

COVID19 & Caregivers Resources 28th Edition – 4.4.22

COVID Resources – Ongoing

(Included here are only resources that haven't been listed before or are NEW/UPDATED. For a list of Resources from Previous missives, contact your Coalition manager)

United Way of Northern NJ Virtual Caregiver Events

Second, third and fourth Tuesday of each month

Visit our online calendar at <https://www.unitedwaynj.org/events-calendar> for full details and to register.

Hope and Healing Virtual Support for Post-COVID Patients

Thursdays at 6:00pm

The Institute for Prevention and Recovery's Hope and Healing program offers virtual workshops in self-care and emotional support for patients recovering from COVID-19 and those experiencing long-term effects of the virus. Topics include mindfulness, anticipation/anxiety, re-entry, resilience and the recovery process. • Learn how to calm your mind, reduce negative emotions and manage stress with easy, gentle relaxation and mindfulness practices. • Share experiences, receive support, and enhance personal strengths together.

Join at [Launch Meeting - Zoom](#) Meeting ID: 819 4858 5734 Passcode: 486847. For more information contact rwjbh.org/hopeandhealing hopeandhealing@rwjbh.org or call 833-795-HOPE (4673)

COVID-19 & Cancer Considerations: What You Should Know

Thursday, April 7 from 12:00pm – 1:00pm

Presented by Kathleen Toomey, MD Ronald Nahass, MD Robert Wood Johnson University Hospital Somerset, Steeplechase Cancer Center. During this webinar, understand the impact of COVID-19 on patients diagnosed with cancer, the most common cancer diagnoses among patients with COVID-19, risks of infection, the impact of COVID-19 on chemotherapy and radiation, the long-term effects of the virus, treatments for cancer patients with COVID-19, the recommended precautions and prevention strategies including inoculation and medication. To register visit https://us02web.zoom.us/webinar/register/WN_8BSi652SSXi5Xb8GEhCv6A For more information contact Kyle Jachim at KJachim@crossroads4hope.org

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020

HOW DO I APPLY FOR THIS ASSISTANCE? Call FEMA's COVID-19 For fastest service You can also visit us online at Funeral Assistance Helpline at following your application, [FEMA.gov/funeral-assistance/faq](https://fema.gov/funeral-assistance/faq). 1-844-684-6333 you can begin submitting Information is provided in several (TTY: 800-462-7585) documentation online through languages both by telephone and from 9 a.m. to 9 p.m. ET, [Disasterassistance.gov](https://disasterassistance.gov) the website. Monday – Friday and begin the by fax 855-261-3452. application process. Documents may also be mailed to: COVID-19 Funeral Assistance P.O. Box 10001 Hyattsville, MD 20782

Information on Federal Utility Assistance Programs.

Many older adults face challenges affording heating and weatherizing their homes, as well as keeping up with other utilities. This NCLER tip sheet, https://ncler.acl.gov/getattachment/Legal-Training/upcoming_event/Preserving-Utility-Service-Tip-Sheet.pdf.aspx?lang=en-US&eType=EmailBlastContent&eId=55d5ea5b-d874-46a5-aad1-affc3913cbe3 provides information about federal utility programs, such as the Low-Income Home Energy Assistance Program (LIHEAP), the new Low-Income Household Water Assistance Program (LIHWAP), the low-income Weatherization Assistance Program (WAP), and additional protections for those with serious illnesses. These programs can help older adults stay safe and healthy, reducing the dangers that arise from a lack of access to utilities.

New Jersey's Eviction Protections and Self-Certification Form

New Jersey has introduced critical protections to renter households who experienced economic hardships during the pandemic. For more information visit <https://covid19.nj.gov/pages/renter>

New Jersey has a Vaccine Call Center, in multiple languages: 1-855-568-0545

The Vaccine Call Center is available from 8 am to 8 pm Monday thru Friday, to register individuals in the NJ Vaccine Scheduling System, answer questions about the vaccine, provide contact information for sites, check registration status, and update registration information.

COVID-19 Updates and Information offered by The Arc of New Jersey

<https://www.arcnj.org/information/covid-19-updates-information/covid-19-updates-information.html>

Covid-19 Test Scams - Beware

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare Number? **Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits** in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits!

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. Over the counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies. Remember, each household in the U.S. can also have four free COVID-19 at-home tests shipped directly to their home at no cost. **Visit COVIDtests.gov** to order tests or learn more about testing.

If you suspect fraud, call 1-800-MEDICARE to report it.

Date Specific Webinars/Groups

Mindfulness Mondays

Mondays between March 7 and April 18 from 5 pm - 6:15pm via Zoom

From the Crisis Counseling Program (CCP) and Intensive Family Support Services (IFSS). This new series will provide respite, connection, and tools to help participants cope with caregiving stress, and navigate through the ongoing changes of the pandemic.

The series will launch on March 7th with a relaxing demonstration of **a traditional Chinese tea ceremony.**

Chinese Tea Master, Fengxiao Liu will share her knowledge and expertise regarding this ancient practice.

To join the Zoom for the Tea Ceremony on March 7, go to this link,

<https://us06web.zoom.us/j/82289501943?pwd=NFZ6T1VNblBUQzh5blk4RElWTnRMUT09>

Meeting ID: 822 8950 1943. Passcode: 984708. OR Dial-in: 1-929-205-6099

Spring Caregiver Series Virtual Webinars

Every Wednesday in April and May, 6:00 to 7:00pm

Join the Alzheimer's Association Greater NJ Chapter for their Spring Caregiver Series, in partnership with Sunnyside Manor, "10 Warning Signs of Alzheimer's", "Understanding and Responding to Dementia-Related Behavior" and "Healthy Living for Your Brain and Body". To register go to [ALZ.ORG/CRF](https://alz.org/crf) or call 800-272-3900.

Virtual Parent Empowerment Conference

Monday, April 4- Saturday, April 9

Hinkle Prior & Fischer is proud to present this free event providing a weeks' worth of informative workshops featuring recognized experts and leaders in the disability community. This conference hi-lights innovation through action. For a complete list of speakers, keynote panels, and breakout sessions, and to register, visit our conference website today! <https://parentempowerment.brushfire.com/parent-empowerment22/524974> For prior videos visit <http://hinkle1.com/videos/>

A Family Forum for Greystone Park Psychiatric Hospital

Tuesday, April 5 from 6-7:30pm

Mental Health Association 300 Littleton Road, 3rd Floor, Parsippany

This forum is designed to reach families of individuals who are or have been patients of this hospital. Participants will have an opportunity to raise questions and concerns with Thomas Rosamilia, M.A., LPC, Interim Chief

Executive Officer, Division of Behavioral Health Services, Greystone Park Psychiatric Hospital. Preregistration is required by email cparmelee@mhaessexmorris.org or call 973-579-4399 ext. 402 To register for virtual click [Meeting Registration - Zoom](#)

Aging in the 21st Century: What Caregivers Need to Know Now with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW

Wednesdays in April at 11:00am

The COVID-19 pandemic revealed many problems in our healthcare system, especially in long term care settings. Many seniors and their families consider the option of long-term care at some point, but the pandemic has made us rethink those options. In addition to long-term care, some are considering aging-in-place, or living with relatives if they can. Our sessions will explore these options and will offer tips and resources that support healthy aging for all in a post-pandemic world. What do caregivers and seniors need to look for in a long-term care facility? What questions should you be asking? What do you need to consider? We'll also discuss the ongoing staffing shortage in long term care. Visit <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/> Register for the April events at:

<https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/aging-in-the-21st-century-what-caregivers-need-to-know-now/>

<https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/aging-in-the-21st-century-what-caregivers-need-to-know-now-2/>

<https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/aging-in-the-21st-century-what-caregivers-need-to-know-now-3/>

<https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/aging-in-the-21st-century-what-caregivers-need-to-know-now-4/>

Guardianship Pro Se Services & Guardianship Information Session

Wednesday, April 6 at 6:30pm

Presented by: Megan MacMullin, Esq. - CEO SCARC Guardianship Services Jennifer Case, NCG - SCARC Guardianship Services Pro Se Coordinator & Nationally Certified Guardian Judy McDonough, NCG - SCARC Guardianship Services Nationally Certified Guardian & Pro Se Outreach Coordinator Heather Kinney - SCARC Guardianship Client & Pro Se Financial Assistant. Join Zoom meeting

<https://us02web.zoom.us/j/85834598664?pwd=alkvZC9CbDVpk2I5UDVLYXAveHB5dz09> Meeting ID: 858 3459 8664 Passcode: 180277 Please RSVP by 4/1/22 to: Judy McDonough at (973) 383 - 5804 or jmcdonough@scarcguardianship.org

Bodies in Motion! VIRTUAL Series: Taming the pain through movement

Thursdays at 1:00pm - April 7th, 14th, 21st, 28th and May 5th, 12th

NewBridge Services Tame the Pain program, in collaboration with Life Center Stage and Syzygy Dance Project, are proud to present Bodies in Motion! Join via ZOOM for a movement class which teaches how to remove tension and pain as you explore the power of rhythm through music and movement. The class begins by warming up your body and loosening your joints. As you get more comfortable you will find that your dance gets bigger and more free, increasing movement, relieving tension, and easing pain. This program is geared toward adults ages 60+, caregivers, and those living with chronic pain. No experience is necessary, and any level of ability can participate. Click to register <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E21024&id=19>

The Bill and Nancy Conger Art of Caregiving Series: A Course about Caring for Aging Loved Ones

Thursdays, 7:00 to 8:30pm

April 7 – Session 1: Navigating the Eldercare Maze

April 14 – Session 2: Legal and Financial Concerns

April 21 – Session 3: Normal Aging / Talking with Health Care Providers / Basics of Hands-on-Care

April 28 – Session 4: Self-Care and Caregiver Support

May 5 – Session 5: Navigating the End-of-Life Journey

Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a FREE live virtual 5-part series that addresses key areas you need to know about and get some guidance on how to best care for your aging loved one. For questions, please contact Rebecca Abenante, LSW at 973-971-5839 or HealthyAging@atlantichhealth.org To register visit https://atlantichhealth.zoom.us/join/8016454644687/WN_bVqtdRhCTISWIP4mMSdrhA

ABC's of Vascular Dementia with Tam Cummings, PhD

Thursday, April 7 at 2:00pm

Join Dr Tam Cummings as she discusses what Vascular Dementia is. She will explore what the signs of Vascular dementia are as well as the causes and how it is different from other types of dementias. ****Sponsored by VITAS Healthcare**** To register <https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/online-abcs-of-vascular-dementia/>

Medicaid Update Webinar

Thursday, April 7 at 4:30pm

NJ Elder Law Center and Arbor Terrace of Morris Plains are offering this virtual webinar. In this webinar Eric Goldberg, CELA will answer questions on Medicaid and go over Long-Term Care (Medicaid Planning). Please feel free to register for this event or contact Amy Nealy at amy@njelc.com or reach out to Mary Beth Kane from Arbor Terrace at MaryBeth.Kane@arborcompany.com. To register go to: <https://njelc.zoom.us/join/register/tZlkc-uqqjssGdcolgXgdi0AoDP-usk0h5JC> .

It's Time to Have the Conversation of Your Life: Virtual Office Hours Event

Thursday, April 7 at 6:00pm

You can't predict when a medical emergency or serious illness will happen and the impact it will have. But you can prepare ahead for these events by sharing your wishes for care. Join to have YOUR questions answered. This event will feature small, private groups so you can ask and have your questions answered by health care and legal professionals. Ask your questions. Get help, information, and guidance. Hear from experts representing the NJ Palliative Care Advance Practice Nurse Consortium, Norris McLaughlin Attorneys at Law, and Van Dyck Law Group. To register [Meeting Registration - Zoom](#)

Ambiguous and Anticipatory Grief with Hollie Glover, LPC, NCC

Monday, April 11 at 1:00pm

Learn about ambiguous and anticipatory grief and the emotional impact? How does it relate to individuals and families of people with a diagnosis of dementia? Learn how to cope with grief, loss, and the bereavement of ambiguous and anticipatory grief. ****Sponsored by the North Central Texas Caregiver Teleconnection**** Register at <https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/ambiguous-and-anticipatory-grief/>

New Jersey State Advocacy Day

Tuesday, April 12 from 9:00am – 10:30am

Make a difference for the 190,000 New Jerseyans living with dementia and their families. Join advocates statewide to hear directly from key legislators and influential state leaders. Use your voice to advocate for state policy change. To register <https://p2a.co/YNayPnd> For more information contact Karen Golden at kgolden@alz.org or 732.504.235

Dementia Diagnosis and Treatment with Dr. Nestor H. Praderio MD

Tuesday, April 12 at 11:00am

Dementia is a scary term and is often misunderstood. Dementia isn't defined as a specific disease. It is generally described as a group of symptoms which affect cognitive and social abilities to the extent that they interfere with

the functions of daily living. Dementia is usually confused with Alzheimer's because it is the most common type; however, there are symptoms of dementia that are caused by other conditions – some of which may even be reversible. Nestor H. Praderio, MD will review the dementia diagnosis process and explain the types of dementia including symptoms and stages. He will also outline intervention and treatment options. Register at <https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/dementia-diagnosis-and-treatment/>

What Caregivers need to know about hallucinations and paranoia with Lucy Barylak, MSW

Thursday, April 14 at 11:00am

Join Lucy for this interactive discussion focusing on the different behaviors that occur when someone with dementia is experiencing hallucinations or paranoia. She will share tips on why this happens as well as how to manage and cope with the behaviors. Register at <https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/what-caregivers-need-to-know-about-hallucinations-and-paranoia-in-persons-with-dementia/>

How to Have Difficult Conversations with Elderly Family Members: Learn About the Four Pillars of Planning for You and Your Loved Ones

Thursday, April 14 at 5:30

McCracken Funeral Home, 1500 Morris Ave, Union

The Willis Law Group in conjunction with Dignity Memorial will be presenting this educational event. To RSVP call 908-686-4700

National Healthcare Decisions Day

Saturday, April 16

For more information visit <https://theconversationproject.org/nhdd/>

Cancer: Thriving and Surviving Workshop

Thursdays, April 21 & 28 May 5, 12, 19, & 26 from 1:00pm - 3:30pm

Are you a cancer survivor that is undergoing or has completed treatments and/or a caregiver of a cancer survivor? Join us for an informative 6-week virtual workshop series, offered via Zoom. To Register or for more information: Call or email, Cheryl Walters of Norwescap, at: (973) 784-4900 x2903 or waltersc@norwescap.org Register for classes by Tuesday, April 12th.

Online - Guiding Principles to Remain Positive During Caregiving with Barry Jacobs, PsyD

Tuesday, April 26 at 12:00pm

Family caregivers often benefit from developing guiding principles to help them remain positive even when mired in day-to-day caregiving details. In this interactive workshop with Barry J. Jacobs, Psy.D., a psychologist and co-author of AARP Meditations for Caregivers, we'll discuss 5 possible principles, including reflecting on the many good things caregivers do, being grateful for what they're learning, and aiming for daily joy.

Online - Five Transformational steps to trusting others you while trusting yourself with Dr. James Huysman, PsyD, LCSW

Thursday, April 28 at 2:00pm

Since Caregivers provide over 400 Billion dollars of in-kind care, it is so important to address how a caregiver can create psychological safety with a loved one for the best outcomes. In almost no other relationship we have will intimate issues arrive and relying on the relationship be so critical. Join Dr Jamie and the ESR Team to understand how we can use our most important strategy, "To take our Oxygen First" as a way to enhance and enrich the essential foundation for caring for a loved one. Register at

<https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/online-five-transformational-steps-to-trusting-others-you-while-trusting-yourself/>

The Bill and Nancy Conger Art of Caregiving Series: A Course about Caring for Aging Loved Ones

Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a FREE live virtual 5-part series that addresses key areas you need to know about and get some guidance on how to best care for your aging loved one.

Thursdays 7:00pm – 8:30pm

- **April 7** – Session # 1 Navigating the Eldercare Maze
- **April 14** – Session # 2 Legal and Financial Concerns
- **April 21** – Session # 3 Normal Aging / Talking with Healthcare Providers / Basics of Hands-on-Care
- **April 28** – Session # 4 Self-Care and Caregiver Support
- **May 5** – Session # 5 Navigating the End-of-Life Journey
- For questions about the live series, please contact Rebecca Abenante, LSW at 973-971-5839 or HealthyAging@atlantichhealth.org
- [Click here](#) to register

Accessible Communications Webinars

Thursday, April 21

NJ Relay & CapTel are hosting 3 different webinars on April 21 and registration is open for these free programs. The first webinar is on Relay Conference Captioning from 10:00-11:00am. The second webinar on Captioned Telephone is from 1:00 to 2:00pm and the third webinar is on Relay Services for People with Speech Disabilities from 3:00-4:00pm. The webinars are accessible with sign language, English interpretation, and live captions. To register go to www.njrelay.com/webinar . Please address any questions to Lori Timney at 732-440-8822 or email her at lori.timney@t-mobile.com.

For more information, please [click here](#)

The ARC of New Jersey Family Webinar Series – Save the Dates

Tuesday, May 3, 10, 17, and 24 at 10:30 am

The Arc of New Jersey's Mainstreaming Medical Care Program is delighted to announce a four-part Healthcare Webinar Series. Each webinar will feature a 60-minute presentation, followed by up to 30 minutes for Q & A. **The webinars will be available at no charge**, but registration will be required. This Healthcare Webinar Series will be offered in place of a healthcare conference. More info on registration to follow.

Children's Mental Health Awareness Event 2022

Thursday, May 5 from 5:30pm - 8:00pm

Dreamweaver Equine Center, 73 Red Brook Rd., Ringoes, NJ

Tri County Care Management Organization and Family Support Organization of HSW's. This year Tri County CMO and the Family Support Organization HSW would like to invite you to join in celebrating Children's Mental Health Awareness Day. The program will include presentations from Susan Gibbs, MS, LPC and Deb McKernan-Ace, MOT/OTR, COTA. The evening will also include food, door prizes, and an optional tour of the Dreamweaver Equine facility. The event will also honor Assemblyman Anthony Verrelli for his work in mental health on the Assembly. Please register no later than April 28th. Space is limited and parking will be offsite. Please note any special transportation assistance if

needed. <http://events.r20.constantcontact.com/register/event?oeidk=a07ej3uasxo1d9d5d01&llr=vqnf558ab>

Healing Hearts Family Bereavement Camp

Friday, June 10 – Sunday, June 12

Memorytown USA, Mount Pocono, PA 1834

Space is limited and on a first come, first served basis. Call to register by April 15th. To learn more visit To learn more, visit www.cancercare.org For more information contact Cecilia Acosta, LSW, at 201-301-6813 or cacosta@cancercare.org Kathy Nugent, LCSW at 201-301-6809 or knugent@cancercare.org

Pandemic Perseverance Virtual Support Group via Zoom

Tuesdays from 7:00pm – 8:00pm

Offered by The Counseling Center. Zoom Meeting ID 812 9791 7854 For questions or more information contact Alicia Jennings at gethealthy@TheCounselingCenter.com or call 201-797-0001 or visit their website at <https://thecounselingcenter.com/outpatient-program/index.html>

Other Important Information

FREE 2021 Tax Prep at United Way of Northern NJ

United Way of Northern New Jersey and its partners have launched a FREE and SECURE online tax preparation site for low- and moderate-income households. Despite the challenges of the COVID-19 pandemic, our IRS-certified tax preparers are committed to safely delivering our signature top-notch preparation and filing service to maximize your tax refund. **Tax Filing Opened February 1, 2022.** Visit <https://www.unitedwaynnj.org/tax-preparation> to access everything you need. To schedule your own appointment visit <https://freetaxpreparationappointment.as.me/> For questions about the online filing portal or if you are experiencing difficulties getting started, email UnitedWayTaxPrep@UnitedWayNNJ.org or call 973.993.1160, x521.

Assistive Technology for Caregivers

Learn how simple technology can help. United Way of Northern New Jersey Caregivers Coalition is offering a free assessment by Assistive Technology Specialists to help create a tailored plan to meet your and your family's needs. A specialist will help to create a plan, provide the assistive technology (e.g. virtual assistants, drop-in cameras, smart plugs, video doorbells and more!) and educate the family on how to use the devices. Select devices will be provided to the caregiver/care recipient as needed. The team will also provide ongoing support to be sure the technology continues to meet your needs. For more information, contact Robin.Ennis@UnitedWayNNJ.org or 973-993-1160 x305

The Arc of New Jersey Family Institute

<https://www.thearcfamilyinstitute.org/>

Utility Help is Available

New Jersey's utility shutoff moratorium ended on March 15th. If you owe money on your utilities, here are three ways to get help: Call your utility company and ask about payment plans, Apply for assistance using the [DCAid Service Portal](#), Dial 2-1-1 for local services. You can apply for help now from multiple financial assistance programs using the [DCAid Service Portal](#) from New Jersey's Department of Community Affairs. With expanded income eligibility for some programs, you may be eligible for assistance even if you thought you were not. To arrange a payment plan, contact your utility company as soon as possible to enroll in a Deferred Payment Agreement to lower your monthly payment and keep your service on. [Click here to learn more](#)
[Utility Assistance](#)

An Enhanced Family Support Crisis Handbook – A Behavioral Health Wellness Toolkit

Download here <file:///C:/Users/rennis/Downloads/An-Enhanced-Family-Crisis-Handbook.-A-Behavioral-Health-and-Wellness-Toolkit1.pdf> For more information visit www.arcnj.org

Equal Employment Opportunity Commission (EEOC) Releases Information about Employment Discrimination Against Caregivers

For more information visit <https://www.eeoc.gov/laws/guidance/covid-19-pandemic-and-caregiver-discrimination-under-federal-employment> and <https://www.eeoc.gov/wysk/what-you-should-know-about-covid-19-and-ada-rehabilitation-act-and-other-eeo-laws#>

The National Suicide Prevention Lifeline and 988

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on **July 16, 2022**. Click below to learn more.

[LEARN MORE](#)

Survey Study - Transportation

Rory Cooper, Inventor and Distinguished Professor at the University of Pittsburgh and Human Engineering Research Laboratories are conducting a large survey study to help the US Department of Transportation determine how to meet the needs of people with disabilities, older adults (i.e., people over the age of 65) and their families/caregivers as Autonomous Vehicles and Transportation Systems are planned and implemented. The survey takes only a few minutes to complete. The link to the study can be found at:

<https://www.ctsiredcap.pitt.edu/redcap/surveys/?s=9J8ARE7YL3> or <https://www.herl.pitt.edu/avsurvey>

If you have any questions related to the survey, please, contact GySgt Jim Joseph, MS at: jmj69@pitt.edu

FREE Online Support Group

Therapist Kristi Pace, LPC of Courageous Choice Counseling, LLC is initiating a free, online support group for people here whose loved ones are affected by the war in Ukraine. For more information email

kp@courageouschoicecounseling.com

Social Security Administration (SSA)

Has plans (starting in early April) to have more in-person appointments as well serving people, in-person, without an appointment. For more information visit [How to Get Help from Social Security](#)

Assistance for Homeowners Now Available

The New Jersey Housing and Mortgage Finance Agency (NJHMFA) has opened the application portal for the Emergency Rescue Mortgage Assistance program (ERMA) to help protect homeowners from foreclosure. This program will provide up to \$35,000 in assistance to cover mortgage arrearages, delinquent property taxes, and other housing costs for eligible homeowners negatively impacted by the COVID-19 pandemic. NJHMFA will also provide free housing counseling services to help NJ homeowners apply for this program. Counselors will also ensure that the process is accessible to those without access to internet. Visit [NJHMFA's ERMA page](#) to review program eligibility and sign up for program updates

Public Comments Period to Open for NJ FamilyCare Medicaid Community

The [NJ FamilyCare Comprehensive Demonstration Renewal proposal](#) was submitted to the federal Centers for Medicare and Medicaid Services (CMS) on February 28, 2022. This demonstration, authorized under Section 1115 of the Social Security Act, governs the operations of significant components of **New Jersey's Medicaid program and Children's Health Insurance Program (CHIP)**. This demonstration is currently in its second five-year performance period, which is scheduled to expire on **June 30, 2022**.

Over 120 public comments were received on the initial draft proposal and numerous changes and clarifications to were made to the final proposal in response. A detailed summary of public comments and the responses begins on page 73 of the renewal proposal.

The renewal proposal is currently being reviewed for completeness by CMS and it will subsequently be posted on Medicaid.gov. At that time, the proposal will be open for a 30 day federal comment period. Stakeholders should submit any subsequent comments on the proposal through the federal comment process.

The Arc of New Jersey's Mainstreaming Medical Care Program

This program promotes quality health care for people with intellectual and developmental disabilities (IDD) throughout New Jersey. Click [here](#) for the program brochure.

New Jersey Long Term Care Ombudsman (NJLTCO)

NJLTCO is an independent advocate for older individuals receiving long-term care. They offer a variety of webinar. For more information visit <https://www.state.nj.us/ooie/webinars.shtml>

Spring 2022 Parent Empowerment Conference

Monday, April 4 at 6:00pm - Saturday, April 9 at 12:00pm EDT

To register visit <https://brushfire.com/parentempowerment/parent-empowerment22/524974>

Scams

The Inspector General for the Social Security Administration warns of scams. For more information visit <https://public.tableau.com/app/profile/federal.trade.commission/viz/GovernmentImposter/Infographic>. Read and share the [Scam Awareness Toolkit](#) and [Scam Alert](#) infographic.

Check out our United For ALICE website: We have added 2 new additions!

Legislative-District-tool

This latest addition to the United For ALICE website helps policymakers and community stakeholders explore financial hardship by legislative district. The ALICE Legislative District Tool maps the percentage of households below the ALICE Threshold (Poverty + ALICE) in each legislative district, including U.S. congressional districts and upper and lower state legislative chambers. For each district, users can view ALICE data by race/ethnicity, and they can see a comparison between the percentage of households participating in SNAP and those who are below the ALICE Threshold. There is also a handy "Find your district" lookup.

Covid19-Update: Vaccination Tracker

The United For ALICE COVID-19 webpage has been updated to include a new Vaccination Tracker. This tool maps the percentage of households below the ALICE Threshold (Poverty + ALICE), along with the percentage of the population that is fully vaccinated against COVID-19. Policymakers and community stakeholders can track vaccination rates at the state and county levels, and pinpoint gaps in vaccination rates by location and household financial status.

NJ Department of Education announces their state-wide Comprehensive School-Based Mental Health Resource Guide

[Mental Health Resource Guide \(nj.gov\)](#)

Alzheimer's New Jersey Respite Care and Wellness Program

A program is designed to provide family caregivers with information and education about the importance of regular time-off from caregiving and help link them to available community-based resources. We can also help support the cost of respite services.

To learn more, call our Helpline at 888-280-6055.

To learn more about the Respite Care and Wellness Program, click on <https://www.alznj.org/services/respice-care-wellness-program/>

Alzheimer's New Jersey Virtual Webinar Programs

Join the Alzheimer's Association Greater New Jersey Chapter for their March-April 2022 series of Virtual Webinar Programs. Registration is required. You may also register by calling 800-272-3900 to be able to attend by phone or computer. For more information about Alzheimer's Association programs and services, contact the 24/7 Helpline at 800-272-3900. To register and for more information, please [click here](#)

What do you know about mild cognitive impairment?

For more information and program dates visit alz.org/crf or call 800.272.3900.

If you're not familiar with the term, you are not alone. According to the Alzheimer's Association [2022 Alzheimer's Disease Facts and Figures report](#), more than 4 in 5 Americans know little about, or are not familiar with mild

cognitive impairment (MCI). Mild cognitive impairment is often confused with “normal aging” but it is not part of the typical aging process. Cognitive issues—such as *Alzheimer’s* and *MCI*—often hide in plain sight. Early detection is critical, and that begins with awareness and education.

Act Now to Enhance the Home Care Benefit of Medicare

Legislation is being considered to expand home care services covered by Medicare – supportive services like personal care, remote patient monitoring, nutritious meals, adaptive equipment, and other things that your loved ones and maybe even you, will very likely need. Not only will this provide people with an improved alternative to post-hospitalization recovery and keep them out of nursing homes, but it will also save Medicare millions of dollars. Please act now to enhance the home care benefit of Medicare. Simply click on this link and enter your name and address; [Act Now!- Enhance the Home Health Benefit \(p2a.co\)](#)
If you agree with the letter of support, simply hit send. For more information about this important legislation, go to <https://www.nahc.org/wp-content/uploads/2021/07/Choose-Home-QA.pdf>

The Arc of New Jersey Family Institute - Zoom with Us

Each **month** they will present on a different topic that affects children and adults with intellectual and developmental disabilities. These presentations are **free and open to all, but space is limited to 25 participants**. For a list of topics including dates visit https://www.thearcfamilyinstitute.org/what_we_do/zoom-with-us-workshops/

Also check out The ARC of NJ – Planning for Adult Life

Time to start transition planning! Get information, learn steps, and ask your questions at these free, virtual workshops. Event calendar <https://planningforadulthood.org/calendar/calendar.html/calendar/2022/1>

Updated Fact Sheets from The ARC for IDD dual eligibles

The Arc distributed three helpful fact sheets, with frequently asked questions (FAQs) that explain what happens when individuals with intellectual and developmental disabilities (IDD) who receive **Medicaid** become eligible for **Medicare** too. When that happens these individuals are dually eligible for both Medicare and Medicaid benefits, and there are some changes that occur. These fact sheets have now been updated, and they are available below;

- [Dual Eligibles - General Information - UPDATED 2021](#)
- [Dual Eligibles and Prescription Medication -UPDATED 2021](#)
- [FAQ Dual Eligibles D-SNP - UPDATED 2021](#)

National Center on Law and Elder Rights

For information, services and resources, visit <https://ncler.acl.gov/?eType=EmailBlastContent&eId=0b9422db-4f25-494e-84b9-b53bc448557a>

The Mental Health Association has a new website www.mhainspire.org

Visit the **Intensive Family Support Services Page** at <https://www.mhainspire.org/family-support/> to access the support group calendar

Family Caregiver Resource for New Jersey - AARP

Visit <https://states.aarp.org/new-jersey/caregiver-resources>

Caregiver Teleconnection

Offering you the support and education you need to take care of yourself and your loved one. Click here for information on upcoming events, support and resources, <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

Caregivers of New Jersey – Caregiving Information and Resources

Visit <https://njcaregivers.org/> or directly to the newsletter archives at <https://njcaregivers.org/resource-enewsletter-archive/>

Governor Murphy Announces Expanded Income Eligibility for Prescription Drug Assistance Programs

(The PAAD and Senior Gold Prescription Discount drug assistance programs)

For full details visit <https://files.constantcontact.com/ce65425f301/32f83669-6b0f-416e-a894-496fb3f31c45.pdf>

NJ WorkAbility Medicaid Legislation for Individuals with Disabilities

Read more here <https://myemail.constantcontact.com/Important-NJ-WorkAbility-legislation-signed-into-law-by-Governor-Murphy-.html?soid=1114978407168&aid=EWS41G7BpBI>

Updated Community Care Program and Supports - Program Manuals

The Division has updated program manuals for its Home and Community-Based Services (HCBS) Waivers, the Community Care Program, and Supports Program. **A summary of changes can be found on page two of each respective manual.** Below are direct links to each manual: [Community Care Program Policies and Procedures Manual](#) (Updated 1/2022) and [Supports Program Policies and Procedures Manual](#) (Updated 1/2022)

Caregiver Support Programs

The Visiting Nurse Association of Northern New Jersey offers a variety of free caregiver support programs, designed to assist caregivers to more effectively care for their loved one and themselves. [Click here to learn more about our special caregiver support programs.](#)

National Alliance for Caregiving (NAC)

This week in Caregiving is a weekly e-newsletter from NAC that brings subscribers the latest news, events, research, and resources related to caregiving. The newsletter is delivered to your e-mail inbox weekly. To get more information and to register for events, go to <https://www.caregiving.org/>

RWJF Publications: 40 million Americans care for a loved one. 16 million of them are men

Learn more at, https://www.rwjf.org/en/blog/2022/02/black-men-who-care-are-the-role-models-we-need.html?rid=0034400001rmtIAAU&et_cid=2517611

Read the research at, https://www.rwjf.org/en/blog/2021/04/normalizing-men-as-caregivers-helps-families-and-society.html?rid=0034400001rmtIAAU&et_cid=2517611

Social Security March Newsletter

Get the solutions, strategies, and answers that you need.

https://www.ssa.gov/legislation/Congressional_Update_April2021.pdf

Military

Military Caregiver Support

The Department of Defense (DoD) provides resources and information exclusively for military caregivers who assist wounded, ill and/or injured Service members with activities of daily living. DoD's Military Caregiver Support includes the Military Caregiver PEER (Personalized Experiences, Engagement, and Resources) Forum Initiative, the Caregiver Resource Directory, monthly Military Caregiver Virtual Forums, as well as Military Caregiver webinars, events and specialized resources. For more information visit <https://warriorcare.dodlive.mil/caregiver-resources/>

National Resource Directory: Connecting our Service Members & Veterans

The NRD is a database of validated resources that supports recovery, rehabilitation, and reintegration for service members, veterans, family members, and caregivers.

[National Resource Directory | Connecting our Service Members & Veterans \(nrd.gov\)](#)

Military Caregiver Support Guide

[Caregiver Resource Directory - 2021 \(dodlive.mil\)](#)

Essex County

NJ Hope and Healing at the Family Service Bureau of Newark

Is available to assist communities that have been emotionally affected by COVID-19. Virtual workshops on stress management, anxiety, isolation, compassion fatigue and more are available. Services are available to all residents of **Essex County**. Learn more about the NJ Hope and Healing mental health programs at:

<https://newcommunity.org/health-care-and-behavioral-health-services/new-jersey-hope-and-healing/>.

Morris County

Veteran Peer Support Group Sessions

1st and 3rd Thursdays, 7pm – 8:30 pm

Morris County is hosting a new program provided by NewBridge Services to support Veterans. bimonthly veteran peer support group, which meets the first and third Thursdays of each month. The sessions are FREE to all veterans no matter their length of service or discharge status. Veteran Tim Slavin is facilitating and guiding the conversations among veterans to aid in healing and recovery. The veteran peer support group meets at the Morris County Veterans Service Office at 540 West Hanover Ave. in Morris Township. The entrance is at the rear of the Morris View Healthcare Center. For more information and to register, contact NewBridge Services at 973-316-9333 or services@newbridge.org or visit: <https://www.morriscountynj.gov/Morris-County-News/Veteran-Peer-Support-Group-Sessions-Underway-in-Morris-County-%E2%80%8B>

Consumer Questionnaire

The Morris County Office on Aging, Disabilities & Community Programming is conducting a consumer questionnaire, to help develop our funding priorities for 2023. Individuals can participate by filling out the survey by April 30, 2022, either with a hard copy or at: <https://www.surveymonkey.com/r/2KGF9H>.

For questions please contact Maria Rosario, Contract Compliance Representative, Morris County Department of Human Services, Office on Aging, Disabilities & Community Programming, and P.O. Box 900, Morristown, NJ 07963-0900.

Survey to assess existing needs and priorities of older adults

Your experience and opinion matter! With funding from the Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest NJ, four of Morris County's major nonprofit organizations are collaborating to determine how to make our region of Morris County more welcoming and livable for adults ages 60 and older. Cornerstone Family Programs, the Senior Center of the Chathams and the YMCAs of Randolph and the Madison Area are coordinating a regional survey to assess existing needs and priorities of older adults. Survey results will help strengthen programs and services that align with the identified needs. Much has changed in our communities over the last two years, and these four organizations are working together to invest resources in the most beneficial way possible for older adults. Your responses will be kept confidential. Should you have questions or additional input, please contact project coordinator Lauren Martin at the Madison Area YMCA:

lmartin@madisonymca.org You also may want to add your name and contact information at the end of the survey so they can contact you for follow-up discussion. There will be a summary of the findings from the survey as well. Survey Link: <https://www.surveymonkey.com/r/LifelongWellbeing>

Sussex County

Women's Health Screenings

Thursdays, March 24, April 21, May 12 and June 9 from 4:00pm – 8:00pm

201 Wheatsworth Road, Suite 4, Hamburg, NJ

The Sussex County Division of Health, Office of Public Health Nursing is sponsoring a Women's Health Screening. Screenings include a ThinPrep Pap test, pelvic exam, HPV testing, clinical breast exam and colorectal testing. There is no fee for grant eligible participants. A fee of \$25.00, payable by cash or check, will be collected at the time of appointment from participants who are not NJCEED eligible. This screening clinic is available to Sussex County residents who have no insurance to cover routine screenings and participants in NJCEED. Pre-registration is required. Participants must have an appointment as walk-ins will not be accepted. Appointments can be made by calling the Office of Public Health Nursing at 973-579-0570 ext. 1246

Warren County

Living Harmoniously with Challenging People

Thursday, April 7 from 3:00pm – 5:00pm (program from 3-4:30 with snacks to follow)

Phillipsburg EnVision Center, 535 Fisher Ave., Phillipsburg

Living together with others can be a challenge! • Come and learn how to create a feeling of harmony for yourself and others; a place where everyone feels a sense of belonging. • Come to learn about yourself • Come to identify ways you can live with and even care about even the most challenging people. For more info. 908-475-6591.

Warren County Sheriff's Department Scam Prevention Program

Tuesday, April 12 at 11am

Phillipsburg Senior Center, 310 Firth St., Phillipsburg, NJ

Thursday, April 21 at 11am

Washington Senior Center, 33 Brass Castle Rd., Washington, NJ

Presented by Sheriff James Mc Donald and Richard McQuaid. For more information call 908-475-6591.

Volunteers Needed

Visiting Homemaker Services is looking for volunteers in Warren County who are willing to provide essential services to the elderly residents: (Meals at Home delivery, Chore Corp(minor repairs), Friendly Visitor, Grocery Shopper, Bill Payer (helping with bills each month), Medically Necessary Transportation(to doctors). Without these services, the vulnerable, frail, elderly residents of Warren County would not be able to remain safely at home. Contact CeCe Lindsley, The Volunteer Connection Coordinator at (908) 689-4140 (908) 689-8908 or Email: cecevolunteerconnection@yahoo.com Website: www.vhswc.org

Family Partners of Morris & Sussex

For information on family support, free educational programs, and free online support groups, go to; <http://www.familypartnersms.org/>

Employment Opportunities

Veteran Friendly Companies

To find out who's hiring visit <https://www.hirevets.gov/>

Or contact Mark Ortega, *Veterans Business Services Representative for Northwest NJ*

New Jersey Department of Labor & Workforce Development, Morris County One-Stop Career Center
13 Emery Ave, Randolph, NJ 07869 **Email** Mark.Ortega@dol.nj.gov