

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



NOVEMBER 2023

1st Edition

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DEFINITION OF A CAREGIVER:

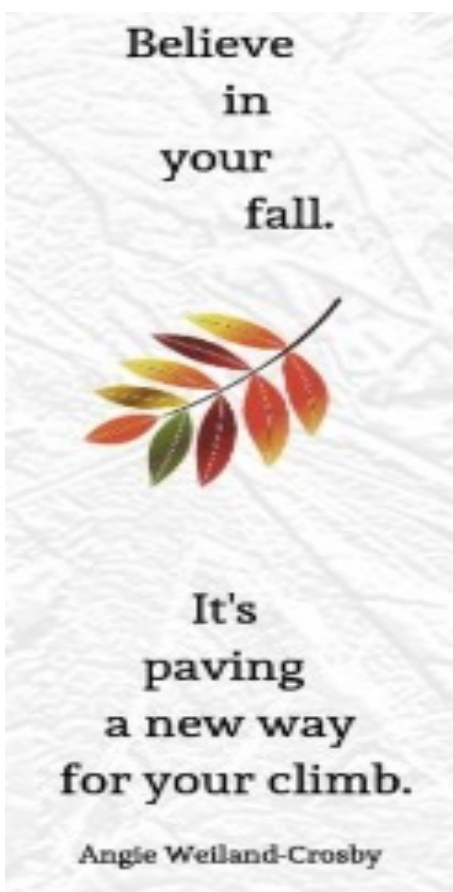
- Unpaid family member, friend, neighbor, co-worker, etc.
- Full time, part time, long distance
- Become over time; become overnight
- From a check in call once a week to total personal care

ARE YOU A CAREGIVER:

- Do you provide care for an aging parent, spouse, sibling, friend, or neighbor, or child with special needs?
- Do you care for anyone with a mental illness, physical or developmental disability?
- Do you pick up medication at the pharmacy, make meals, provide help with daily care or with doctor's appointments, pay bills or grocery shop for anyone?

HOW CAN I ASSIST YOU?

- Meet caregivers where they are in the stages of caregiving.
- Recognize that each caregiver experience is unique yet many share common experiences.
- Meet the diverse needs of each caregiver based on their unique caregiver experience.
- Help caregivers identify their needs and connect to resources, support, services, information and education.
- Support self-care for caregivers.



NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH

Caregiving Happens: Caregiving Around the Clock



“Family caregivers are the backbone of our Nation’s long-term care system, doing essential work with devotion, often at great emotional and financial cost. We owe them. It is time to bring their service out of the shadows and celebrate and support them in living their own happy, healthy, and fulfilling lives.”

Families are often the primary source of support for “During National Family Caregivers Month, we recognize the love and sacrifice of more than 53 million Americans providing crucial care and medical assistance to parents, children, siblings, and other loved ones, ensuring their health and dignity.”

BE SURE TO THANK AND HONOR CAREGIVERS:

- 1.Voice Your Appreciation. Showing your appreciation doesn't have to be a grand gesture. ...**
- 2.Hire Part-Time Home Caregiver Services. ...**
- 3.Gift At-Home Caregivers Self Care. ...**
- 4.Draft a Note of Appreciation. ...**
- 5.Treat Them to Lunch or Dinner.**

DATE SPECIFIC EVENTS FOR CAREGIVERS

BACK to Health Event (Warren County)

Monday, November 6 from 2-5pm

For more information [visit](#)

FACE-NJ & LTCO: Resident and Family Councils

Thursday, November 9 at 6:00-7:15 pm via Zoom. [Register here](#) For questions call Long Term Care Ombudsman at 877.582.6995

Veteran's Day Tribute

Friday, November 10th from 9-10am

Bentley Assisted Living in Branchville, 3 Phillips Rd.

Bagels & Breakfast, Coffee & Conversation

RSVP to 973.948.8884 or email

cbeckmann@bentleyassistedliving.com

NAMI Warren County - TELLING YOUR OWN STORY:

Beginning Your Advocacy Journey

Saturday, November 11 from 9:30am-12:00pm

Cnter For Family Services, 492 Rte. 57 W., Washington

To register contact Susan Whitehead at 908.689.1000 Ext.

73308 or 908-319-9518 or

Susan.whitehead@centerffs.org

Grief and the Holidays

Tuesday, November 14 from 6:30 - 8:00pm

Program offered In-Person or via Zoom. Zoom

Registration:

[https://atlanticealth.zoom.us/webinar/register/WN_LCtf](https://atlanticealth.zoom.us/webinar/register/WN_LCtfSThoTI6SQM3c1brAdg)

[SThoTI6SQM3c1brAdg](https://atlanticealth.zoom.us/webinar/register/WN_LCtfSThoTI6SQM3c1brAdg) or In-Person Registration: Call 908-

522-2844 or email raul.cadavid@atlanticealth.org

Assistive Technology "Open Mic" – Virtual Event

Thursday, December 7 from 12:00 - 1:00pm

Do you have an Assistive Technology question or suggestion? Join in....the microphone is all yours! This Open Mic Series is hosted by the Community Living Education Project (CLEP) at Rutgers School of Public Health in collaboration with The Richard West Assistive Technology Advocacy Center (ATAC). Specialists from ATAC will be available to address assistive technology questions for self-advocates, families, and professionals who support people with an intellectual/developmental disability. To register [visit](#) For more information contact Rutgers Community Living Project at 732-235-3277 or visit CLEP.Rutgers.edu

Virtual Caregiver TimeOut Group

Once per month on Tuesdays

To sign up to receive invitations to this event email

RobinEnnisLLC@gmail.com

DATE SPECIFIC EVENTS FOR CAREGIVERS

Virtual Technology Webinar Series

2nd Wednesday of each month at 12pm

Click [here](#) for a list of program topics and dates.

Participation is free but registration is required.

[Register here](#)

American Society on Aging

[Webinar Series](#)

Stay Healthy at Home Webinar Series

Every Tuesday at 2:00 pm

Created by the New Jersey Self-Advocacy Project as part of our Healthy Lifestyles Project. The New Jersey Self-Advocacy Project will be presenting trainings on a variety of topics relating to self-advocacy and healthy living. Live viewers will be able to share comments and ask questions during the webinar. All webinars will be recorded and archived on our website to view after airing. [Click here to view them.](#)

Center for Prevention & Counseling's Recovery Center Events

There are a variety of free or low-cost activities. Call or email Marjorie at 973-940-2966 or

marjorie@centerforprevention.org to get more information or register.

Wellness Wednesdays

2nd Wednesday of every month at 2:30pm

Bentley Commons at Paragon Village

425 Route 46 East, Hackettstown

For more information and monthly program topics contact Kristen Ziolkowski at 908-498-0103 or 908-319-8047 or kziolkowski@paragonvillage.com

Memory Café at Arden Courts

Monday's 10-11am

For more information call 973-581-1800 or contact Maryann Johnston

at maryannjohnstonrn@msn.com or Barbara Freda at barbara.freda@promedica.org

SUPPORT GROUPS FOR CAREGIVERS

AlzNJ Support Groups

2nd Tuesday of each month from 1-2:00pm at Franklin Library, 485 DeMott Lane, Somerset

Free and open to the community providing families and caregivers with the emotional and educational support they need to better understand and cope with Alzheimer's disease and other dementias. To register call Demi at 973-586-4300x 1108 or www.alznj.org. For more information contact Denise Goldstein R.N., Certified Holistic Health Coach Denise.goldsteinrn@gmail.com or 732-563-9056

In-Person Stroke Support Group Meetings

Last Wednesday of each month from 1-3:30pm at Morris County Library, 30 East Hanover Avenue, Whippany, NJ

Offering support, resources and occasional speakers on topics related to stroke survivors, caregivers and their family members. Contact Lois Firzloff at 908-578-0812 loisfirz@yahoo.com or Rich Coulther 201-230-8204 rhcldr@gmail.com

In-person Dementia/Alzheimer's Support Group

1st Wednesday of every month at 10 AM at Bentley Assisted Living at Branchville, 3 Phillips Road, Branchville, NJ

Offering caregiver support, resources and occasional educational guest speakers and is open to the public. Contact Christine Beckmann, CSW at 973-948-8884 or cbeckmann@bentleyassistedliving.com

Atlantic Health System Stroke Support Group – via Zoom

3rd Thursday each month - Caregiver meeting: at 1:00pm and Survivor meeting: at 2:00pm

This group is offered through Morristown Medical Center, includes **separate** caregiver and survivor meetings. Call [973-971-4412](tel:973-971-4412) or email Tracey.Doidge@atlantichealth.org

Senior Center of the Chatham's Caregiver Support Group

First Thursday of each month from 10:30 am to 12:00 pm

This caregiver support group is for those who are caring for a loved one with dementia. It is offered in partnership with Alzheimer's New Jersey. Contact Carol Eisenhardt, Administrative and Program Coordinator at (973) 635-4565 or [visit](#)

Jewish Family Services Support Groups JFS MetroWest (in person)

[Caregiver Group for Parents of Adults with Disabilities](#)

[Sibling Support Group](#)

[Caregiver Group for Parents of Children with Mental Illness](#)

JFS of Central NJ (virtual)

[Support Group for Caregivers of Children with Disabilities](#)

[Support Group for Caregivers of Adults with Disabilities](#)

Contact Laura Weitzman, Weitzmanlaura@gmail.com for log in information. For questions contact Rebecca Wanatick, Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ phone (973) 929-3129 or email rwanatick@jfedgmw.org

NAMI Connection Recovery Support Groups

Recovery Programs support groups monthly: Weekly on Tuesday at 6pm and Weekly on Wednesday at 7pm and Monthly on the 4th Wednesday at 12pm. Monthly LGBTQ+ support group on the last Sunday. Weekly on Friday at 4pm. - Refugee/Asylee support group. Additionally, 10 of our affiliates offer Connection Recovery Support groups monthly. [Find Local Groups Here](#)

CAREGIVER RESOURCES

AGING

[American Society on Aging](#)

[5 days Technology Can Make Life Easier for Caregivers of Dementia Patients](#)

[Alzheimer's New Jersey Respite Care and Wellness Program](#)

[Substance Abuse & Addiction in the Elderly](#)

[National Center on Law & Elder Rights \(NCLER\)](#)

[The Beacon – A Newsletter for Long-Term Care Residents](#)

[NJ Advocates for Aging Well](#)

Live Online Classes

The NJ Department of Human Services' Division of Aging Services has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community. [Visit](#)

Family Connections – Older Adult Services

Support for older adults, individuals caring for older adults, and older adults who have become legal guardians to their grandchildren. The various services include assessments, case management, resource sharing, counseling, and disease self-management. olderadults@familyconnections.nj.org

DISABILITIES

[NJ Commission for the Blind and Visually Impaired](#)

[NJ WorkAbility](#)

[The Arc of the United States Announcement](#)

[The Arc of New Jersey Self Advocacy Project Newsletter](#)

[The Arc of New Jersey Program](#)

[The Arc of New Jersey Family Institute](#)

[Brain Injury Alliance Educational Programs For more information](#)

[ARCH is Access to Respite Care and Help](#)

[Equal Opportunity Support Services](#)

[Division of Disability Services launches their updated website](#)

[West Morris YMCA in Randolph - Parkinson's Disease Programs](#)

[Tri County Care Management Organization Newsletter](#)

[The NJ Council on Developmental Disabilities Regional Family Support Planning Councils](#)

[Donated Dental Services \(DDS\) Program](#)

CAREGIVER RESOURCES

MENTAL HEALTH

Mental Health Crisis Resources

If you feel you or someone you know may harm themselves or someone else:

- 988 Suicide and Crisis Lifeline: 988
- The Trevor Lifeline for LGBTQIA+ Youth: 1-866-488-7386
- Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- Veterans Crisis Line: Dial 988 and Press 1
- Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis
- SAMHSA Treatment Locator:
<https://findtreatment.gov/>

[Grow Your Mental Health Page](#)

MILITARY/VETERANS

[Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness](#)

[Community Hope for Veterans](#)

[COMPACT Act expands free emergency suicide care for Veterans](#)

HOUSING & UTILITIES

[The Supportive Housing Association of New Jersey \(SHA\) Housing Guide](#)

[Water and Sewer Bill Assistance Available](#)

[Low Income Household Water Assistance Program \(LIHWAP\)](#)

[Division of Housing and Community Resources](#)

[Housing Counseling and Legal Services Program](#)

Housing Programs Now Open:

- **Tenant-Based Rental Assistance (TBRA) Program**, which helps cover rental housing costs for low-income rental families impacted by Hurricane Ida to make rental housing more affordable.

TBRA pre-applications are available [online](#). People can also request a TBRA pre-application by calling (609) 913-4252 or by emailing DRM.TBRA@dca.nj.gov. TBRA program staff will review pre-applications and refer households that meet eligibility criteria to complete a full application.

- **Homeowner Assistance Recovery Program (HARP)**, which provides owner-occupied residential property owners with financial assistance to help them repair, elevate, and, in some cases, rebuild their primary homes that were damaged by Hurricane Ida.

[HARP applications are available online](#). People can also request a HARP application by calling DCA's Division of Disaster Recovery and Mitigation constituent services office at (609) 292-3750 or by emailing DisasterRecoveryandMitigation@dca.nj.gov.

CAREGIVER RESOURCES

GENERAL

[New! 2024 Medicare Cost-Sharing Rates](#)

Lend Your Voice! Help Improve Federal Staffing Proposal

For the first time ever, the federal government has proposed minimum staffing rules for nursing homes, and the Office of the State Long-Term Care Ombudsman urges you to submit comments before the **Nov. 6, 2023** deadline. [Visit](#).

[The National Alliance for Caregiving \(NAC\)](#)

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

[Report Social Security-related scams to the SSA Office of the Inspector General \(OIG\)](#)

[National Alliance for Caregivers Guide Book](#)

[Karen Ann Quinlan Home for Hospice Community Events](#)
[Visiting Physician Services](#)

[NJ 2.1.1](#)

[New Jerseys' Parent Caucus](#)

[Beware of Scammers Impersonating Charities](#)

[NJ Updates: Events, Deadlines, Programs, Guidance, and More](#)

[More Medicare Prescription Drug Help for Beneficiaries in 2024 – Including Out-of-Pocket Cap](#)

Tessie's Touch

Offered by Jewish Family Service of MetroWest NJ, brings joy & connection to isolated older adults by matching them with a caring volunteer. Tessie's Touch covers the cost of the activities and transportation. If you or a loved one is interested in being paired with a volunteer to enjoy outings together contact Taylor Ruszczyk at trusczyk@jfsmetrowest.org or 973-637-1742.

EZ Ride

For Qualified Members EZ Ride Offers 50% Percent Discount for Medical Trips Thanks to a generous grant from NJ Transit, effective January 1, 2023, EZ RIDE will offer a 50% discount for medical trips provided through the EZ Ryde4Life program while funding lasts.

The membership-based "EZ Ryde4Life" program uses Lyft and Uber to provide rides for seniors without a smartphone. Seniors call EZ Ride at (201) 939-4242, option 4, to request a ride, and a Transportation Coordinator will send a Lyft or Uber car to take them where they need to go. The program is available state-wide and requires members to register, set up a transportation account using a credit or debit card, and then seniors can call when they need a ride. Riders pay the fare charged by Lyft or Uber and an administrative fee of \$2.50 per trip.

The discount is available to EZ Ryde4Life members participating in any ONE of the following programs:

1. Pharmaceutical Assistance to the Aged & Disabled (PAAD) Program
2. Senior Gold Prescription Discount Program
3. Beneficiary of both NJ Medicaid and Medicare programs

EZ Ride will provide a maximum of eight rides a month for medical purposes ONLY. Dialysis patients are eligible for an additional eight rides a month. Rides will be provided on a first come first served basis. For more information, please contact Kinga Skora at (201) 939-4242 ext. 131. [Visit](#)