



**SENIOR CITIZENS  
CENTER**

# **Directory of Senior Services**

**The Grover Cleveland Senior Citizens Center  
1 Provost Square  
Caldwell, New Jersey 07006**

**973-403-4637**

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# Welcome to The Grover Cleveland Senior Citizens Center

The Grover Cleveland Senior Citizens Center was founded in 1984 with the goal of providing a comfortable place for seniors to gather. Since that time, we have grown to be the focal point of services for older Caldwell residents. We offer a variety of programs and services to assist the older adults of the Caldwell Community.

## Hours

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The Grover Cleveland Senior Citizens Center is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Any individual age 60 and over can participate in our programs and services.

## Lunch

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On Monday, Wednesday, Thursday, and Friday, we offer a complete lunch co-sponsored by the Suburban Essex Nutrition Program and the Essex County Division on Aging. This catered lunch includes coffee, milk, a full meal, and dessert. We ask that you call at least one day in advance to reserve your place for lunch.

## Recreation

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The Center also offers recreation programs for our members. Each week, a fitness program of gentle stretch and resistance is offered for \$1.00 per class. In addition, bridge and bingo are played throughout the week. A monthly trip to Atlantic City is also available. Please check our monthly calendar for more information on our recreation programs.

## Transportation

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Transportation is available to the Center on a daily basis. Our Caldwell, West Caldwell, Roseland Bus will take any older adult to the Center as well as shopping. In addition, on Tuesday our bus will take individuals to various malls for shopping. Please call by 8:45 a.m. on the day you would like to travel on our bus.

The Center also houses the office for the **Caldwell LIVE** Program. Geared to help older adults age in their homes, the program offers various programs for Caldwell residents. Currently, the program is providing recreational and health promotional activities, a social worker to help our local seniors access services, a home maintenance repair program, and a job placement counselor. Please call the Caldwell LIVE office for additional information at 973-403-0972.

The Grover Cleveland Senior Citizens Center also acts as an information and referral site for the older adults of the Caldwell Community. To this end, we offer you this Directory of Senior Services to guide you through available services in our area.

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*A special “thank you” to Anthony Cordova, a long-time friend and resident of Caldwell. Anthony is a daily participant of the Grover Cleveland Senior Citizens Center and his kind donation made the printing of this guide possible.*

# Table of Contents

<b>General Information &amp; Referral</b>	<b>6</b>
<b>Emergency Services</b>	<b>7-8</b>
<b>Education &amp; Recreation Activities</b>	<b>9-10</b>
<b>Health Screenings</b>	<b>11</b>
<b>Medical Insurance</b>	<b>11-12</b>
<b>Medical Information</b>	<b>13</b>
<b>Mental Health Resources</b>	<b>14</b>
<b>Money Management</b>	<b>14-15</b>
<b>Housing &amp; Home Repair</b>	<b>16-18</b>
<b>Transportation</b>	<b>18</b>
<b>Nutrition</b>	<b>19</b>
<b>Meals on Wheels</b>	<b>20</b>
<b>In Home Care Services</b>	<b>20</b>
<b>Home Health Agencies/Visiting Nurses</b>	<b>21</b>
<b>Respite Services</b>	<b>22</b>
<b>Adult Day Care</b>	<b>22</b>
<b>Long Term Care</b>	<b>23</b>

# General Information & Referral

**Caldwell Human Services:** 973-403-4637  
Information and referral to local agencies and services.

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**Caldwell LIVE Social Worker:** 973-403-0972  
Information and referral, counseling and case management, and assistance with obtaining services.

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**Elderlink:** 973-765-9050, ext. 511  
Information and referral services through Jewish Family Service of MetroWest.

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**Essex County Division of Aging:** 973-395-8375  
Information and referral to services funded through the County Office on Aging.

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**First Call for Help:** 973-746-4040  
United Way of North Essex – All questions will be referred to the proper agency.

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**New Jersey Senior Citizen Hotline:** 1-800-792-8820  
Division on Senior Affairs, NJ Department of Health and Senior Affairs.

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# Emergency Services

**Fire, Police, Ambulance:** 911  
To report an emergency.

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**Caldwell Police Department:** 973-226-2600  
Non-emergency line.

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**Adult Protective Services:** 973-624-2528  
To report neglect or physical, psychological, or financial abuse of a senior.

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**File of Life:** 973-403-4637  
Available at the Grover Cleveland Senior Citizens Center, this lists all of your emergency information and places it in a file on your refrigerator for EMS. This program is sponsored by Dr. David Gurian of Gurian Hearing and Vision Center in West Caldwell. It is free to all who request it.

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**Personal Emergency Assistance Device:** 800-543-3546  
Philips Lifeline – A personalized electronic pager for emergencies.

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**Phone Alert Program:** 973-655-0300  
A friendly call provided at a fixed hour each day to those living alone.

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**Mountainside Hospital:** 973-429-6000  
Offers complete in-patient, out-patient services and physician referral service.

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**St. Barnabas Hospital:**

**973-322-5000**

Offers complete in-patient, out-patient services and physician referral service.

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**NJ Dept. of Health and Senior Services Complaint Hotline:**

**800-792-9770**

To report complaints regarding a nursing home, long term care facility, health care facility, medical day care center, hospital or hospice.



*Photo by Karen Alexander*



# Education & Recreation Activities

Caldwell is home to extensive and varied cultural, educational, and recreational activities. The following represents a sample of what Caldwell has to offer to enrich the lives of seniors.

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**AARP - American Association of Retired Persons: 866-542-8165**

Offers programs with speakers, trips, and health education.

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**Caldwell Community Center: 973-228-7665**

Reduced senior membership (62 and older).  
Full service recreational center including aquatics, senior fitness, swimming, dancing, yoga, lecture series, and health education.

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**Caldwell Library: 973-226-2837**

Open Monday & Friday 9 a.m. – 5 p.m.;  
Tuesday, Wednesday & Thursday 9 a.m. – 8 p.m.,  
and on Saturday 9 a.m. – 1 p.m.  
(Closed Saturdays in the Summer.)

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**Caldwell LIVE (Lifelong Involvement for Vital Elders): 973-403-0972**

Mails out a monthly calendar of events,  
with programs and information for adults 60+.

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**Caldwell/ West Caldwell Club: 973-575-9017**

Meets the second and fourth Wednesday of the month  
at Harrison School, West Caldwell.  
Bill Pimblott, President

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**Essex County College:****973-877-3175**

Computer basics courses are available.  
Call for more information.

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**Grover Cleveland Senior Citizens Center:****973-403-4637**

Located within the Caldwell Community Center,  
call or stop in for a program calendar.

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**JCC MetroWest:****973-530-3448**

The William Margulies Senior Center provides a wide  
range of social programs along with a kosher hot lunch.

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**Lifelong Learning Institute (Caldwell College):****973-618-3543**

Offers peer learning, provides a variety of class formats  
to persons age 50 and “better” who wish to participate  
in noncredit educational courses and seminars.

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**Old Guard:****973-575-5517**

P.O. Box 94, Caldwell. President, Art Huneke.

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*Photo by Bertha Feinstein*

# Health Screenings

**Caldwell Department of Health:** **973-403-4623**  
Offers a variety of screenings throughout the year.  
Also provides yearly flu clinic.

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**Blood Pressure Screening:** **973-403-4637**  
First and third Tuesday of every month at  
Grover Cleveland Senior Citizens Center  
located within the Caldwell Community Center.

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**Mountainside Hospital:** **888-973-4MSH**  
A variety of health programs available within the  
community as well as at Mountainside Hospital.  
Call for more information.

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# Medical Insurance

**Hearing Aid Assistance:** **800-792-9745**  
For those on PAAD (Pharmaceutical Assistance for  
the Aged and Disabled), \$100 rebate on the purchase  
of a hearing aid.

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**Medicare:** **800-633-4227**  
Medical Insurance, part of Social Security.

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**Medicaid:** **973-645-7040**  
Medical Insurance for low-income individuals.

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**QMB Program:****973-645-7134**

Medically needed program that pays for Part B of the Medicare program.

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**Pharmaceutical Assistance for the Aged and Disabled (PAAD)****800-792-9745**

Reduction in prescription cost available to those meeting income, age, and/or disability qualifications. Participant pays \$6/\$7 per prescription.

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**Senior Gold Program:****800-792-9745**

For those who do not qualify for the PAAD program. Provides a reduction in prescription cost available to those meeting income, age and/or disability qualifications.

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**SLMB:****800-792-9745**

Specified Low Income Medicare Beneficiary Program pays Medicare Part B premiums for individuals who are not eligible for QMB because their income is too high.

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**SHIP:****973-403-4637**

Located at the Grover Cleveland Senior Citizens Center. A trained volunteer provides free, unbiased information and assistance to people on Medicare about Medicare, Medigap, Medicare HMO's, and long term care insurance.

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# Medical Information

**Care Management (Life Management Inc.):** 973-655-0300  
Private care management services provided to families, friends, and others.

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**Center for Geriatric Health Care:** 973-926-8491  
Newark Beth Israel Medical Center offers comprehensive geriatric assessment, primary health care, and support services.

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**Dental Care, (UMDNJ):** 973-972-4242  
School of Dentistry, Newark.

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**Loan Closet for Medical Supplies:** 973-403-4623  
Medical and assistive devices are available for loan through Caldwell Human Services.

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**Mountainside Hospital Dental Residency Program:** 973-429-6887  
Dental care for low-income individuals.

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**NJ Chapter of Professional Geriatric Care Managers:** 201-703-1699  
Specializes in assisting older people and their families with assessment, eligibility for assistance, and need for services. Call for referrals.

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# Mental Health Resources

The following agencies provide individual, couple, group, and other types of counseling.

**Family Service League, Inc.:** 973-746-0800

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**Jewish Family Service (JFS) of MetroWest:** 973-765-9050

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**Mental Health Association of Essex County:** 973-509-9777

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**Mental Health Resource Center:** 973-744-6522

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**Mountainside Mental Health Services:** 973-429-6121

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**The Bridge:** 973-228-3000

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# Money Management

**Caldwell Human Services:** 973-403-4623

Assistance with filling out PAAD applications and other government forms.

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**Community Health Law Project:** 973-680-5599

Provides legal and advocacy services to NJ residents with disabilities.

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**Essex County Legal Aid Association:** 973-622-0063  
465 Martin Luther King Blvd., Newark.

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**Essex County Surrogates Office:** 973-621-4908  
Estate and guardianship filing. Hall of Records, Newark.

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**Essex-Newark Legal Services:** 973-624-4500  
5 Commerce Street, Newark. Offers elder law clinic  
and attorneys for low-income residents of Essex County.

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**Friend Advocate,** 973-765-9050  
**Jewish Family Service of MetroWest:**  
Assistance with banking, bill paying, budgeting,  
decision making, and filling out forms.

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**HEAP - State of NJ Home Energy** 973-485-0795  
**Assistance Program:**  
Refund for heating and electricity available for those  
meeting income, age, and/or disability qualifications.  
Applications are available November through February.  
Call for information.

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**Jewish Vocational Service (JVS):** 973-674-2415  
A non-sectarian, non-profit organization assisting  
with job placement, with an office at the Grover  
Cleveland Senior Citizens Center.

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**Lifeline Credit Program:** 800-792-9745  
Annual utility benefit available for eligible individuals  
who are currently receiving PAAD.

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**Real Estate Tax Reduction, Tax Assessor:** 973-226-6349  
Persons 65 or over who meet the eligibility requirement may receive a tax reduction.  
Must make less than \$10,000 per year.

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**Urban League of Essex County:** 973-624-9535  
Offers employment training, Welfare to Work, and computer classes for those 55 and over.

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**Senior Tax Freeze:** 800-882-6597  
Property Tax Reduction for senior citizens.

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**Social Security Administration:** 800-772-1213  
For information about Social Security benefits, Medicare, and Supplemental Security Income.

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## Housing & Home Repair

Housing for well seniors requiring minimal supportive services and home repair services.

**Cedar Ridge Senior Apartments:** 973-857-2290  
100 Cedar Ridge Drive, Cedar Grove.

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**Essex County Home Repair:** 973-677-7800  
Assistance with home repairs for low-income senior homeowners, including plumbing, electrical, carpentry, and other repairs.

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**First Montclair House:** 973-746-0895  
56 Walnut Street, Montclair.

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**Home Improvement Program:** 973-395-8450  
Offered through Essex County, provides a 20-year deferred loan for home improvements.

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**James A. Degnan House:** 973-731-9714  
430 Main Street, West Orange.

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**Jewish Community Housing Corporation:** 973-731-2020  
750 Northfield Avenue, West Orange.  
Umbrella organization for senior housing in five locations.

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**John P. Renna Jr. House:** 973-736-3130  
10 Gaston Street, West Orange

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**JVS Home Maintenance Solutions:** 973-674-2415  
Handymen who are skilled, reliable, insured, and bonded, at reasonable rates.

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**Kinder Towers:** 973-748-0982  
400 Hoover Avenue, Bloomfield.

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**Marian Manor:** 973-226-3433  
7 Ashland Street, Caldwell.

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**Verona Senior Citizens:** 973-239-3131  
100 Hillwood Terrace, Verona.

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**Weatherization Program:****973-485-0795**

Assistance for eligible individuals for repair or replacement of heating system.

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## Transportation

**Access Link:****800-955-2321**

A Para-transit service operated by New Jersey Transit for disabled individuals.

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**Caldwell, West Caldwell, Roseland Bus:****973-226-5108**

Free door-to-door service, Monday through Friday, to Jack's, Kings, ShopRite, Grover Cleveland Senior Citizens Center, and the mall.  
Call between 8:15 a.m. and 8:45 a.m.  
to arrange for same-day pickup.

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**Essex County Special Transportation:****973-395-5858**

Transportation to doctor visits. Shopping mall transportation also provided. Wheelchair accessible.

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**NJ Transit:****973-275-5555**

Bus information and schedules.  
Live operators available 7 a.m. to 7 p.m., daily.

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**Metro Transport:****973-325-1359**

Door-to-door transportation for eligible individuals.

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*Photo by Karen Alexander*

## Nutrition

### **Suburban Essex Nutrition Program:**

**973-403-4637**

Serves mid-day meal at the Grover Cleveland Senior Citizens Center Monday, Wednesday, Thursday, and Friday. Sponsored by the Essex County Division on Aging.

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### **Food Stamps:**

**973-395-8000 or 973-395-8133**

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### **Human Needs Food Pantry:**

**973-746-4669**

Food pantry, located in Montclair but services Caldwell.

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### **Caldwell Human Services Food Pantry:**

**973-403-4623**

Located at 14 Park Avenue, the Food Pantry is open on Mondays from 4 p.m. - 6 p.m., Wednesdays from 11 a.m. to 1 p.m. and Thursdays from 10 a.m. to 12 noon.

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# Meals on Wheels

## **Kosher Meals on Wheels:**

**973-530-3414**

Home delivery of hot kosher meals is available through Essex County and JCC MetroWest.

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## **Mobile Meals of Essex:**

**973-744-0473**

Home delivery of hot meals.

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# In Home Care Services

## **Home Friend Program:**

**973-926-6771**

Non-medical help for homebound elderly, such as light housekeeping and shopping.

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## **Jewish Vocational Service – At Home Services:**

**973-674-2415**

Provides caring and reliable non-medical home care through Caring Companions Program.

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## **Helping Hands:**

**201-213-2614**

Home Helper Services.

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## **Touching Hearts:**

**973-845-6125**

Companionship, laundry service, and house keeping.

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# Home Health Agencies/Visiting Nurses

<b>Bayonne Visiting Nurses</b> (Services Caldwell Area)	<b>973-857-7300</b>
<b>Caring Touch Nursing</b>	<b>609-386-8773</b>
<b>CHRILL Care, Inc.</b>	<b>973-744-8103</b>
<b>Claddagh Home Care</b>	<b>973-598-9730</b>
<b>ComForCare Senior Services</b>	<b>973-244-9400</b>
<b>Metropolitan Home Health Care</b>	<b>973-325-3040</b>
<b>Right at Home</b>	<b>973-669-1822</b>
<b>Senior Helpers of Fairfield</b>	<b>973-362-0130</b>
<b>Senior Helpers of Madison</b>	<b>973-360-1500</b>
<b>Visiting Angels</b>	<b>973-226-9091</b>
<b>Visiting Nurse Association of Northern NJ</b>	<b>973-539-1216</b>

# Respite Services

Relief services available to those caring for an elderly or disabled individual. Intermittent home care, day care, temporary nursing home placement or emergency services are available.

**Essex County Respite Care Program:** **973-395-8384**

A program of the Essex county Division of Aging provides relief to caregivers.

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**Sunrise Assisted Living:** **973-228-7890**

47 Greenbrook Road, Fairfield.

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**Crane's Mill Retirement Community:** **973-276-6700**

459 Passaic Avenue, West Caldwell.

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**The Chelsea:** **973-402-1100**

165 Changebridge Road, Montville.

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# Adult Day Care

On-site social and recreational activities including a nutritious meal for frail elderly. Transportation is usually provided. Call for the cost and services.

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**Senior Care & Activities:** **973-783-5589**

110 Greenwood Avenue, Montclair, NJ 07042.

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# Long Term Care

**Crane's Mill Retirement Community:** 973-276-6700  
459 Passaic Avenue West Caldwell.

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**Daughters of Israel Geriatric Center:** 973-731-5100  
1155 Pleasant Valley Way, West Orange, NJ 07052.

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**West Caldwell Care Center:** 973-226-1100  
165 Fairfield Avenue, West Caldwell.

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**Long Term Care and Advocacy Center:** 973-673-0604  
Assistance and information on Essex County nursing homes, residential health care facilities, assisted living facilities, and comprehensive personal care facilities. County guide available. Also investigates complaints.

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**Boarding Home Unit** 973-733-3072  
(Essex County Division of Welfare)  
Provides information on rooming and boarding homes in Essex County. Investigates complaints.

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# Caldwell LIVE

Lifelong Involvement for Vital Elders

**973-403-0972**

This directory was printed with assistance from Caldwell LIVE. Caldwell LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with the Borough and local organizations.

Support is provided by the U.S. Administration on Aging and United Jewish Appeal of MetroWest NJ; funded in part through a grant from the Mountainside Health Foundation.



UNITED  
JEWISH APPEAL

UNITED JEWISH COMMUNITIES  
OF METROWEST NEW JERSEY

**Live Generously.®**

