
- (609) 987-8100

• Meals on Wheels

- Meals are provided by the American Red Cross
- (609) 951-2120
- Offered are hot, nutritious meals and sandwiches delivered by volunteers
- Meals are available Monday through Friday. Individuals can sign up for any or all days.
- Fee based service, but individuals not excluded due to inability to pay.

• McCaffrey's Super Market

- Southfield Retail Center
- Princeton Hightstown Road, West Windsor, NJ 08550
- (609) 799-3555
- Provide next day delivery for all grocery needs, same pricing as in store including Value Card pricing. Groceries can be ordered online at www.mccaffreys.com. There is a \$15 fee if order is placed by phone and a \$10 fee if order is placed on the internet.

• Nutrition Site

- Located at East Windsor Township Senior Center (609) 371-7192

• RISE Food Pantry—located at St. Anthony of Padua Church

- 225 Franklin Street, Hightstown, NJ. 08520
- (609) 443-4464
- Open Monday, Tuesday and Wednesday, 9 AM – Noon

• Trenton Area Soup Kitchen Community Dinners – Open to all.

- First Presbyterian Church of Hightstown, 320 N. Main Street, Hightstown, NJ. Dinners served on Monday evening beginning at 4:30 PM.
- First Methodist Church of Hightstown, Stockton Street, Hightstown, NJ. Dinners are served on Thursday evening beginning at 5:00 PM.

Adult Education

East Windsor Township Senior Center

40 Lanning Boulevard, East Windsor, NJ 08520

(609) 371-7192

Offers a variety of classes, both fee and non-fee based. Call for additional information.

East Windsor Regional School District Community Education Program

5 Kent Lane, East Windsor, NJ 08520

(609) 443-7804

Offers variety of classes. **Fee based.**

Mercer County Community College

1200 Trenton Road, West Windsor, NJ 08550

(609) 586-4800 extension 228 (credit courses)

(609) 586-9446 (non-credit courses)

James Kerney Campus, North Broad and Academy Streets,
Trenton, NJ

(609) 586 4800

Mercer County residents 65 or older may enroll in credit and non-credit courses on a space available basis

FREE TUITION



Identification Cards



East Windsor Township Senior Citizen ID cards

ID cards are issued every three months at the East Windsor Township Senior Center. Please check the monthly news letter issued by the Senior Center for upcoming dates. The cards may be used for local Senior discounts. **They cannot be used for an official ID.**

NJ Division of Motor Vehicles

Non-driver photo ID
Baker's Basin DMV location
Must bring specific forms of identification, which are listed at the website, www.njmvc.gov
(888) 486-3339 or (609) 292-6500

Mercer County ID

Mercer County Clerk's Office
209 South Broad Street, Room 100, Trenton, NJ
(609) 989-6998
No appointment needed
Call for a list of approved documents, which may include passport, driver's license and birth certificate

National Park Pass

Lifetime FREE admission to national parks, recreation areas, forests, BLM, Fish and Wildlife.
50% discount on service fees
Must be 62 or disabled
Available at the parks

New Jersey State Park Pass

Free or reduced admission to state parks, forests, historic sites, and recreation areas
(800) 843-6420
NJ Department of Environmental Protection, Division of Parks and Forestry, CH404, Trenton, NJ 08625

NOTE:

If you suspect that you have been a victim of identity theft, call your local police, credit card companies, banks, investment companies, licensing agencies and Social Security Administration.

Employment Opportunities

Senior Community Service Employment Program (SCSEP)

This program is authorized under Title V of the Federal Older Americans Act and administered by the U.S. Department of Labor. In New Jersey, this is called Workforce 55+. The main objective of the SCSEP is to bring together the talents of older workers and the unmet needs of communities by:

- Providing income and gainful part-time subsidized work activities for low income older persons;
- Demonstrating how low income older workers can help respond to the delivery of their community's service needs by working in community service jobs.
- Transitioning job-ready older persons into quality jobs in private, public and non-profit sectors through training and job-finding assistance.
- For information on this program, contact the National Council on Aging (NCOA) at (609) 984-8247. Local office is located at 26 Yard Street, Trenton, NJ 08625.
- The focus of WorkForce 55+ is training and transitioning program enrollees in unsubsidized jobs with private sector and/or public sector employers.
- For information on this program, contact the NJ Department of Labor, Division of Employment and Training, PO Box 055, Trenton, NJ 08625.
- (609) 943-5107 or information can be obtained by calling the NJ EASE toll-free number (877) 222-3737.

Mercer County Employment and Training (One Stop Career Center)

The One-Stop Career service delivery system promotes universal access to services and information on services needed to obtain jobs. The system serves as the single point of contact for job seekers and employees seeking information about workforce development activities and access to all local employment and training services. The system will allow older workers outside of the Senior Community Service Employment Program (SCSEP) to gain full access to any and all services provided through the local workforce development network.

There are local One-Stop Career Centers in every county in New Jersey. For more information, contact:

New Jersey Department of Labor, Division of Employment and Training
(609) 292-5005 or (609) 989-6523
26 Yard Street, Trenton, NJ 08625

NJ EASE

What is NJ EASE?

- NJ EASE (New Jersey Easy Access Single Entry) is the easy way for seniors and their families to obtain information about and access senior services.
- NJ EASE is one toll-free telephone number to put an individual in touch with someone to help them learn about and apply for important programs and benefits. (877) 222-3737.
- NJ EASE promotes independence, dignity and choice for New Jersey's older adults.
- When you dial the NJ EASE toll-free telephone number, a person from an agency in your county answers. You will speak with someone who is trained, knowledgeable and ready to help you. Once services are provided, NJ EASE keeps in touch with you to make sure the services continue to meet your needs.
- NJ EASE Services
- NJ EASE staff members are trained to provide you with answers and information on a wide variety of topics, including:
 - Healthcare
 - Insurance
 - Home Care Services
 - Long Term Care Options
 - Transportation
 - Social Activities
 - Nutrition
 - Volunteer Opportunities
 - And more



East Windsor Township Mayor and Council



Pictured above left to right: John Zoller, Peter Yeager, Perry Shapiro, Mayor Janice Mironov, Alan Rosenberg, Deputy Mayor Marc Lippman, and Hector Duke.

EMERGENCY PHONE NUMBERS

EMERGENCY (Fire, Police, Ambulance).....911
East Windsor Police.....(609) 448-5678
NJ Poison Control Center.....(800) POISON1

IMPORTANT NUMBERS

CONTACT of Mercer county 24 Hour.....(800) 896-2120
Crisis Hotline.....(800) 585-2244
Family Health Line.....(800) 328-3838
NJ EASE.....(877) 223-3737
Psychiatric Crisis Intervention Unit
 Helene Fuld Mental Health.....(609) 396-4357
Women’s Referral Central.....(800) 322-8092

HOSPITALS

Capital Health System

Helene Fuld Campus.....(609) 394-6000
 Hopewell Campus.....(800) 637-2374
Centra State Medical Center.....(732) 431-2000
Deborah Heart and Lung Center.....(609) 893-6610
Robert Wood Johnson University Hospital at Hamilton.....(609) 586-7000
St. Francis Medical Center at Trenton.....(609) 599-5000
University Medical Center of Princeton at Plainsboro.....(609) 497-4000

