

**Gerald J. Glasser
Brain Tumor Center
RESOURCE GUIDE**

Atlantic Neuroscience Institute



**Atlantic
Health System**

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The Glasser Brain Tumor Center Resource Guide was created by the Atlantic Neuroscience Institute's team of social workers.

We intend this guide be used by our patients and their caregivers to find resources that can help you learn more about a diagnosis, ways to seek support and suggest next steps following a diagnosis. If you are seeking more comprehensive information, the team of neurology social workers is always available.

Please call us so that we can guide you to the appropriate resources and offer information and support along the way.

Your Social Work Team

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Atlantic Health System does not endorse or recommend any service listed in this directory and resources are referenced for informational purposes only. The information in this directory was most current available at the time of publication, however, some programs/services/contact information may change or become outdated. Please check with individual organizations to verify accuracy and availability of programs and services.

Social Work Services at Atlantic Health System

A cancer diagnosis can be overwhelming and frightening, and can create practical issues. Meeting with a social worker to address your concerns can ease the distress of treatment and enhance your sense of control and well-being.

Our Neuroscience social workers are licensed professionals who provide psychosocial services to patients and families facing the impact of a significant diagnosis and treatment. Each of the social workers bring specialized training and expertise to their roles.

Counseling Services

Our social workers provide short-term supportive counseling at no charge. They can help you enhance coping skills and discuss any fears, concerns and worries related to your diagnosis, treatment or medical decision making. The social workers are also here for caregivers and loved ones and can guide you through talking with your children about your diagnosis and subsequent treatment. Counseling services are available at any point in your treatment.

Resources and Referrals for Practical Issues

Our social workers also serve as a liaison and advocate between patients, the health care system and the community. Based on your specific needs, your social worker will help you identify and access appropriate resources for transportation, financial counseling assistance, employment issues, health insurance, and community and in-home supports.

If you do not have health insurance, or if you have concerns about being able to pay for your care, there are multiple federal and state programs that provide financial benefits to individuals and families such as Social Security, Medicare, New Jersey State Temporary Disability benefits, Charity Care and Medicaid. Please contact one of our social workers to connect you to those resources.

Advance Care Planning

Advance care planning is the process that helps you express your goals, values, and wishes as they relate to your health care. Our social workers are available to answer your questions and help you to communicate your wishes to your family and to your healthcare team.

Community and Virtual Resources for Patients and Their Caregivers

This guide offers a variety of community resources to enhance your understanding of your diagnosis and provide resources to patients and their support network. We encourage you to discuss your needs with your doctor and social worker so they can better provide additional insight. Atlantic Health System provides this guide as a benefit to our patients but does not endorse any of these services.

RESOURCES AT A GLANCE

NJ 211

Dial 2-1-1 or 1-877-652-1148

NJ Temporary Disability

myleavebenefits.nj.gov

Social Security Disability

ssa.gov/benefits/disability

800-772-1213

Mental Health Crisis Hotline

Dial 9-8-8

NJ Find-A-Ride

njfindaride.com

General Resources for Patients with a Brain Tumor

Glasser Brain Tumor Center at Atlantic Health System

The Gerald J. Glasser Brain Tumor Center at Atlantic Health System brings comprehensive and innovative treatments to benign and malignant tumors of the brain, skull base, spine and spinal cord. Glasser Brain Tumor Center neurosurgeons perform more brain tumor surgeries than at any other hospital in the state. Overlook Medical Center's CyberKnife® program treating brain tumors is the largest of its kind in the tristate region.

The Glasser Brain Tumor Center stands at the intersection of the Atlantic Health System's Carol G. Simon Cancer Center and the Neuroscience Institute, which is ranked among the top 5% of neuroscience centers in the nation.

The Glasser team comprises dedicated brain tumor surgeons and skull-base surgeons, neuro-oncologists, radiation oncologists, neurologists, neuro-radiologists, neuropathologists, medical oncologists, physiatrists, nurse practitioners, nurse navigators and social workers. The Center's multidisciplinary tumor board reviews and provides opinions on each patient's treatment plan, imbuing diagnosis, and treatment with a multi-discipline approach from diagnosis through treatment.

Neurosurgery is performed at Morristown Medical Center and Overlook Medical Center. Outpatient appointments with neurosurgeons are available Tuesdays and Thursdays. Outpatient appointments with neuro-oncologists are available at Morristown, Overlook, Chilton, and CentraState medical centers, Monday through Friday.

- 908-522-5914
atlanticealth.org/braintumor

American Brain Tumor Association (ABTA)

The American Brain Tumor Association (ABTA) is the leading organization for advancing the understanding and treatment of brain tumors, serving patients, caregivers, and health care professionals. Since its founding in 1973, the ABTA has funded more than \$32 million in brain tumor research, providing educational and support resources. The ABTA advocates on behalf of the brain tumor community in the United States, helping patients, caregivers, and their loved ones as they navigate the brain tumor journey.

- 773-577-8774
abta.org

National Brain Tumor Society (NBTS)

National Brain Tumor Society (NBTS) is committed to curing brain tumors and improving the lives of patients and families. Donors, volunteers, advocates, and partners fuel their work to accelerate breakthroughs in brain tumor research. The NBTS "unrelentingly invests in, mobilizes, and unites the brain tumor community to discover a cure, deliver effective treatments, and advocate for patients and caregivers."

While NBTS does not provide medical advice, the organization provides tools, information, and opportunities for patients' brain tumor experience, while enabling them to make more informed decisions about their care. The NBTS Personalized Support and Navigation team responds to outreach from patients with a brain tumor, and care partners, with quality, unbiased information, resources, support programs, and services. NBTS also assists in meeting other brain tumor-related needs of patients and care partners.

- 617-924-9997
braintumor.org

Brain Tumor Foundation (BTF)

Founded in 1998, the Brain Tumor Foundation (BTF) guides and supports patients and families during the turbulent times when their lives are touched by a brain tumor.

BTF raises awareness among medical professionals and the public about the need for the early detection of brain tumors while continuing to offer support groups, medical referrals, and informational events. The Foundation's expertise, compassion and resources ensure that brain tumor patients have a powerful ally in their fight against this disease.

In collaboration with multi-disciplinary research teams, BTF is gathering key information to help us better understand the relationship between patient factors and brain tumors.

- 212-265-2401
braintumorfoundation.org

CANCERCare

Founded in 1944, CancerCare provides free professional support services and information to help people manage the emotional, practical and financial challenges of cancer.

Comprehensive services include case management, phone counseling sessions and support groups online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

- 800-813-HOPE (4673)
cancercares.org

Musella Foundation for Brain Tumor Research & Information

The Musella Foundation is a nonprofit public charity dedicated to helping brain tumor patients through emotional and financial support, while offering education and advocacy, and raising money for brain tumor research. The Foundation produces an authoritative guide for patients who are newly diagnosed with brain tumors, and also circulates an electronic newsletter featuring information about new developments in treatment and clinical trials.

- 888-295-4740
virtualtrials.org
Virtual edition of Guide for the Newly Diagnosed:
virtualtrials.org/Guide.cfm

Crossroads4Hope

Crossroads4Hope, Bedminster, empowers all people touched by cancer to take control of their health and well-being. Our network embraces all people touched by cancer – the diagnosed and their loved ones – empowering individuals to take control of their health through access to resources, and programs of support, education, well-being, and hope.

- 908-648-5400
crossroads4hope.org

American Cancer Society

The American Cancer Society is the leading cancer-fighting organization with a vision of ending cancer as we know it, for everyone, working to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

- 800-227-2345
cancer.org

Clinical Trials

Some people consider pursuing participation in a clinical trial when exploring treatment for a primary or metastatic brain tumor. A clinical trial is a research study to determine if a new treatment or medical device is safe and effective, or if one offers any benefit or advantage over currently available treatments. The Food and Drug Administration must approve all new medications and treatment protocols, and clinical trials help prove the case.

Clinical trials can be a treatment consideration for all genders, ages, and stages of the disease, from diagnosis to recurrence.

Speak with your doctor or healthcare team to discuss if clinical trials, or a particular trial, is right for you. These links will acquaint you further with the value of clinical trials and explore trials underway at the Glasser Brain Tumor Center and at other centers across the nation.

Gerald J. Glasser Brain Tumor Center at Atlantic Health System

The Gerald J. Glasser Brain Tumor Center maintains a robust clinical trial research infrastructure. As a member of the National Cancer Institute (NCI) Cooperative Group System, and in partnership with several biotech/pharmaceutical companies and the Translational Genomics Research Institute, the Brain Tumor Center offers patients access to groundbreaking, evolving therapies. Currently, the Center is developing novel treatments for:

- Low-grade gliomas
- Glioblastoma
- Other high-grade primary brain tumors
- Metastatic brain tumors
- Tumors that cause malignant cells to spread to the fluid surrounding the brain and spinal cord.

To treat these challenging tumors, the Brain Tumor Center focuses on immunotherapies, CAR T strategies, oncolytic tumor viruses and other targeted therapies.

- 908-522-5768
- Clinical trials currently underway at the Glasser Brain Tumor Center:
atlanticealth.org/care/brain-tumor-center/brain-tumor-treatment-options/clinical-trials

American Brain Tumor Association

The American Brain Tumor Association offers comprehensive information about how clinical trials are created and managed, as well as resources for patients to help them explore which trials may be most appropriate for them.

- 800-886-ABTA (2282)
abta.org/about-brain-tumors/treatments-side-effects/find-clinical-trials

National Brain Tumor Society (NBTS)

The National Brain Tumor Society Clinical Trial Finder was designed specifically to connect patients with open trials that might be suitable and advantageous treatment options to consider. The database offers filters to help patients find specific trials that may meet their needs. NBTS encourages patients to discuss their exploration of clinical trials with their neuro-oncologists for more information and insight.

- 617-924-9997
trials.braintumor.org

National Institutes of Health – U.S. National Library of Medicine

The ClinicalTrials.gov Web site provides current information about clinical research studies to patients, their families and caregivers, health care professionals, and the public. Each study record includes a summary of the study protocol, including the purpose, recruitment status, and eligibility criteria. Study locations and specific contact information are listed to assist with enrollment. Information on ClinicalTrials.gov is provided and updated by the sponsor or principal investigator of the clinical study. Clinicaltrials.gov is a free service of the National Institutes of Health (NIH) and is maintained by the National Library of Medicine (NLM).

- clinicaltrials.gov

Musella Foundation for Brain Tumor Research & information

The Musella Foundation is a nonprofit public charity dedicated to helping brain tumor patients through emotional and financial support, education, advocacy and by raising money for brain tumor research. The Foundation circulates an electronic newsletter featuring information about new developments in treatment and clinical trials.

- 888-295-4740
virtualtrials.org

Counseling Services

A new medical diagnosis and the changes that ensue may cause some people, and their loved ones, to struggle with issues such as depression, anxiety, grief and loss, negative self-image, cognitive impairment, and other mental health issues. Counseling resources are available to help individuals and their loved ones address emerging mental health concerns, or emotional issues they have faced throughout their lives.

We also invite you to speak with your social worker regarding counseling referrals tailored to your specific needs.

Unless indicated, the following agencies accept most insurance and/or offer services on a sliding scale based on income.

** Indicates Spanish speaking counselors are available. **
Indica que hay consejeros de habla hispana disponibles.

Atlantic Health Behavioral Health

Sessions available in-person at Atlantic Health System locations, or virtually

All insurances accepted

- 908-522-4800
atlanticealth.org/conditions-treatments/behavioral-health.html

Psychology Today Directory**

This website, sponsored by Psychology Today magazine, provides a directory of therapists with descriptions created by the professionals themselves. The site enables users to narrow down their choices by language, desired location, specialty, and gender, as well as types of insurance accepted or other payment methods available.

- psychologytoday.com/us

Medicare**

Find psychologists, psychiatrists and clinical social workers who accept Medicare.

- medicare.gov

CancerCare**

CancerCare is staffed primarily by social workers who offer an array of resources, including 13 free counseling sessions by phone, conducted by a certified therapist.

- 800-813-HOPE (4673)
cancercares.org

BERGEN COUNTY

Jewish Family Service (JFS) of Northern New Jersey**

Teaneck

JFS offers counseling for clients of all ages and case management, assessment, and wellness services for seniors.

- 201-837-9090
jfsnjj.org/mental-health-services

ESSEX COUNTY

Family Connections – Caregiver Connections Program**

Orange

Family Connections offers Essex County caregivers in-home counseling and connection to community resources and supports.

- 973-675-3817
familyconnectionsnj.org

Family Service League**

Bloomfield

Payment: Sliding scale, dedicated to serving lower-income individuals and families. Insurance is not accepted.

Offers counseling services in multiple languages

- Phone: 973-746-0800, ext. 301
familyserviceleague.org

Main Street Counseling**

West Orange

Offers counseling services for individuals of all ages. Services are also available for individuals who live outside Essex County.

- 973-736-2041
mainstcounseling.org

Mental Health Association of Essex and Morris, Inc.**

Montclair

Payment: Accepts Medicaid/Medicare only, does not accept private insurance or out-of-pocket payments

- 973-509-9777
mhainspire.org

Jewish Family Service of MetroWest NJ

Florham Park

JFS offers counseling for clients of all ages as well as case management, assessment and wellness services for seniors.

- 973-765-9050
jfsmetrowest.org

HUNTERDON COUNTY

Hunterdon Health**

Flemington

Part of Hunterdon Health system

- 866-424-2060
hunterdonhealth.org/services/hunterdon-behavioralhealth

Jewish Family Service of Somerset, Hunterdon and Warren Counties

Somerville

JFS offers counseling for individuals of all ages, and support groups for seniors and caregivers.

- 908-725-7799
jewishfamilysvc.org

MONMOUTH COUNTY

Monmouth County Division of Behavioral Health

Freehold

Serves residents of Monmouth County through mental health and addiction services and resources.

- 732-431-6451
visitmonmouth.com/Page.aspx?Id=5009

Mental Health Association of Monmouth County

Shrewsbury

Mental Health Association promotes mental health as a critical component of overall wellness, including prevention services for all, early identification, and intervention for those at risk, integrated care and treatment for those who need it, with recovery as the goal.

- 732-542-6422
mentalhealthmonmouth.org

MORRIS COUNTY

Jewish Family Service of MetroWest NJ

Florham Park

JFS offers counseling for clients of all ages and case management, assessment and wellness services for seniors.

- 973-765-9050
jfsmetrowest.org

Mental Health Association of Morris County**

Parsippany

Payment: Accepts Medicaid/Medicare only, does not accept private pay

- 973-334-3496
mhainspire.org

New Bridge**

Parsippany

This agency offers counseling and psychiatric services for individuals of all ages. For seniors, New Bridge provides in-home professional counseling to homebound seniors and individuals with physical difficulties in Morris County.

- 888-746-9333
newbridge.org

OCEAN COUNTY

Caring Family Community Services**

Jackson, NJ

- 732-780-2799
caringfamily.org

PASSAIC COUNTY

Jewish Family Service of Clifton-Passaic**

Passaic

JFS offers counseling for clients of all ages and case management, assessment, and wellness services for seniors.

- 973-777-7638, Ext. 151
jfsclifton.org

New Bridge

Haskell

This agency offers counseling and psychiatric services for individuals of all ages.

- 888-746-9333
newbridge.org

SOMERSET COUNTY

Jewish Family Service of Somerset, Hunterdon and Warren Counties Somerville

JFS offers counseling for individuals of all ages, and support groups for seniors and caregivers.

- 908-725-7799
jewishfamilysvc.org

Richard Hall Community Health & Wellness Center**

- 908-725-2800
co.somerset.nj.us/government/human-services/mental-health

Family & Community Services of Somerset County**

Virtual and in-person support services

- 732-356-1082
fcssomerset.org

SUSSEX COUNTY

Jewish Family Service of MetroWest NJ Florham Park

JFS offers in-home and office-based counseling, case management and support groups to older adults in southern Sussex county.

- 973-765-9050
jfsmetrowest.org

Tri-County Behavioral Care Stanhope, Sparta, and Denville**

Tri- County Behavioral Care is a comprehensive mental healthcare provider dedicated to caring for the needs of individuals, adolescents and families through specialized areas of outpatient services: Intensive In-Community (IIC), Psychotherapy, School Related Services and Substance Use Evaluation & Treatment.

- 973-691-3030
https://tcbllc.org

New Bridge Sparta

This agency offers counseling and psychiatric services for individuals of all ages.

- 888-746-9333
newbridge.org

UNION COUNTY

Jewish Family Service of Central NJ Elizabeth

JFS provides free in-home counseling to Union County seniors, age 60+. Income guidelines may apply. Caregiver counseling is also available if the senior is a Union County resident.

- 908-352-8375
jfscentralnj.org

Resolve Community Counseling Scotch Plains**

Resolve provides psychotherapy and counseling by licensed professional counselors, marriage and family therapists, psychologists, and social workers for the people of Scotch Plains and Fanwood via in-person sessions; and throughout Union County and beyond via telehealth.

- 908-322-9180
resolvenj.com

WARREN COUNTY

Family Guidance Counseling Center (FGCWC) Washington, Hackettstown, and Phillipsburg

FGCWC offers behavioral health care treatment, rehabilitation, crisis intervention and educational, prevention and support program services. Initial appointment conducted in person; virtual appointments available.

- 908-689-1000
fgcwc.org

Healing Road Hackettstown**

Healing Road provides culturally sensitive mental health services to diverse populations with evidence- based interventions and a holistic approach.

- 215-688-5116
healingroadcounseling.com

Jewish Family Service of Somerset, Hunterdon and Warren Counties Somerville

JFS offers counseling for individuals of all ages, and support groups for seniors and caregivers.

- 908-725-7799
jewishfamilysvc.org

Omni Healthcare

OMNI Health Services Inc. provides a wide range of outpatient mental health services to individuals with emotional, psychiatric or behavioral issues, also specializing in co-occurring disorders.

Phillipsburg

- 908-329-2700
omhsi1.com

Food and Nutrition

Carol G. Simon Cancer Center at Atlantic Health System: Complimentary Dietician Consults

The oncology registered dietitians and nutritionists (RDNs) of Atlantic Health System are valued members of your health care team. Eating a well-balanced diet and maintaining a healthy weight are integral parts of the entire cancer continuum: prevention, treatment, survivorship, and palliative care. Working with a dietitian to optimize nutrition during and after treatment can improve your response to cancer therapies, minimize side effects and complications, and enhance overall health and well-being.

Dietitians will work closely with you, your family members, and other members of your health care team to help you:

- Make dietary changes to prevent unintentional weight loss, increase energy, and improve quality of life during treatment
- Manage side effects of cancer and chemotherapy and radiation treatment, including nausea, poor appetite, diarrhea, dry or sore mouth, taste changes, and difficulty swallowing
- Manage tube feedings (enteral nutrition)
- Optimize nutrition before and after surgery to promote healing and recovery
- Adopt diet and lifestyle changes that can reduce risk for cancer recurrence and help manage other chronic conditions
- Achieve and maintain a healthy weight after treatment
- Make sense of conflicting advice on diet and nutrition for cancer patients by providing sound, science-based information

Our dietitians specialize in oncology nutrition and will provide personalized recommendations to meet your individual health needs. Nutrition services are provided free of charge, no referral is necessary for patients treated through the Carol G. Simon Cancer Center or the Glasser Brain Tumor Center.

To speak with an oncology registered dietitian/nutritionist, please contact:

- Morristown Medical Center, 973-971-6232
- Overlook Medical Center, 908-522-5347
- Chilton Medical Center, 973-831-5314
- Newton Medical Center, 973-831-5314
- Hackettstown Medical Center, 973-831-5314

Meals on Wheels Association of America

- 888-998-6325
mealsonwheelsamerica.org

County-Sponsored Services

ESSEX COUNTY

Essex County Division of Senior Services

Home-Delivered Meals and Congregate Meals Programs

Sites in Bloomfield, Newark, and senior housing complexes throughout the county.

- 973-395-8375
essexcountynj.org

Chrill Care

A member of Meals on Wheels America, Chrill Care delivers weekday hot meals to clients who are mostly homebound due to illness, physical limitation, advanced age, or inadequate cooking facilities. These meals are funded by Essex County. However, in some cases, health insurance will cover the cost of meals.

- 973-744-0473
chrill.org

SAGE Eldercare – Home-Delivered Meals

Delivers home-delivered meals to Berkeley Heights, Mountainside, New Providence, Springfield, and Summit (Union County) as well as Millburn and Short Hills (Essex County) and Chatham (Morris County). Union County suggested donation and private pay option for Essex and Morris Counties.

- 908-273-5554
sageeldercare.org

JCC Home-Delivered Kosher meals

Offering kosher meal delivery and a drop-in senior lunch program

- 973-530-3414
jccmetrowest.org

HUNTERDON COUNTY

Meals on Wheels in Hunterdon County

- 908-284-0735
mowih.org

MORRIS COUNTY

Morris County Senior Citizen Nutrition Program – Home-Delivered Meals & Senior Nutrition Sites

Sites in Butler, Chatham, Chester, Denville, Dover, Jefferson, Long Hill, Madison, Montville, Morristown, Mt. Olive, Parsippany, Rockaway and Roxbury

- 973-285-6856
morriscountynj.gov

SAGE Eldercare – Home-Delivered Meals

Delivers home-delivered meals to Berkeley Heights, Mountainside, New Providence, Springfield, and Summit (Union County) as well as Millburn and Short Hills (Essex County) and Chatham (Morris County). Union County suggested donation and private pay option for Essex and Morris Counties.

- 908-273-5554
sageeldercare.org

PASSAIC COUNTY

Passaic County Division of Nutrition Services – Home-Delivered Meals & Senior Nutrition Sites

Sites in Bloomingdale, Clifton, Hawthorne, Passaic, Paterson, Totowa, and West Milford

- 973-569-4099
passaiccountynj.org

SOMERSET COUNTY

Somerset County Nutrition Program – Home-Delivered Meals & Senior Nutrition Sites

Sites in Basking Ridge, Bridgewater, Hillsborough, Skillman, Somerset, and Warren

- 908-704-6346
co.somerset.nj.us

SUSSEX COUNTY

Sussex County Nutrition Program – Home-Delivered Meals & Senior Nutrition Sites

Sites in Franklin, Hopatcong, and Vernon

- 973-209-0123
sussex.nj.us

UNION COUNTY

Meals on Wheels of Union County – Home-Delivered Meals & Senior Nutrition Sites

Sites in Cranford, Elizabeth, Hillside, Kenilworth, Linden, Plainfield, Rahway, Roselle, Roselle Park, Summit, Union, Westfield, and Winfield

- 908-486-5100
mowuc.org

Jewish Family Service of Central New Jersey

Kosher foods delivered to homebound older Union County residents.

- 655 Westfield Avenue, Elizabeth, NJ 07208
908-352-8375 x229
jfscentralnj.org

SAGE Eldercare – Home Delivered Meals

Delivers home-delivered meals to Berkeley Heights, Mountainside, New Providence, Springfield, and Summit (Union County) as well as Millburn and Short Hills (Essex County) and Chatham (Morris County). Union County suggested donation and private pay option for Essex and Morris Counties.

- 908-273-5554
sageeldercare.org

Mobile Meals of Westfield, Inc.

Home-Delivered Meals available to residents of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains, Mountainside, and Westfield

- 908-233-6146
westfieldnj.com

WARREN COUNTY

Warren County Division of Aging and Disability Services

Home Delivered Meals – 908-689-4140

Senior Nutrition Sites – 908-475-6591

Sites in North Warren (Columbia), Hackettstown, Phillipsburg, and Washington

- co.warren.nj.us

PENNSYLVANIA

Meals on Wheels of Greater Lehigh Valley

Offers Home-Delivered Meals, Chef's Pack Program of frozen meals, and grocery shopping.

- 610-691-1030
mowglv.org

Meals on Wheels of Northeastern Pennsylvania

Offers Home-Delivered Meals and Treasured Friends Pet Food Delivery Program

- 570-346-2421
mealsonwheelsnepa.com

Pike County Area Agency on Aging – Home-Delivered Meals & Senior Nutrition Sites

Sites in Bushkill, Dingmans Ferry, Matamoras, Lackawaxen, and Lords Valley

- 800-233-8911 or 570-775-5550
pikepa.org

Food Pantries

Feeding America

Offers an online listing of food banks and links to food assistance programs.

- 800-771-2303
Feedingamerica.org

FoodPantries.org

Online listing of food pantries and soup kitchens throughout the country.

- foodpantries.org

Health and Wellness

Patient and family care extends beyond medical treatment to heighten, and maintain, overall physical, emotional, and spiritual health. The following programs and services approach patient health as a holistic effort. Your social worker is available to review these available services and choose among them.

Carol G. Simon Cancer Center Integrative Programs

Integrative medicine therapies empower cancer patients to take an active role in their healing and improve the quality of their lives. Meditation, stress reduction, guided imagery, yoga, Jin Shin Jyutsu, reflexology, Reiki, acupuncture, massage, aromatherapy, expressive writing, and therapeutic touch are just a few of the approaches utilized at the Carol G. Simon Cancer Center, to help relax the minds and bodies of patients during and after treatment.

The Carol G. Simon Cancer Center offers virtual or in-person classes for all patients receiving cancer treatment, anywhere in the community. These classes may be held monthly or scheduled as a one-time featured seminar. Program descriptions, and the current program calendars for each medical center are linked to the web page below.

- Morristown Medical Center and Chilton Medical Center: 973-971-6514
- Overlook Medical Center: 908-522-6168
- atlanticealth.org/conditions-treatments/cancer-care/cancer-support-services/cancer-integrative-medicine-programs.html

Community Health at Atlantic Health System

Atlantic Health System's health and wellness program is tailored to meet the needs of today's adults. Offerings are held at various locations throughout Northern NJ and online. They include health education programs, nutrition, exercise, life enrichment classes, health

screenings, and more. Many programs are free; others may require a fee.

Call 844-472-8499 to ask about programming or request a monthly calendar of events.

- atlanticealth.org

Chambers Center for Well-Being

As part of Atlantic Health System, Chambers Center for Well-Being is an integral part of the system's mission to build healthier communities. The Chambers Center places a focus on overall well-being and integrated care, along with support for healthier lifestyles.

Services include holistic and noninvasive treatments including acupuncture, deep-tissue massage, nutritional counseling, skin care, and affordable fitness training designed to restore energy and sustain well-being.

- chamberscenterforwellbeing.org
973-971-6301

LIVESTRONG at the YMCA Fitness Center

Free training sessions for adults with cancer

The Y and LIVESTRONG® created LIVESTRONG® at the YMCA is a 12-week small-group recovery program offered to adult cancer survivors looking to regain their health and strength in a supportive environment. Participants work with specially trained Y staff to customize the program to their individual needs. For the duration of the program, participants also receive a Summit Area YMCA membership and access to the Virtual Fitness Studio. Common goals include rebuilding muscle mass and strength, increasing flexibility and endurance, reducing fatigue and improving confidence and self-esteem. Physician approved medical clearance is required to participate.

- thesay.org/Programs/Detail/26/LIVESTRONG-at-the-YMCA
67 Maple Street, Summit
908-273-4270

The Connection: Pathways Sister Strong Personal Training Program

This program, for women with cancer, provides 16 free individual personal training sessions with Connection fitness trainers and certified cancer exercise specialists. These sessions are designed to help patients regain strength, flexibility, cardiovascular health and balance, and improve mental well-being. Pre-registration required.

- theconnectiononline.org/community-service/pathways-2.html
theconnectiononline.org
79 Maple Street, Summit
908-273-4242 ext. 154

Centers for Disease Control (CDC)

Improving emotional well-being, social connectedness, and resiliency through research-based health promotion and prevention programs is critical to the population's health. The CDC offers educational information including articles, tips and quizzes to build knowledge and enhance emotional health and well-being.

- cdc.gov/mentalhealth

Mary's Place by the Sea

Mary's Place by the Sea is a respite home for women who have been diagnosed with cancer, founded in 2009. The organization provides free services, both in-person and virtually, that complement their medical treatment. Services include oncology massage, nutrition education, individual counseling, Reiki, guided meditation, expressive writing, yoga and more, designed to empower women with knowledge that will aid them on their road to healing. Mary's Place by the Sea is not a medical facility with medical staff.

- 22 Main Avenue, Ocean Grove, NJ
732-455-5344
marysplacebythesea.org

Image Enhancement

Cancer treatment can create changes in a patient's appearance, including hair loss, or changes in complexion. Fortunately, there are solutions to help people look and feel their best while undergoing treatment.

Caps at the Carol G. Simon Cancer Center

Our Centers offer a selection of soft, handmade knitted caps available to patients receiving treatment at no charge.

Overlook Medical Center

Speak with a member of the Glasser Brain Tumor Center team

- 99 Beauvoir Avenue, 5th floor, Summit
908-522-5914

Morristown Medical Center

Visit the Resource Center during the hours of 9:00am to 4:00pm

- 100 Madison Avenue, Carol G. Simon Cancer Center, 1st floor, Morristown
973-682-2146

Wigs

Many medical insurance plans offer some coverage or reimbursement for a wig, acquired as a "cranial prosthesis". Please contact your insurance company to determine coverage. Insurance companies often cover the entire or partial cost of a wig. Wig providers typically require a prescription, which your oncology team can provide. Insurance companies may require a receipt to reimburse the cost, so be sure to request one from the wig provider when you make your purchase.

Ask your social worker for more information if you need assistance in finding an affordable wig, or for additional providers.

Educational information about choosing and wigs comfortably:

- headcovers.com/blog/american-cancer-society-wigs

American Cancer Society

Among its many services to provide support and education to individuals diagnosed, and living with, cancer, the organization also has a mission to help women cope with changes in their appearance during and after cancer treatment.

Retail Services: "tlc" Tender Loving Care is a not-for-profit website and catalog of the American Cancer Society providing wigs, caps and other hair loss products (plus how-to information) at affordable prices.

- tlc Tender Loving Care not-for-profit retail store:
tlcdirect.org

Wig Donation Program: The American Cancer Society also provides free wigs for adult women in treatment who qualify financially and are suffering from hair loss due to cancer treatments. This program is available in the American Cancer Society's offices in Cedar Knolls and Somerville.

- 800-227-2345
headcovers.com/blog/american-cancer-society-wigs

CancerCare

CancerCare offers free wigs at their clinic locations in Paramus and Manhattan. Wigs come in a variety of lengths, colors, and styles. Patients receive an individual 30-minute fitting with a wig fitter.

- 800-813-4673
cancercare.org/tagged/wigs

National Wigs for Cancer Society (NWFCS)

National Wigs for Cancer Society (NWFCS) helps patients choose among high-quality, 100% human hair wigs, connects patients them with a hair stylist who can help customize the wig to look and feel natural. NWFCS works directly with insurance providers or its network of independent fundraising campaigns and donors to ensure patients receive their wigs at little to no cost.

- 833-373-3944
wigsforcancer.org

Hair to Share Foundation

Hair to Share provides funds for new, custom-fitted wigs going through hair loss due to medical conditions. The Foundation focuses on residents of Central New Jersey.

- 908-534-0055
hairtoshare.org

Wigs & Wishes Foundation

Wigs & Wishes provides free wigs to patients with cancer, through salons who participate in their program.

- 856-582-6600
wigsandwishes.org

Private Wig Providers

BERGEN COUNTY

Tiffany Wigs

- 175 State Route 17
Rochelle Park, NJ
201-845-4668

ESSEX COUNTY

Wigs Etcetera

- 2 W. Northfield Road
Livingston, NJ
973-994-2444

Salon Libby at L'Saison

- 304 Elmwood Avenue
Maplewood, NJ
973-762-4200

Tomeka's Beauty

- 1980 Springfield Avenue
Maplewood, NJ
973-378-8999

Hairline (for men only)

- 93 Main Street, 2nd floor
Millburn, NJ
973-376-4272

A House of Wigs

- 311 Millburn Avenue
Millburn, NJ
973-460-8002

HUNTERDON COUNTY

Merle Norman Cosmetics

- 3 Walter Foran Boulevard, Suite 318
Flemington, NJ
908-782-3220

MIDDLESEX COUNTY

Look of Love

- 1913 Lincoln Highway
Edison, NJ
732-572-3033

MORRIS COUNTY

Just for You

- 37 Mt. Pleasant Avenue
East Hanover, NJ
973-887-5930

Trendz Salon

- 186 Columbia Turnpike
Florham Park, NJ
973-377-5552

PASSAIC COUNTY

Pili Styles

- 33 Newark/Pompton Turnpike
Little Falls, NJ
973-256-6998

SOMERSET COUNTY

Princeton Hair Replacement Center

- 59 West High Street
Somerville, NJ
908-725-5544

Ovation Hair & Wig Salon

- 18 Davenport Street
Somerville, NJ
908-526-5110

UNION COUNTY

Wigs Naturally

- 14 Clarkston Drive
Clark, NJ
732-381-7069

Wigs by Barbara

- 777 Mountain Avenue
Springfield, NJ
973-243-0440

Make-up Application

Look Good Feel Better

Look Good Feel Better is a non-medical, brand-neutral public service program that teaches beauty techniques to people with cancer to help them manage the appearance-related side effects of cancer treatment. The program includes virtual workshops on skin and nail care, cosmetics, wigs and turbans, accessories, and styling, helping people with cancer to find some normalcy in a life that is by no means normal. The program is open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment.

- lookgoodfeelbetter.org
Virtual workshops calendar: lookgoodfeelbetter.org/virtual-workshops

Walgreens Feel More Like You Program

This service features pharmacists and beauty consultants who are specially trained to help people better manage internal and visible side effects from cancer treatment. The beauty consultants listen to patients' needs and suggest individualized makeup solutions and beauty care products. There is no charge for the program and no appointment necessary; contact the local store for more information.

- 888-782-8443
walgreens.com/topic/pharmacy/specialty-pharmacy/side-effect-help/feel-more-like-you.jsp

Help at Home

Home Health Services

While Medicare and other insurances may cover some home care services, such as help after surgery or hospitalization. This is usually ordered by a physician for short-term support and requires that a person meet specific criteria to medically qualify. Generally, nurses, therapists, or aides provide one to two hours of services each week. Most insurances do not cover ongoing or long-term home care to assist with personal care and supervision. This is called "custodial care," and therefore this is often an out-of-pocket expense.

Home Care Association of New Jersey

Provides a directory of member home care agencies throughout New Jersey.

- North Avenue East, Cranford, NJ 07016
732-877-1100 ext 411
homecarenj.org

Atlantic Home Care

Serves Essex, Morris, Somerset, Sussex, Union, and Warren Counties in NJ and Pike County in PA

- 973-379-8400, Referrals 973-379-8472
atlanticealth.org

Atlantic Visiting Nurse

Serves Morris, Hunterdon, Sussex and Warren Counties

- 973-379-8400
atlanticealth.org

Private Pay

Home care can enable individuals to remain at home as opposed to moving into assisted living or a skilled nursing facility. Home care can help enable people to remain at home instead of choosing to live in a facility. When an individual requires personal care and supervision, this is called "custodial care," and it is an out-of-pocket expense. The average cost of private pay home care services in NJ is \$35-40/hour and most agencies have a daily minimum of four consecutive hours. Ask your medical team or social worker for a more comprehensive list of home care providers.

Additional resources to help pay for home care include:

- Long-Term Care Insurance policy that covers home care services
- Applying for social service programs, such as Medicaid
- Veteran's Aid and Attendance pension benefit – available to Veterans or spouses who meet financial criteria

Private Care Agencies

Commission on Accreditation for Home Care (CAHC) New Jersey

- CAHC-accredited agencies have chosen to go beyond the basic requirements of a health care service firm to undergo a lengthy initial review process and annual monitoring through site visits by experienced RN Field Nurse Surveyors. Visit their website for names of accredited agencies.
- 201-880-9139
cahcusa.org
- Atlantic Private Care
(affiliated with Atlantic Health System)
973-540-9000
atlanticprivatecare.com

- Affirmed Home Care LLC
973-600-7182
affirmedhomecare.com
- Alvita Home Care
212-273-0490
alvitacare.com
- Bayada Home Health Care
908-789-1717
bayada.com
- Bright Star Home Care
973-898-0800 for Morris and Essex
908-322-8200 (Westfield)
brightstarcare.com
- Claddagh Home Care
973-598-9732
claddaghhomocare.com
- HomeWell Care Services of NJ
908-302-0200
homewellseniorcare.com
- Seniors in Place
973-376-1600
seniorsinplace.com
- The Senior Company
973-355-6336
theseniorcompany.com
- Synergy Home Care
973-394-5638
synergyhomecare.com
- Victory Care Givers
908-441-6625
victorycaregivers.com
- Essex County
973-621-4101
essexresourcenet.org
- Hunterdon County
908-788-1166
co.hunterdon.nj.us
- Morris County
973-285-6681
morriscountynj.gov
- Passaic County
973-389-5920
pcsheriff.org (provided by AngelSense)
- Somerset County
908-231-7140
co.somerset.nj.us
- Sussex County
973-579-0850 ext. 2004
sussexcountysheriff.com
- Union County
908-527-4450
ucnj.org
- Warren County
908-475-6309
wcsheff-nj.us
- NJ Sheriffs' Association
njsheriff.org
- projectlifesaver.org

Home Safety

Programs and assistive devices can offer an added layer of support to help individuals with cognitive impairments stay safe and give their loved ones peace of mind.

Project Lifesaver Program

Project Lifesaver provides a tracking device for individuals who are at risk of wandering due to cognitive decline. The program is coordinated by local county Sheriff Departments and depending on the county, the device may be free or have a minimal cost. If the person goes missing, the local Sheriff's Department can activate the tracker, which assists local search teams and can help reduce the time the person is lost and at risk.

Medical Alert Systems

Many companies offer systems that provide pendants or wrist units that the wearer can push to connect them with emergency services if they need help. These are helpful for individuals who live alone or are at risk of falling. These systems are often an out-of-pocket expense (may be covered by Medicaid) but provide a sense of security. Some companies offer specialized services that can assist with health monitoring, such as medication dispensing systems, fall detection, or GPS monitoring.

Assistive Devices

The goal of assistive devices is to improve functionality in one's daily routine, from grips on toothbrushes or utensils to a sock aide to help with dressing. Ask your medical team or social worker for suggestions on gadgets that can create a positive change to your daily routine.

FireAvert

FireAvert is an effective way to protect a home from dangerous fires. Products for gas or electric stoves and microwaves install in less than ten minutes and require no professional skill. FireAvert syncs to the sound of the smoke alarm, including Nest alarms, and will automatically shut off the power or gas when your smoke alarm sounds.

- fireavert.com

The Alzheimer's Store

The Alzheimer's Store offers a wide range of comfort and safety products, gifts, tools and educational books, all designed specifically for those with memory-related conditions.

Whether caring for an Alzheimer's patient in a professional capacity or caring for a loved one at home, The Alzheimer's Store can help you find the right tools to make our days easier, safer, and more engaging.

- alzstore.com

Medical Equipment

AtHome Medical

AtHome Medical, an affiliate of Atlantic Health System, is a provider of durable medical equipment including home oxygen, respiratory equipment, home enteral equipment, sleep therapy devices, wheelchairs, specialty beds and support surfaces.

- 1-800-287-0643
200 The American Road, Morris Plains, NJ 07950
athomemedical.org

AECD – Health Equipment Loan Program (HELP)

This program lends medical equipment such as walkers, shower seats, wheelchairs, etc. at no cost for as long as needed to individuals with limited finances. A minimal, refundable deposit is required depending on the type of equipment that is being loaned.

- 732-296-9922
222 Livingston Avenue, New Brunswick, NJ 08901
aecdc.org

Goodwill Home Medical Equipment

This non-profit organization provides refurbished durable medical equipment to anyone, with priority given to those with limited resources for getting such equipment due to lack of health insurance or coverage of specialized equipment.

- 609-812-2210
300 Benigno Boulevard, Bellmawr, NJ 08031
goodwillhomemedical.org

Pluckemin Presbyterian Church Medical Equipment Ministry

Pluckemin Church loans gently used medical equipment (such as wheelchairs, walkers, crutches, recliners, hospital beds, etc.) at no charge for those in need. Supplies are donated by the community for the community.

- 908-396-6057
279 Rte. 202-206, PO Box #402, Pluckemin, NJ 07978
ppcmem.org

Power Wheelchairs and Scooters

Power wheelchairs and scooters enable riders to steer themselves more easily at home or in the community. Medical insurance requires patients to go for a clinic evaluation for approval. The process can generally take three months and the power wheelchair or scooter will only be provided after a clinical evaluation.

You can find information about cost and details from Medicare's website here: medicare.gov/Pubs/pdf/11046-Medicare-Wheelchair-Scooter.pdf.

You can contact the following locations for a clinical evaluation:

Kessler Saddle Brook

- 201-368-6000

JFK Edison

- 732-321-7000 x65812

NuMotion

- 855-873-6660

Stair Lifts

A stair lift, installed on a home staircase, provides a seat that an individual can use to "ride" up or down the stairs. Stair lifts are available for purchase in new or reconditioned form or are also available to rent.

Back Home Safely

- 973-219-4147
backhomesafely.com/about-back-home-safely

101 Mobility

- 973-447-3975
101mobility.com/northernnewjersey/about-us/location-information

Williams Lift Co.

- 908-325-3648
Williamslifts.com

Stannah

- 888-970-1779
stannah-stairlifts.com

Insurance and Finances

A new diagnosis and the treatment can affect family finances, as questions about working during treatment, maintaining insurance coverage, or making changes to the home budget can arise. These organizations can help patients and their families navigate a changing financial picture at home. Your social worker can also assist in finding appropriate information resources or helping your family seek financial relief for medical or home expenses during treatment.

Triage Cancer

Triage Cancer is a national, nonprofit organization that provides free education to help patients and families understand the legal and practical issues that may impact individuals diagnosed with cancer and their caregivers, through guides and brochures, videos, and free seminars.

The concerns of an individual may change over time. When newly diagnosed, concerns might be focused on treatment options and cancer health insurance coverage. During treatment, issues related to managing treatment side effects, nutrition, employment and work rights may arise. After completing treatment, concerns may shift towards survivorship care planning, relationship issues, and managing finances. Triage Cancer helps people move beyond diagnosis.

Triage Cancer also offers a 1:1 navigation consultation with a knowledgeable representative, who can answer questions and direct callers to the best resources for their needs.

- 424-258-4628
triacancer.org

Insurance

Medicaid

Medicaid provides health insurance to parents/ caretakers and dependent children, pregnant women, and people who are aged, blind or disabled. These programs pay for hospital services, doctor visits, prescriptions, nursing home care and other healthcare needs, depending on what program a person is eligible for.

- 1-800-701-0710
nj.gov/humanservices/dmahs/clients/medicaid

Medicare - State Health Insurance Program (SHIP) – NJ

The State Health Insurance Assistance Program (SHIP) provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about, their health insurance. Volunteer counselors help answer questions about benefits and claims, supplement policies and long-term care insurance.

- 1-800-792-8820
state.nj.us/humanservices/doas/services/ship/index.html
SHIP offices by county: state.nj.us/humanservices/doas/services/ship/index.html
medicare.gov

Healthcare.gov

For patients who do not have insurance through their employer, or who will need to purchase their own insurance, this website provides information about health insurance and available plans through the Affordable Care Act exchange.

- healthcare.gov

Financial Assistance

American Brain Tumor Association

There are several organizations and foundations that offer limited financial assistance to patients diagnosed with brain tumors or other cancers. The ABTA offers a comprehensive list of these organizations on its website, or patients may call the ABTA CareLine for assistance in identifying the best available resources.

- CareLine: 800-886-2282 (CARE)
abta.org
abta.org/financial-assistance

NJ Save

NJ Save is an online application to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.

- state.nj.us/humanservices/doas/home/ap2.html

PA COMPASS

COMPASS is a website that gives individuals and community-based organizations in Pennsylvania the access to screen for, apply for and renew a broad range of social programs.

- compass.state.pa.us/compass.web/Public/CMPHome

Good Days

Good Days is a national non-profit advocacy organization that provides patient assistance, financial resources, and emotional support and guidance for patients with chronic disease, cancer, or other life-altering conditions.

- 1-877-968-7233
2611 Internet Blvd., Suite 105, Frisco, TX 75034
mygooddays.org

HealthWell Foundation

HealthWell Foundation provides assistance with copays, premiums, deductibles and out-of-pocket expenses for supplies, supplements, surgeries, and more. HealthWell Foundation offers financial assistance through a number of Disease Funds, with new funds opening every year. Copay assistance program available.

- 1-800-675-8416
healthwellfoundation.org

Medicine Assistance Tool

PhRMA's Medicine Assistance Tool helps patients, caregivers and health care providers find information about financial assistance and other resources.

- 571-350-8643
medicineassistancetool.org

MedMonk

Medmonk's co-pay, voucher, and patient assistance programs improve patient access to medications. Delivered electronically and traditionally, these programs allow patients to stay on therapy and prevent disruptions to care regardless of the site of administration.

- info@medmonk.com
medmonk.com

Musella Foundation Brain Tumor Drug Copayment Assistance Program

This program provides financial assistance to families who need help covering the cost of certain drugs used to treat primary malignant brain tumors. There is no fee for this assistance, and patients are not obliged to pay it back in any way. Patients may select their own treatment, providers, and pharmacies. Covered treatments include: Avastin (bevacizumab, Mvasi), Lomustine (gleostine), Optune and Temodar (temozolomide, TMZ).

- 855-426-2672
braintumorcopays.org

Needy Meds

NeedyMeds has free information on medication and healthcare costs savings programs including prescription assistance programs and medical and dental. NeedyMeds offers a free drug discount card that may help patients obtain lower prices on medications.

- 800 503-6897
50 Whittemore St., Gloucester, MA 01930
needymeds.org

Patient Advocate Foundation

Patient Advocate Foundation provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor. Copay assistance program available.

- 1-800-532-5274
421 Butler Farm Road, Hampton, VA 23666
patientadvocate.org

RxAssist

RxAssist is a resource center with information about patient assistance programs, Medicare Part D, programs for low-cost medications and any other issues related to pharmaceutical access. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need.

- rxassist.org

Legal Planning and Assistance

National Academy of Elder Law Attorneys

Elder law attorneys can assist in legal and financial long-term planning. They can assist patients create documents such as advance directives, wills, power of attorney, and assist with Medicaid planning.

- 1577 Spring Hill Rd., Suite 310, Vienna, VA 22182
703-942-5711
naela.org

National Organization of Social Security Claimants (NOSSCR)

The National Organization of Social Security Claimants' Representatives (NOSSCR) is a specialized bar association for attorneys and advocates who represent Social Security Disability Insurance and Supplemental Security Income claimants throughout the adjudicative process.

- 1300 I Street, NW, Suite 825, Washington, DC 20005
845-682-1880
nossocr.org

PSI ACCESS Program

Pro-Bono Attorneys to help you navigate insurance issues and medication denials.

- 877-851-9065 to speak with a pro-bono attorney
psi.org

Public and Non-Profit Case Management Services

Case management services take a comprehensive approach to offering social support for patients via county and state-sponsored services. Many of these services are available to all residents, others are available to individuals and families meeting lower income thresholds. Your social worker can help you identify and pursue the social services that can meet your family's unique needs.

May have financial guidelines and services are offered at low or no cost. Eligibility is determined by income and resources. Many of these services are provided by county services or non-profit organizations located within the county of residence.

Aging and Disability Resource Connection of New Jersey (ADRC)

Find case management organizations in your area.

- 1-877-222-3737
adrcnj.org

ESSEX COUNTY

Essex County Division of Senior Services

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 973-395-8375
900 Bloomfield Avenue, Verona, NJ 07044
essexcountynj.org

Jewish Family Service of MetroWest NJ

JFS offers case management programs in Morris and Essex counties.

- Florham Park: 973-765-9050; 256 Columbia Turnpike, Suite 105, Florham Park, NJ 07932
- Livingston: 973-740-1233; 570 W. Mt. Pleasant Avenue, Suite 106, Livingston, NJ 07939
jfsmetrowest.org

HUNTERDON COUNTY

Hunterdon County Division of Senior, Disabilities and Veterans Services

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 1-877-222-3737 or 908-788-1361; 4 Gauntt Place, Building #1, Flemington, NJ 08822
co.hunterdon.nj.us

Jewish Family Service of Somerset, Hunterdon, and Warren Counties

JFS offers case management and aging in place support for seniors including supportive counseling, problem-solving, caregiver support, resource information and linkage to community services as needed.

- 908-725-7799; 150-A West High Street, Somerville, NJ 08876
jewishfamilysvc.org

MIDDLESEX COUNTY

Middlesex County Office of Aging and Disabled Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 732-745-3295
75 Bayard Street, 5th Floor, New Brunswick, NJ 08901
middlesexcountynj.gov

MONMOUTH COUNTY

Monmouth County Division on Aging, Disabilities and Veterans Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 732-431-7450
3000 Kozloski Rd, Ground Floor, Freehold, NJ 07728
co.monmouth.nj.us

MORRIS COUNTY

Morris County Division on Aging, Disabilities and Veterans

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 973-285-6848
340 West Hanover Avenue, Morristown, NJ 07963
morriscountynj.gov

Jewish Family Service of MetroWest NJ

JFS offers case management programs in Morris and Essex counties.

- Florham Park: 973-765-9050; 256 Columbia Turnpike, Suite 105, Florham Park, NJ 07932
- Livingston: 973-740-1233; 570 W. Mt. Pleasant Avenue, Suite 106, Livingston, NJ 07939
jfsmetrowest.org

PASSAIC COUNTY

Passaic County Department of Senior Services, Disabilities and Veterans' Affairs

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 973-569-4060
930 Riverview Drive, Suite 200, Totowa, NJ 07512
passaiccountynj.org

SOMERSET COUNTY

Somerset County Office on Aging and Disability Services

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 1-888-747-1122 or 908-704-6346
27 Warren Street, Somerville, NJ 08876
co.somerset.nj.us

Jewish Family Service of Somerset, Hunterdon, and Warren Counties

JFS offers case management and aging in place support for seniors including supportive counseling, problem solving, caregiver support, resource information and linkage to community services as needed.

- 908-725-7799
150-A West High Street, Somerville, NJ 08876
jewishfamilysvc.org

SUSSEX COUNTY

Sussex County Division of Senior Services

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 973-579-0555
One Spring Street, 2nd Floor, Newton, NJ 07860
sussex.nj.us

UNION COUNTY

Union County Division on Aging

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 1-888-280-8226 or 908-527-4870
10 Elizabethtown Plaza, Elizabeth, NJ 07207
ucnj.org

Jewish Family Service of Central New Jersey

Social workers provide vulnerable Union County seniors with case management services along with supportive counseling.

- 908-352-8375
655 Westfield Avenue, Elizabeth, NJ 07208
jfscentralnj.org

WARREN COUNTY

Warren County Division on Aging and Disability Services

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 908-475-6591
165 County Road 519 South, Suite 245, Belvidere, NJ 07823
co.warren.nj.us

Jewish Family Service of Somerset, Hunterdon, and Warren Counties

JFS offers case management and aging in place support for seniors including supportive counseling, problem solving, caregiver support, resource information and linkage to community services as needed.

- 908-725-7799
150-A West High Street, Somerville, NJ 08876
jewishfamilysvc.org

PIKE COUNTY, PENNSYLVANIA

Pike County Area Agency on Aging

Case managers assist at-risk, vulnerable seniors in each county with the development, implementation and coordination of an individualized plan of care.

- 570-775-5550
150 Pike County Boulevard, Lords Valley, PA 18428
pikepa.org

Support Services and Groups for Patients and Caregivers

The diagnosis of a brain tumor affects every aspect of patients' lives, and the lives of their loved ones. Many organizations offer a wide range of services to provide emotional support, available from the start of the diagnosis and treatment journey.

Glasser Brain Tumor Center at Atlantic Health System

Your care team at the Glasser Brain Tumor Center is always available to ask specific medical questions, to help patients and their family members consider treatment decisions, or to provide emotional support. Contact your social worker for assistance, or to help direct you to the best resources available within Atlantic Health System or in the community.

- 908-522-5159
atlantichhealth.org/conditions-treatments/cancer-care/cancer-support-services/oncology-socialwork.html

American Brain Tumor Association (ABTA) Boston

The ABTA features comprehensive, reliable information about brain tumors and their diagnosis, treatment, and care, as well a variety for support services. All educational content is reviewed by medical professionals working in the brain tumor space.

- CareLine: A phone and email service for brain tumor patients, survivors, and their loved ones. Trained team members are available Mon-Fri, 8:30am to 5:00pm CT to speak with people one-on-one and provide customized info and resources.
- Mentor Support Program: Pairs adult brain tumor patients and caregivers with volunteer Mentors who have been through a similar situation. Mentors offer social-emotional support and share their experience with brain tumor diagnosis, treatment, and care.
- Connections: a space where brain tumor patients, survivors, and caregivers come together to share their experiences and support each other. To ensure safety and confidentiality, this community is moderated, and members may participate anonymously.
- Patient and Family Meetings: periodic meetings enable attendees to hear from and engage with experts about topics related to brain tumor treatment and care.
- Webinars and Meetings: These series are designed for brain tumor patients and caregivers to learn more about brain tumor types, treatments, and research. Webinars are presented by medical professionals working in the brain tumor space and allow for questions from participants. All webinars are recorded for future viewing on the ABTA YouTube channel.

- Care Line: 800-886-ABTA (2282)
Info@abta.org
abta.org

Emotional Support: abta.org/about-brain-tumors/social-emotional-support/

Patient and family meetings: abta.org/about-brain-tumors/brain-tumor-education/patient-family-meetings

YouTube channel for pre-recorded webinars: youtube.com/c/AmericanBrainTumorAssociation/featured

National Brain Tumor Society (NBTS)

The NBTS Personalized Support and Navigation team responds to outreach from patients with a brain tumor. While NBTS does not provide medical advice, their professionals empower community members with key tools, information, and opportunities for their brain tumor experience while being able to make more informed decisions about their care.

- Patient navigation: Provide supports and resources throughout every stage in the brain tumor experience: building knowledge about the patient's tumor type, discussing questions to ask their care team, determining appropriate treatment options, helping patients and families manage treatment side effects, and exploring clinical trial options.
- Patient advocacy: Supports patients who have questions about financial assistance, finding support programs, social support, and tissue donation.
- 617-924-9997
braintumor.org

Patient advocacy and navigation services: braintumor.org/support-services/personalized-support

Cancer Hope Network

Cancer Hope Network provides free one-on-one peer support for adult cancer patients and their loved ones. The organization matches patients or caregivers with a support volunteer, a "mentor," who has had a similar experience. Se habla Español.

- 877-467-3638
cancerhopenetwork.org

Crossroads4Hope

The Crossroads4Hope network embraces all people touched by cancer — the diagnosed and their loved ones — to become empowered to take control of their health and care, through programs of support, resources, education, wellbeing, and hope.

MyGo2Support: Offers free-of-charge, mobile engagement program designed to extend our cancer support programs and services to patients and their loved ones no matter where they are in their journey. By joining MyGo2Support, patients and caregivers will

receive a personalized support experience, delivered when and where they need it most.

Educational Workshops: Crossroads4Hope provide evidence-based educational workshops on a variety of topics such as current treatments, symptom/side-effect management strategies, and social and emotional challenges of the diagnosis. The purpose is to provide the tools and confidence people need to be able to discuss their cancer diagnosis with their healthcare providers as well as friends and family, so they can get the care they need and deserve.

- 908-658-5400
Program Descriptions: crossroads4hope.org/how-we-help/#mind_body
Program Calendar: crossroads4hope.org/calendar

Support Groups

Support groups offer a place for patients and their loved ones to share their thoughts and feelings throughout the patient's diagnosis and treatment. Groups are typically moderated by medical or licensed social work professionals, adding a layer of safety and professionalism to the discussion.

COVID-19 broadened support group participation nationwide as groups to a primarily virtual format. Some groups have returned to an in-person format.

Following is a list of select groups for individuals diagnosed with a brain tumor, and for the people who care for them. Please speak with your social worker for additional information.

Glasser Brain Tumor Center Support Groups

These groups are moderated by the team's social worker and nurse practitioner, offering a safe space to discuss issues and concerns specific to their brain tumor diagnosis.

Glasser Support Group

For patients with a brain tumor and for their caregivers (closest friends and family members):
Meets the 3rd Thursday of each month, 5:00 to 6:00pm
Virtual with periodic in-person sessions

- 908-522-5159

Glasser Caregiver Support Group

For the caregivers of patients with a brain tumor:
Meets the 1st Tuesday of each month, 5:00 to 6:00pm
Virtual

- 908-522-5159

Carol G. Simon Cancer Center Support Groups ***Caregiver Support Group***

If your loved one has cancer, please join to share ideas and gain support from one another.

For caregivers:

Meets the 1st Thursday of each month, 12:00 to 1:00pm
Virtual

- 973-971-6514

Parenting Through Cancer

This monthly session explores various topics and issues to help patients enhance their relationships with their children, of all ages.

For patients and caregivers:

Meets the 2nd Tuesday of each month, 10:00 to 11:00am
Virtual

- 908-522-5925

Living with Cancer Support Group

Cancer is a complex disease with multiple psychosocial and emotional concerns. This monthly support group, held virtually, offers participants a unique place to connect with others who are also experiencing cancer treatment.

For patients:

Meets the fourth Wednesday of the month, 2:30 to 3:30pm
Virtual

- 908-522-5255

American Brain Tumor Association ***National Directory of Support Groups***

The ABTA offers a nationwide directory of support groups for patients and caregivers. Details about each group appear in the individual group listing.

- CareLine 800-886-2282
abta.org/supportgroups

Brain Tumor Foundation

Malignant Brain Tumor Support Group

The Brain Tumor Foundation offers a free Zoom support group for people with malignant brain tumors. The group is moderated by a licensed social worker.

Meets every Thursday, 1:00 to 2:00pm
Virtual
Pre-registration is required

- 212-265-2401

Caregiver Online Support Group

In partnership with the Brain Tumor Foundation and Novocure, CancerCare is offering a free, 15-week online support group for people caring for a loved one with a primary malignant brain tumor or brain metastasis. In this group led by an oncology social worker, people can share their personal experiences, ways of coping and helpful resources.

For caregivers:

Virtual, via message board available 24/7
Contact CancerCare for information and calendar of upcoming sessions and to pre-register.

- 800-813-4673

Crossroads4Hope Caregiver Support Group

This support group caters to all those affected by cancer including patients, family, friends, caregivers, survivors, and those in bereavement.

Meets on the 2nd and 4th Thursday of each month,
12:00 to 1:30pm

Virtual

All support groups require member intake before registration.

- 908-654-5400, ext. 3

Transportation

Transportation is a common concern for many individuals with neurological conditions, whether for medical appointments, social engagements or running errands. There are many different options for transportation in New Jersey including county services, town buses, NJ Transit, and specialized medical transportation companies.

Discuss your transportation needs with your doctor or social worker so they can direct you to resources within your town or county. If a service requires you to prove eligibility, your medical team can provide letters or sign the forms as needed. As you research your options, also consider private companies that provide escorted transportation services.

Bear in mind that most transportation resources require advance notice. As soon as you identify a transport need, such as an upcoming appointment, contact the provider and inquire about how to make reservations and eligibility.

Cancer-Related Organizations

American Cancer Society

The American Cancer Society Road to Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves. Rides are provided by volunteers. Call to find out if there are volunteers available near you, and to register for the program.

- 800-227-2345
cancer.org/support-programs-and-services/patient-transportation.html

CancerCare

CancerCare provides limited financial assistance for treatment-related transportation to people affected by cancer. As a nonprofit organization, funding depends on the sources of support we receive at any given time. Program eligibility depends on income level. The website also includes other assistance sources for transportation.

- 800-813-HOPE (4673)
cancercare.org/publications/303-transportation_resources

Public Transportation

Access link/NJ Transit - for all counties in NJ

Access Link is a public transportation service for people with disabilities unable to use NJ Transit's fixed bus routes. Access Link provides a shared ride, curb-to-curb service that is comparable to bus routes throughout the NJ Transit system. Requires a mandatory transportation assessment, conducted by phone. Registration can take up to 3 weeks. Reservation office is open Monday through Friday 8:30am to 5:00pm.

- 1-800-955-2321
njtransit.com/accessibility/access-link-ada-paratransit

NJ Transit Reduced Fare Program

NJ Transit offers discounted rates for seniors 62+ and those with disabilities. Contact NJ Transit for current eligibility requirements and how to apply for a Reduced Fare ID Card.

- 973-275-5555
njtransit.com

Modivcare (formerly Logisticare) - For Individuals with Medicaid

For patients with active Medicaid only, providing car, wheelchair and stretcher transportation. Reservations are required in advance. You will need to provide your Medicaid policy number when you call to make a reservation.

- 1-866-527-9933
modivcare.com

Paratransit Systems by County

These programs are available to residents of the respective counties below. They offer curb-to-curb pick-up and drop-off service for medical appointments or errands. Eligibility requirements: residents who are 60+ years old or have a disability (requires a physician's note). The paratransit systems require pre-registration, which may be completed online or by calling the county's Paratransit System office. Members must make transportation reservations at least 48 hours in advance.

ESSEX COUNTY

Essex County Special Transportation System

Travels only within Essex County. No charge for the program.

- 973-618-1280
essexcountynj.org/senior-services

HUNTERDON COUNTY

Hunterdon County LINK Transportation

The Hunterdon County LINK Transportation System provides transportation services to all residents of Hunterdon County, NJ. The Hunterdon County LINK Transportation System is comprised of a variety of services including "scheduled route" services (Flemington Shuffles, Cross County Shuffles), "demand response" services, and customized transportation services and assistance. LINK transportation services include accessible buses, reduced fares for eligible riders with disabilities, and medically necessary out-of-county trips.

- 908-684-8122
ridethelink.com

MIDDLESEX COUNTY

Middlesex County Area Transit (MCAT)

MCAT provides transportation for \$3.00 a trip (one way) fee, to seniors 60+ and disabled residents of Middlesex County. Intermittent transportation is available so that residents may obtain the necessities of life, with priority given to non-emergency medical services. Registration and reservations are required.

- 1-800-221-3520
Office Address: 97 Apple Orchard Lane, North Brunswick, NJ 08902; Mailing Address: PO Box 871, North Brunswick, NJ 0803
middlesexcountynj.gov

MONMOUTH COUNTY

Monmouth County SCAT

The Special Citizens Area Transportation (SCAT) program provides transportation services to elderly residents of Monmouth County to nutrition sites, food shopping medical appointments, and non-competitive employment.

- 732-431-6480
3000 Kozloski Rd., Ground Floor, Freehold, NJ 07728
co.monmouth.nj.us

MORRIS COUNTY

Morris Area Paratransit System (MAPS)

MAPS will provide services outside Morris County to transport patients to Overlook Medical Center. Wheelchair accessible transport available, aides or travel companions may accompany the member. Donations are welcome.

- 973-829-8103
morriscountynj.gov/Departments/Aging-Disabilities-Community-Programming/MAPS

Morris County Dial-a-Ride

These municipal services, available in each town, provide transportation for seniors for various purposes, including medical appointments and personal errands. Check your town's listings for scheduling information and the phone numbers to call to make a reservation.

- morriscountynj.gov/Departments/Aging-Disabilities-Community-Programming/Dial-a-Ride

PASSAIC COUNTY

Passaic County Para Transit

The Passaic County Para Transit Program maintains a fleet of vehicles, which provide transportation for the county's senior citizens and disabled residents in need of non-emergency rides to medical appointments, shopping centers, county run nutrition and adult day care sites, and for the disabled residents to attend group work programs. Special lift vans are available to accommodate non-ambulatory individuals.

- 973-305-5756
passaiccountynj.org

SOMERSET COUNTY

Somerset County

Travel within the county only. Some services also vary by town. Call for more information and registration instructions.

- 908-231-7115
ridewise.org/municipal-transportation

UNION COUNTY

Union County Paratransit System

Wheelchair accessible transport available, aides or travel companions are welcome. Services are available only within the county. Cost is \$3 each way, billed monthly to the member's home.

- 908-241-8300 (Option 1)
ucnj.org/dhs/accessible-transportation/paratransit

SUSSEX COUNTY

Sussex County Assisted Transportation

Transport available within the county for appointments, errands, and to commute to/from employment.

- 973-579-01480
sussex.nj.us/cn/webpage.cfm?tpid=9167

WARREN COUNTY

Warren County Demand Response Service

Depending on driver availability and your location, services may be available outside the county. Residents with a disability, senior citizens, veterans, low-income, or those who live in certain areas of the county are eligible to participate in the program. Call to determine your eligibility.

- 908-454-4044 or 866-594-4044
warrencountynj.gov/government/human-services/transportation-services

Community Transportation Resources

Town-Based Services

Check your town website to see if it offers a Senior Citizens and/or disabled persons resource page. It may have town-based transportation program information. (Note: Some towns may consider residents ages 55+ to be a "senior" and eligible for programs.)

Houses of Worship/Faith Communities

Many faith communities have volunteers who offer to transport members to medical appointments. Contact your faith community to see if they offer this service.

First Aid Squad

Some First Aid Squads offer limited medical transportation to residents of the community they serve. Contact your local first aid squad to determine if they offer this service.

Senior Housing Residents

Many Senior Housing residences offer shuttle services, or they may have a services coordinator or social worker onsite to help you plan your transportation.

Private Pay Transportation Options

NJ Find-a-Ride

Online directory of accessible transportation options for seniors and people with disabilities. Search for types of providers throughout the state, including public transportation, paratransit services, shuttles, dial-a-ride services, and private transportation companies.

- 1-877-652-1148
nj211.org/transportation-options-new-jersey

Life Ride

A van-based transport company, which can accommodate both ambulatory individuals and those with wheelchairs or assistive devices. Stretcher transport is also available and will require your physician's office to submit a certificate of medical necessity from, which the company can provide. Payment is required before the ride via credit/debit card, check or cash (exact change only).

- 551-225-0080
liferide.com

EZ Ride

A membership-based ride program. Members need only a cell phone, not a smart phone, and a credit or debit card. \$15 annual membership. Rides are provided through utilizing transportation services including Uber, Lyft and other providers. Each ride includes a \$2.50 administrative fee.

- 201-939-4242
ezride.org

GoGoGrandparent

GoGoGrandparent turns on-demand transportation companies, like Uber and Lyft, into services that help keep seniors on-the-move. GoGoGrandparent is available nationally and uses a phone-based platform to access transportation for those unfamiliar or uncomfortable with smartphone apps. The system can also text a family member about the rider's status (picked up, en route, dropped off).

- 1-855-GOGO-USA (855-464-6872)
gogograndparent.com

Disability Parking Placards

Many patients ask for the hang tags, or specialized license plates enabling them to park in the disability parking spaces lots and garages with blue lines or signs. Patients or their drivers may use the placards.

You may be eligible for a Temporary Disability Placard, or a Permanent Placard, depending on your diagnosis so talk it over with your doctor or social worker. You will need to complete an application and have your doctor sign it to verify your qualifying condition.

Temporary Placard: Bring your completed form to your local police station and they can give you a placard on the spot. The placard is valid for 6 months from the date you receive it. Call your local police station for more information.

Temporary placard application:

- state.nj.us/mvc/pdf/vehicles/SP-68.pdf

Permanent Disability Placard: Send your completed form to the NJ Motor Vehicle Commission in Trenton. The placard will arrive within 4-6 weeks.

Permanent placard application:

- nj.gov/mvc/pdf/vehicles/SP-41.pdf

NJ Motor Vehicle Commission

- 609-292-6500
nj.gov/mvc/vehicles/disability.htm

Driver Evaluations and Rehabilitation Specialists

Adults who have experienced a physical, neurological, visual or cognitive change in function may find that their driving performance has changed. For instance, they may get lost more easily, or they find their reflexes have slowed, or they may even feel pain or decreased range of motion that make driving more difficult.

These individuals may benefit from a driving assessment and if appropriate, rehabilitation services to help them retain or return to independent driving, if they are safe to do so.

New Jersey Motor Vehicle Commission (MVC): Reporting a Concern

If a doctor, social worker, police officer or family member believes that an individual's driving skills makes them unsafe to be on the road, they may alert the MVC via letter. This also applies to individuals who experienced a seizure within the last 6 months.

- Reporting a Concern: nj.gov/mvc/drivertopics/reportconcern.htm
- About the Medical Review Unit: nj.gov/mvc/drivertopics/medreview.htm

Outpatient Driving Assessment and Rehabilitation Facilities

Kessler Institute for Rehabilitation

- 973-731-3900 x2322
kessler-rehab.com/conditions-and-services/outpatient-rehabilitation

Hackensack Meridian Health: JFK Johnson Rehabilitation Center

Locations in Edison, Wayne, Brick

- 732-321-7056 ext.1
hackensackmeridianhealth.org/en/Services/Rehabilitation/Driver-Rehabilitation-Program

End of Life Services and Bereavement Support

Throughout the course of treatment, medical teams work with patients and families to sustain quality of life – placing the focus on the patient's physical comfort, as well as supporting the emotional and spiritual well-being of both patients and their loved ones. There may come a time that curative treatment is no longer appropriate or desired, but for the medical teams, the emphasis on quality of life remains both during the patient's final days and for the patient's loved ones, as they face loss and experience feelings of grief.

The following resources place the focus on end of life: helping patients define, share, and enact their end-of-life wishes and providing support to patients and their loved ones with information, appropriate treatment, and bereavement services.

Advance Care Planning

Preparation is the key for every event in life and your health is no exception. Atlantic Health System supports patients in defining their health care goals and wishes in times of serious illness or injury. These vital decisions, made in advance, empower patients to guide their medical team in providing treatment that respects the patients' unique values and preferences.

Ask your doctor or social worker to walk you through advance care planning and help shape your own care goals. The following are websites that can also provide information and education.

Atlantic Health System - Advance Care Planning Tools

Atlantic Health System offers an online guide, with videos, documents and links, to help you explore and decide what matters most to you and then encourages you to discuss these ideas with people who are important in your life.

- atlanticealth.org/patients-visitors/education-support/support-resources/advance-care-planning.html

The Goals of Care Coalition of New Jersey

This organization comprises medical professionals throughout the region who believe human interests and personal values must be at the core of medical decision-making. The organization provides professional training to healthcare practitioners, and community education to individuals, to ensure all patients with serious illness get the care they need and no less, and the care they want and no more.

- goalsofcare.org

The Conversation Project

The Conversation Project® is a public engagement initiative of the Institute for Healthcare Improvement (IHI). The goal is both simple and transformative: to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected. Prepare for Your Care (PREPARE) is a step-by-step program with video stories to help you have a voice in your medical care, talk with your doctors, and complete an advance directive form to put your wishes in writing.

- prepareforyourcare.org/en/welcome

Palliative Care

Palliative care is a multidisciplinary medical service designed to enhance the quality of life for patients who suffer from serious or chronic illnesses. This is accomplished by not only relieving symptoms, but by also ensuring that all treatments are aligned with individual preferences and values. The professional palliative care team is made up of physicians, advanced practice nurses, registered nurses, chaplains, consulting psychiatrists, dietitians, and social workers. They maintain close contact with the patient's primary care doctor and specialists to ensure a seamless continuum of care.

Palliative care is appropriate for people of any age or stage of illness, whether it is curable, chronic, or life-threatening. Some patients may even make a full recovery. The medical team provides patients and their families with a wide range of palliative care services, including:

- Expert pain and symptom management
- Social, psychological, and spiritual support
- Education on medical treatment options and disease process
- Assistance with health care decision-making and identifying goals of care
- Planning transitions to the home or other care settings
- Bereavement support and services, including those offered by Atlantic Visiting Nurse

Patients may also receive supportive care at home, which can include physical therapy, occupational therapy, and the services of a home health aide, all of whom can visit one to two times a week. They can help patients retain strength and mobility as well as assist with bathing and dressing. In-person and telehealth appointments are available.

Contact your doctor's office to request a referral to palliative care or for at-home supportive care services.

- atlanticealth.org/conditions-treatments/palliative-care.html

Hospice Care

Those who have a life expectancy of six months or less and wish to forgo curative treatments may benefit more from hospice care.

Hospice care helps individuals facing terminal illnesses live as fully as possible with comfort and dignity and manages their care when they can no longer benefit from curative treatment. It also helps prepare individuals and family members for a peaceful death. Hospice physicians, nurses, social workers, chaplains and trained volunteers and bereavement professionals, partner to address the patient's needs and desires and those of the family.

Hospice services are typically provided at the patient's home, with team members making visits during weekdays. Most of the care for patients receiving services at home is provided by family. A nurse remains on call 24/7.

Some individuals seek inpatient hospice options, either at in-patient hospice facilities or skilled nursing facilities.

At-home hospice and insurance coverage:

- Hospices services are traditionally covered by private insurance, Medicare Part A and Medicaid.
- If a family wishes to hire additional care for the patient beyond what hospice providers provide, those costs would be paid out-of-pocket. Please see the "Help at Home" section for the names of private care agencies who can provide supplemental care.

Inpatient hospice and insurance coverage:

Insurance will cover the cost of hospice services provided at an inpatient facility.

An inpatient stay for hospice typically requires an out-of-pocket payment for room and board.

- Insurance would cover room and board if the patient's symptoms were deemed too difficult to manage at home, which the hospice provider can determine.

A physician or nurse practitioner must provide a referral for hospice services.

Home Care and Hospice at Atlantic Health System

Atlantic Visiting Nurse has been providing end-of-life care for over 35 years in Essex, Morris, and Somerset counties in patients' homes, assisted living facilities and skilled nursing facilities.

- 973-379-8440
atlanticealth.org/conditions-treatments/visiting-nurse/hospice.html

Inpatient hospice service providers are available throughout New Jersey. Your doctor or social worker can provide a list of additional at-home hospice providers based on geographic location or preference.

Medical Aid in Dying (MAiD)

New Jersey Medical-Aid-in-Dying for the Terminally Ill Act (MAiD) allows terminally ill patients to request a doctor's prescription for medication that will end their suffering peacefully. Visit the NJ Department of Health website for more information. Atlantic Health System encourages you to speak with your physician if you have questions or want to discuss the program further.

- njconsumeraffairs.gov/bme/Documents/BME-Medical-Aid-in-Dying-for-the-Terminally-Ill-Act-Summary.pdf

Legacy Planning

Memories Live

The mission of Memories Live is to help people with life-limiting illnesses preserve their images, stories and wisdom by creating personalized movies to pass on to their loved ones. The directorial team conducts interviews either in person (in NJ/NY metro area) or virtually (anywhere) with the individual either on camera, or via audio recording. The questions and conversation starters are sent to the individual in advance. There is no cost for this service.

- 646-245-1698
Email: kerry.glass@memorieslive.org
memorieslive.org

Bereavement Support

Reaching out to others is often difficult when we are struggling with grief, but experience teaches us that the more support and understanding we have around us, the better we will cope. Below are some resources to help with finding ways to heal after the loss of a loved one.

Atlantic Health System - The Thomas Glasser Caregivers Center at Overlook Medical Center

The Caregiver Center offers an array of resources for individuals seeking services and support after the loss of a loved one: a comprehensive resource guide, support groups, individual counseling, and in-person and virtual seminars held throughout the year.

- 908-522-6348
atlanticealth.org/patients-visitors/hospital-stays-visits/caregivers-center.html

Support Groups

Bereavement Support Group for Surviving Partners at Atlantic Health System

The Carol G. Simon Cancer Center and the Thomas Glasser Caregivers Centers collaborate to offer a bereavement support group series for patients' partners. Sessions are held periodically throughout the year.

Contact the Caregivers Center for more information and for a copy of the support group calendar.
Virtual

- 908-522-6347 or 908-522-6348
atlanticealth.org/patients-visitors/hospital-stays-visits/caregivers-center.html

Atlantic Home Care and Hospice – Hospice Bereavement Groups

Atlantic Visiting Nurse offers several types of bereavement groups to the community, including those for spouses and adult children who have lost a parent.

- 973-379-8472 or 973-379-8400
atlanticealth.org

Chilton Medical Center – Bereavement Support Group

Professionally run support group for those age 50+ grieving the loss of a loved one. Pre-registration is not required

Meets 2nd and 4th Tuesday of the month, 1:00 to 2:00pm
Virtual

- 1-844-472-8499
atlanticealth.org

Virtual Grief and Loss Support Group at Atlantic Health System

Have you lost a loved one recently and are having difficulty coping? Atlantic Health System offers a forum for you to meet with others experiencing loss including a safe place for you to express your feelings; social workers who can guide you through the grief process and connect you with others who share feelings of grief and loss as well as resources for ongoing support.

Meets Wednesdays, 12:00 to 1:00pm
Via Zoom
Pre-registration required, call 973-753-2718

- atlanticealth.org/content/dam/atlanticealth-v2/patients-visitors/education-and-support/grieflosssupportgroup.pdf

Brain Tumor Foundation

During the year, the Brain Tumor Foundation offers a free support group for those who have lost a loved one to a brain tumor. The sessions last 12 weeks and are offered periodically throughout the year. Contact the Brain Tumor Foundation for information about the next session scheduled.

Virtual

- 212-265-2401
braintumorfoundation.org/resources/support

Joseph T. Quinlan Bereavement Center Newton and Hackettstown, NJ and Milford, PA

The center provides emotional support and education about the grief process for hospice families and the community. Services include Individual Support, Ongoing Support Groups, Grief Lecture Series, Annual Memorial Services, Classroom Support Services and Community Education and Workshops.

- 1-800-882-1117 or 973-940-0413
karenannquinlanhospice.org

AARP

Offers access to an array of resources and information on loss, grief, and end-of-life issues, including financial and legal issues, claiming benefits, funeral arrangements, bereavement publications, widowed persons, traumatic loss, advance directives, and estate planning.

- 1-800-424-3410
aarp.org/families

The Compassionate Friends

Offers supportive services to bereaved parents, grandparents, and siblings after the death of a child of any age. Also manages an online support community.

- 1-877-969-0010 or 630-990-0010
compassionatefriends.org

DOROT Telephone Bereavement Support Group

DOROT offers a weekly telephone-based bereavement support group. Professionally run, this group provides a safe, caring environment for former caregivers who have suffered the loss of a loved one and are seeking a supportive place to grieve and heal. Registration required.

- 1-877-819-9147
dorotusa.org

Notes

Overlook Medical Center
Atlantic Neuroscience Institute
99 Beauvoir Avenue
Summit, NJ 07901

Medical Arts Center (MAC) II
11 Overlook Road, Suite 180
Summit, NJ 07901

Morristown Medical Center
Carol G. Simon Cancer Center
100 Madison Avenue
Morristown, NJ 07960

Chilton Medical Center
Collins Pavilion
97 West Parkway
Pompton Plains, NJ 07444

CentraStateMedical Center
Statesir Cancer Center
901 West Main Street
Freehold, NJ 07728

atlanticealth.org/braintumor



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**Atlantic
Health System**

Atlantic Health System does not endorse or recommend any service listed in this directory and resources are referenced for informational purposes only. The information in this directory was most current available at the time of publication, however, some programs/services/contact information may change or become outdated. Please check with individual organizations to verify accuracy and availability of programs and services.