

RESOURCE	DESCRIPTION	CONTACT INFORMATION
SOUTHERN/ CENTRAL NEW JERSEY RESIDENTS		
TRANSPORTATION ASSISTANCE & DISCOUNTS		
New Jersey Transit	Offers passengers with disabilities an opportunity to save one-half or more off of regular one-way fares at all times. To be eligible, riders must present a valid New Jersey Transit Fare card.	Website: www.njtransit.com
New Jersey Council on Special Transportation (COST)	COST members offer transportation services to senior citizens, persons with disabilities, and low income individuals. Transportation assistance to non-emergency medical appointments, dialysis, physical and mental therapy appointments, competitive and non-competitive work sites, nutrition sites, post-secondary education Veteran services, food shopping, and social and recreational activities are available.	Website: http://www.njcost.com/ Telephone: 908-231-7115 x7947 E-mail: njcost@njcost.com Address: New Jersey Council on Special Transportation, P.O. Box 184, Manville, NJ 08835
PRESCRIPTION ASSISTANCE		
CitizensHealth Prescription Drug Discounts	Offers discounts on all prescription drugs (12-25% off of brand-name medications and 35-50% off of generic medications) for a yearly fee of \$12 a year for individuals; \$28 a year for families. Applications are processed over the telephone and any NJ resident is eligible to participate.	Website: http://www.citizenhealth.com Telephone: 800-563-5479 Address: PO Box 390004, Bloomington Borough, MN, 55439
Camden County Drug Prescription Program	Offers a prescription savings card that provides Camden County residents and their dependents (living in the same household) a 10 to 15% discount off of the retail prices of all prescription drugs. The savings card is accepted at thousands of participating pharmacies. An application form is available on their website. Fee: \$20 per household per year or \$40 per household for 3 years	Website: http://www.camdencounty.com/rx/index.html Telephone: 866-792-6226 Address: PO Box 4190, Hamilton, NJ, 08610
COMMUNITY CARE PROGRAMS		
Community Care Program for the Elderly and Disabled [Agency: Cumberland County Board of Social	Service for the elderly and disabled provides home health, adult day care, medical transportation, case management, homemaker, prescription assistance, and respite care for those who meet medical requirements for nursing home care. The service is a free or cost sharing program, depending on income. Maximum income for one person is \$1,737/month with a resource limit of \$2,000.	Telephone: 856-691-4600 Address: 275 N Delsea Dr., Vineland, NJ, 08360

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Services – Vineland]		Hours: 8:30 am–4:30 pm Mon., Tues., Thurs., and Fri.; 7:30 am–7:30 pm Wed.
Caregiver Assistance Program (CAP) [Agency: Cumberland County Office on Aging and Disabled]	Service providing home care options, hospital care, physician visits, respite, adult day care, prescriptions accessibility adaptations, meals, transportation, medical equipment and supplies for Medicaid Waiver eligible clients, age 65 and older or disabled through case management. Monthly income CAP \$1,737 (2005) for one. Resource limit for one is \$2,000 (2005). Cost shares apply.	Telephone: 856–453–8066 Address: Hopewell Township Municipal Building, CAP (Caregiver Assistance Program), 590 Shiloh Pike, Bridgeton, NJ, 08302
HOME HEALTH CARE		
Visiting Nurse Association of Central Jersey	Visiting Nurse Association of Central Jersey, a member of VNA Health Group, is a Medicare/Medicaid-certified provider of home health, hospice and community-based services. (Eligibility: Anyone unable to leave their home for medical help who is currently living in one of the following service areas: Essex, Hudson, Monmouth, Middlesex, or Ocean County.)	Website: http://www.vnacj.org Email: irichar2@vnacj.org Telephone: 800–862–3330
VOCATIONAL REHABILITATION		
New Jersey Division of Vocational Rehabilitation	Helps people with disabilities prepare for and obtain work that is consistent with their abilities, strengths, priorities, and capabilities. Seventy-five percent of the counselors, supervisors and managers have master’s degrees in vocational rehabilitation or a related field.	Website: http://lwd.dol.state.nj.us/labor/dvrs/content/DVRSLocations.html <i>Note:</i> This website contains telephone and fax numbers, addresses, and e-mail addresses for each county’s vocational rehabilitation division in NJ.
HEALTH INSURANCE ASSISTANCE & COUNSELING		

RESOURCE	DESCRIPTION	CONTACT INFORMATION
<p>State Health Insurance Assistance Program</p> <p>[Atlantic County Division of Intergenerational Services]</p>	<p>The Atlantic County Division of Intergenerational Services offers counseling to seniors and persons with disabilities on Medicare regulations and explanations on supplemental or Medigap insurance policies. A counselor is available on a part-time basis and will make home visits and presentations to groups, if requested.</p>	<p>Website: http://www.aclink.org/intergenerational/</p> <p>Telephone: 888-426-9243</p> <p>Hours: Monday-Friday, 8:00 am-4:00 pm</p>
<p>COUNTY/TOWNSHIP DIVISIONS OF PUBLIC HEALTH OR WELLNESS PROGRAMS</p>		
<p>Division of Public Health</p> <p>[Atlantic County Division of Public Health]</p>	<p>Provides numerous health services to the Atlantic County Public including: air pollution inspections; child health services to children who are uninsured or underinsured; environmental health inspections; flu shot vaccinations; health education; health screenings for high blood pressure, high cholesterol, fasting blood sugar, and hemocult; risk assessment screenings for breast and cervical cancers; ocean water quality testing; and a men's health clinic offering Prostate Specific Antigen (PSA) testing to men age 40 and over at no cost.</p>	<p>Website: http://www.aclink.org/publichealth</p> <p>Telephone: 609-645-5935</p> <p>E-mail: acms04@hotmail.com</p>
<p>Bernard's Township Health Department</p>	<p>Provides environmental health services, youth services, health education, screening, health clinics, health screenings, cancer screenings, flu immunization, low cost mammography vouchers, vital statistics, public health nursing, social services, and risk communication</p>	<p>Website: http://www.bernardshealth.org</p> <p>Telephone: 908-204-3070</p> <p>E-mail: health@bernards.org</p> <p>Address: 262 S. Finley Ave., Basking Ride, NJ 07920</p> <p>Hours: Monday-Friday, 8:30am-5:30 pm</p> <p>Area served: 3 Somerset and 3 Morris county communities: Bernard Township, Bernardsville Borough, Peapack and Gladstone Borough, Chester Borough, Mendham Borough and</p>

RESOURCE	DESCRIPTION	CONTACT INFORMATION
		Mendham Township
<p>Center for Lifestyle Management</p> <p>[Cape Regional Medical Center]</p>	<p>Offers a variety of support groups, health literature, educational classes, wellness programs, and information about healthcare services in Cape May County.</p>	<p>Website: http://www.caperegional.com/</p> <p>Telephone: 609-463-4043</p> <p>Address: 2 Stone Harbor Blvd Cape May Court House, NJ, 08210</p>
PHYSICIAN AND MEDICAL SERVICE REFERRALS		
<p>Atlantic County Medical Society</p>	<p>Offers referrals to physicians who are part of the medical society; offers referrals to medical services available in the county including services at area hospitals; and provides reviews of ethical complaints, independent reviews of physicians' fees, and an investigation of complaints</p>	<p>Website: http://www.acms-cmcms.org/</p> <p>Telephone: 609-926-3488</p> <p>Address: P.O. Box 581 Somers Point, NJ, 08244</p> <p>Area Served: Atlantic County & Cape May County</p>
HOLISTIC HEALTHCARE SERVICES		
<p>Atlantic Mind-Body Center</p> <p>(Atlantic Rehabilitation Institute)</p>	<p>Outpatient holistic treatment center offers individual and group mind-body stress reduction programs. Skills and techniques are taught to minimize discomfort and maximize the body's healing abilities from chronic health issues (e.g., insomnia, back pain, anxiety) to life-threatening diseases such as cancer. Individual treatments include therapeutic massage and the energy treatment of Jin ShinJyutsu.</p>	<p>Website: http://www.atlantichealth.org</p> <p>Telephone: 973-971-4575</p> <p>Address: Atlantic Behavioral Health (Atlantic Mind Body Center) 95 Mt. Kemble Ave. Morristown, NJ, 07962</p> <p>Hours: Monday-Friday, 10:00 am-6:00 pm</p>