PURPOSE OF THIS GUIDE

The purpose of this guide is to help you navigate important health-related resources and services within your community. It was developed to address the key health issues that were identified in the 2013 Community Health Needs Assessment (CHNA) report. From September 2012 to June 2013, the CHNA was conducted by the Tri-County Health Assessment Collaborative, consisting of hospitals, health systems, and health departments within Burlington, Camden, and Gloucester Counties to gather information about local health needs and health behaviors. A closer look at the CHNA report can be found at: http://www.cooperhealth.org/sites/cooper/files/site/pdf/CHNA_December_2013.pdf

The Collaborative took an in-depth look at its community in an effort to determine the important health-related needs, and Cooper created this guide to provide you with a variety of free to low-cost resources to assist in your journey towards wellness. Cooper’s mission is to serve, to heal and educate, and we believe this comprehensive tool helps accomplish it.

Please Note: Cooper University Health Care does not represent or certify the accuracy of any of the information included in this guide, nor do they guarantee the quality of their services. It is designed to provide information only.
GETTING STARTED

Healthcare can be overwhelming, but it doesn’t have to be. With the assistance of a care notebook, organizing information like phone numbers, names, documents, and tests can be kept in a central place for when you need it later. Bring your care notebook with you to any medical setting and be sure to update it after each appointment. It will help keep you in charge of your health!

The following will help to get you started and should be included in your care notebook:

MEDICAL INFORMATION

Your Name: ___________________________________________ Date of Birth: ______________
Health Condition: ____________________________________ Blood Type: ______________
Address: ______________________________________________
________________________________________________________________________________
________________________________________________________________________________________
Phone: ___________________ Email: _______________________

Primary Care Provider: ______________________________________________________________
Office Nurse: _________________________________________________________________
Address: _________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________________
Phone: ___________________ Fax: ___________________________
Email: __________________________

Community Hospital: ______________________________________________________________
Medical Record Number: ___________________________________________________________
Address: _________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________________
Phone: ___________________ Fax: ___________________________
Email: __________________________
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHAT’S INSIDE</td>
<td></td>
</tr>
<tr>
<td>About Cooper University Health Care</td>
<td>1</td>
</tr>
<tr>
<td>Access to Health Care</td>
<td>2</td>
</tr>
<tr>
<td>Diabetes</td>
<td>3</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>5</td>
</tr>
<tr>
<td>Mental Health</td>
<td>7</td>
</tr>
<tr>
<td>Heart Health</td>
<td>9</td>
</tr>
<tr>
<td>Maternal/Infant Health</td>
<td>10</td>
</tr>
<tr>
<td>Cancer</td>
<td>12</td>
</tr>
<tr>
<td>Dental Health</td>
<td>13</td>
</tr>
<tr>
<td>Tobacco Cessation</td>
<td>15</td>
</tr>
<tr>
<td>Sexually Transmitted Diseases</td>
<td>16</td>
</tr>
<tr>
<td>Stroke</td>
<td>17</td>
</tr>
<tr>
<td>Nutrition</td>
<td>18</td>
</tr>
<tr>
<td>Transportation</td>
<td>19</td>
</tr>
<tr>
<td>Recreation and Activities</td>
<td>20</td>
</tr>
<tr>
<td>Elder Care</td>
<td>24</td>
</tr>
<tr>
<td>Care Giver Resources</td>
<td>25</td>
</tr>
<tr>
<td>My Plan</td>
<td>27</td>
</tr>
<tr>
<td>Notes</td>
<td>29</td>
</tr>
</tbody>
</table>
ABOUT COOPER UNIVERSITY HEALTH CARE

Cooper University Health Care, the clinical campus of Cooper Medical School of Rowan University, is the leading provider of health services to Southern New Jersey. Cooper has been a vital institution in Camden for more than 125 years. In the past decade, Cooper has greatly expanded its facilities and services in Camden and throughout South Jersey. The Cooper network currently serves more than half a million patients a year.

Cooper’s main hospital campus is located on the Health Sciences Campus in Camden, New Jersey. Adjacent to the Cooper Plaza/Lanning Square neighborhood, Cooper has a long history of outreach and service efforts to its local community. Some of these initiatives include health and wellness programs for the neighborhood, development of three neighborhood parks and playground, and outreach to programs into local schools.

Cooper has also expanded its footprint in the city with the construction of a state-of-the-art medical tower, creation of a new medical school and efforts to rehabilitate nearby residential properties.

Cooper University Health Care has more than 700 physicians in more than 75 specialties. The health system had been the clinical campus of the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School at Camden since 1978 and is now training the next generation of physicians at our new Cooper Medical School of Rowan University. Cooper offers training programs for medical students, residents, fellows, nurses and allied health professionals in a variety of specialties.

Cooper University Health Care offers a network of comprehensive services that include prevention and wellness, primary and specialty physician services, hospital care, ambulatory diagnostic and treatment services, and home health care within Southern New Jersey and the entire Delaware Valley.

Coupled with its educational goals, Cooper offers a broad agenda in the field of research. Cooper physicians are involved in ongoing research and development as they keep abreast of changing modalities of medical care. As an academic medical center, Cooper continuously attempts to improve patient’s quality of life through the research efforts of its medical staff.

Cooper University Health Care takes pride in its ability to offer a comprehensive array of diagnostic and treatment services. The hospital serves as Southern New Jersey’s major tertiary-care referral hospital for specialized services. These signature programs include: Level I Southern New Jersey Regional Trauma Center, MD Anderson Cancer Center at Cooper, Cooper Heart Institute, Cooper Bone and Joint Institute, Cooper Neurological Institute and Critical Care. Cooper is also home to Children’s Regional Hospital, the only state-designated children’s hospital in South Jersey.

Cooper University Hospital is situated in an excellent geographic area right across the Benjamin Franklin Bridge from Philadelphia. The academic medical center campus is easily accessible from the entire Delaware Valley – located across the street from a commuter high-speed rail system as well as the River Line light rail. We are just a few blocks from the Camden campuses of Rutgers and Rowan universities and Camden County College.
ACCESS TO HEALTH CARE

Obtaining affordable health insurance is one of the many challenges preventing individuals from receiving the proper medical care needed to maintain a healthy lifestyle. Affordable health insurance companies work with various levels of income in order to provide the proper type of coverage best fit to meet the needs of the individual and their family.

**State Health Insurance Plan (SHIP)**

Burlington County Community College .................................................... (609) 894-9311 ext. 1494
601 Pemberton-Browns Mills Road, Pemberton, NJ 08068

Camden County Division of Senior and Disabled Services .................................... (856) 858-3220
DiPiero Center, 512 Lakeland Road, Blackwood, NJ 08012

Gloucester County College ..................................................................................... (856) 468-1742
Senior Corps., 1400 Tanyard Road, Sewell, NJ 08080
Website: http://www.state.nj.us/health/senior/ship.shtml

**Services:**
Provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their Medicare, Medicare Advantage Plans, Medicare Prescription Plans, Medicare Supplement insurance and long term care insurance.

**Qualifications:**
Medicare beneficiary.

**AIDS Health Insurance Continuation Program (HICP) ........................................(609) 984-6328**
Website: http://www.state.nj.us/njhealthlink/programdetails/services_a_to_z.shtml

**Services:**
For persons who are diagnosed with AIDS or are HIV positive with symptoms and who, because of their illness, are unable to maintain their private health insurance coverage. This program pays health insurance premiums to continue coverage when clients can no longer work or can work only part time.

**Qualifications:**
Must be a resident of New Jersey, diagnosed with AIDS/HIV, Liquid assets below $25,000.
Cost: 500% of the federal poverty level.

**NJ Family Care**

Burlington County Board of Social Services, Human Services Facility ..................(609) 261-1000
795 Woodlane Road, Mount Holly, NJ 08060

Camden County Board of Social Services -
Aletha R. Wright Administration Building .................................................................(856) 225-8800
600 Market Street, Camden, NJ 08102
Gloucester County Division of Social Services ..........................................................(856) 582-9200
400 Hollydell Drive, Sewell, NJ 08080
Website: www.njfamilycare.org

Services:
NJ FamilyCare is a federal and state funded health insurance program created to help qualified New Jersey residents of any age access to affordable health insurance, essentially for uninsured children up to age 19. NJ FamilyCare is for people who do not have employer insurance.

Cost:
Price based on ability to pay.

Temporary Disability Insurance (TDI) .................................................................(609) 292-7060
Website: http://www.nj.gov/njhealthlink/programdetails/tdi.html?pageID=Temporary+Disability+Insurance

Services:
Benefits for workers who become disabled due to a non-work related sickness or injury. Covered workers may receive up to 26 weeks of benefits for each period of disability.

Qualifications:
The individual with a disability must be under medical care. A minimum of 20 weeks of employment or earnings of $5200 in New Jersey covered employment during the year immediately preceding the disability.

Southern Jersey Family Medical Center
600 Pemberton/Browns Mills Road, Pemberton, NJ 08068 ....................................... (609) 894-1100
661 High Street, Burlington City, NJ 08016 ............................................................. (609) 386-0775

Southern Jersey Family Medical Centers - The Mobile Medic for Mt. Holly ..................(800) 486-0131 ext:4276
600 Pemberton/Browns Mills Rd., Pemberton, NJ 08068
Website: http://www.sjfmc.org/

Services:
Provides and promotes effective, high quality primary and preventative health care to uninsured and underserved residents regardless of their ability to pay, and to eliminate barriers to care by offering several preventative services.

Cost:
Registration for services required. Price based on ability to pay.

DIABETES

Diabetes is a group of diseases that results when the body fails to produce the right amount of insulin needed to remove sugar from the blood. Close to 30% of people 65 and older have diabetes, and it is a worldwide epidemic according to the Centers for Disease Control and Prevention (CDC). If not controlled, Diabetes can increase the risk of heart disease, stroke, and other serious health conditions.

American Dietetic Association ...............................................................................(800) 366-1655
Website: www.eatright.org

Services:
Provides information on cooking techniques, recipes and how to develop nutritional habits to manage diabetes.
American Diabetes Association
Website: www.diabetes.org

Services:
Supplies various information on the types of diabetes, discusses methods of prevention, risk factors, how to manage diabetes, as well as recipes, meal plans and current research information.

Camden County Community Outreach Diabetes Services
Website: http://www.camdencounty.com/health/community-outreach

Services:
Provides screenings and follow-ups for those at risk with diabetes and eye screenings for diabetes.

Diabetic Eye Disease Detection Program - Chronic Disease Prevention & Control
Website: http://nj.gov/health/fhs/diabetes/comm.shtml

Services:
Provides diabetic eye disease screenings and medical referrals for corrective or preventive eye services for individuals with diabetes.

Qualifications:
Uninsured or underinsured persons (diagnosed with diabetes), lack regular source of eye care, have not had a dilated eye exam within one year, child must be diagnosed for 5 years or more with diabetes to be eligible.

Rite Aid Diabetes Education Center
Website: https://www.riteaid.com/pharmacy/health-information/diabetes

Services:
Assists members with managing their condition with 24/7 access to diabetes specialists online and over the phone. Communicate with a Pharmacist online via chat or by phone by calling: 1-800-748-3243 from 8am – 9am.

Right at Home
Website: http://www.rightathome.net/cherry-hill/our-services/special-care-situations/diabetes/

Services:
Home health services to assist in managing diabetes. Services include: education, grocery shopping, meal planning and preparation.

Camden Coalition of Healthcare Providers
Website: http://www.camdenhealth.org/citywide-diabetes-collaborative/

Services:
Offers free Type 2 diabetes self-management classes to local Camden neighborhoods to improve patient access strategies and drives evidence-based practices in primary care delivery.
Voorhees Town Center .............................................................................................................(856) 772-1950
Camden County Store (Near Boscovs 2nd floor)
2120 Voorhees Town Center, Voorhees, NJ 08043
Website: http://www.camdencounty.com/health/health-human-services/division-community-health-services

Services:
Diabetes screening 2nd Wednesday of the month from 10 am – 12 pm.

Winslow Center
510 Williamstown Road, Sicklerville, NJ 08081
Website: http://www.camdencounty.com/health/health-human-services/division-community-health-services

Services:
Diabetes screening 2nd Thursday of the month from 10 am – 12 pm.

One Stop Resource Center .................................................................................................(877) 995-2600
2600 Mt. Ephraim Ave., Suite 101-10, Camden, NJ 08104
Website: http://www.camdencounty.com/health/health-human-services/division-community-health-services

Services:
Diabetes screening 2nd Friday of the month
Diabetes screening fast for 12 hours. Eat a hearty meal before you start the fast. Take nothing by mouth from then except water or medication until after the test.

Public Health Nursing Services ............................................................................................(856) 374-5153
Website: http://www.camdencounty.com/health/health-human-services/public-health-nursing-services

Services:
Provides diabetes screenings, follow-ups, eye screenings, meal planning, and support groups for those at risk with diabetes.

Dreams of Tomorrow .............................................................................................................(856) 262-3878
Williamstown Pavilion Unit 12 1809
N. Black Horse Pike, Williamstown, NJ 08094
Website: http://www.thedotorganization.com/Home_Page.html

Services:
Diabetes support group.

SUBSTANCE ABUSE

Substance abuse is the inappropriate or harmful use of drugs, alcohol, and tobacco that causes problems at work, home, school, or in relationships. Like other conditions, its affects differ from person to person. Substance abuse has less to do with the amount or type of substance consumed, and more about it impacts the rest of someone’s life.

SAMHSA’s National Helpline ...............................................................................................(800) 662-4357
Website: http://www.samhsa.gov/about-us

Services:
Offers prevention, treatment, and recovery support services for individuals with substance abuse.
National Institute of Drug Abuse .............................................................................(800) 662-4357
Website: http://www.drugabuse.gov/

Services:
Information for individuals suffering from substance abuse and their loved ones about various drugs, side effects, current research and local treatment facilities.

Alcoholics Anonymous: South Jersey Intergroup .....................................................(856) 486-4446
5090 Central Hwy Suite 3, Pennsauken, NJ
Website: http://www.aasj.org/
Contact Email: Info@aasj.org

Services:
Provides assistance for those who may be suffering from alcohol abuse.

Narcotics Anonymous (SOUTH JERSEY) .................................................................(800) 992-0401
Website: http://www.na.org/

Services:
Educational materials, support groups, and how to access treatment facilities with a focus on overcoming addictive behaviors.

Services to Overcome Drug Abuse Among Teenagers of New Jersey, Inc. SODAT
Teen Center, Deptford Mall (First Floor of Mall) ......................................................(856)845-0552
300 North Almonesson Rd., Deptford, New Jersey 08096

Gloucester County Office .......................................................................................(856) 845-6363
124 North Broad St., Woodbury NJ 08096

Camden County Office ...........................................................................................(856) 964-5000
805-815 Federal St, Camden, New Jersey 08103

Burlington County Office .......................................................................................(609) 265-7884
60 High Street, Mt. Holly, New Jersey 08060
Website: http://www.sodat.org/

Services:
Offers outpatient addictions counseling, anger management, comprehensive primary and secondary prevention programs, community education, parenting skills training, family services programs, women’s and men’s programs, adolescent programs, and children’s support groups. Serves people of all ages.

Costs:
Price based on ability to pay.

Center for Family Services .......................................................................................(856) 963-0200
594 Benson Street, Camden, NJ 08103
Website: http://www.centerffs.org/substance-abuse-services
Contact Email: access@centerffs.org

Services:
Offers treatment, support groups, education, assessments, counseling and case management for adolescents, adults, children, families and those with impaired hearing.

Cost:
Price based on ability to pay.
**Camden County Council on Alcohol and Substance Abuse** ..............................................(856) 427-6553
1 Alpha Avenue, Suite 22, Voorhees, NJ 08043
Website: http://www.cccada.org/
Contact Email: CCCADA@Aol.com

**Services:**
- Support groups, referrals, treatment, admissions, and counseling to persons in need and/or their family members.

**Women of Hope Resource Center (Women Only)** ...........................................................(856) 767-3700
14 Estaugh Avenue, Berlin, NJ 08009
Website: http://www.womenofhope.org/home.cfm

**Services:**
- Referrals, mentoring, educational services, seminars and workshops that focus on women’s issues.

**My Father’s House** ......................................................................................................(856) 742-0900
104 N. King Street, Gloucester City, NJ 08030
Website: http://www.mfhinc.org/

**Services:**
- Provides assessments, intensive/outpatient treatments, education, individual and family counseling for those suffering from addiction.

**Cost:**
- Funding provided for qualified individuals.

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**MENTAL HEALTH**

Mental health is your state of psychological and emotional well-being. In addition to how you think and feel, it impacts your overall ability to enjoy life and make decisions. Mental health affects everyone, regardless of age or gender. In fact, nearly one in five American adults experienced a mental health challenge according to the Substance Abuse and Mental Health Services Administration.

**National Alliance of Mental Health** ...............................................................................(800) 950-6264
Website: http://www.nami.org/

**Services:**
- Provides education, support and public awareness programs to build an understanding of mental illness.

**NJ Hope Line** ...............................................................................................................(855) 654-6735
Website: http://www.njhopeline.com/
Contact Email: njhopeline@ubhc.rutgers.edu

**Services:**
- Telephone counseling, support and referrals to local resources in order to help individuals overcome difficult times.

**NJ Mental Health Cares** ..............................................................................................(866) 202-4357
Website: http://www.njmentalhealthcares.org/
Contact Email: help@njmentalhealthcares.org

**Services:**
- Behavioral health information and referral service.
NJ Connect for Recovery
Website: http://www.njconnectforrecovery.org/
Contact Email: njconnect@mhanj.org.

Services:
Provides counseling, education, support, information and referrals to necessary services for those addicted to pain killers and other forms of substance abuse.

Outpatient Hispanic Family Center of Southern New Jersey
35-47 29th Street, Camden, NJ 08105
Website: http://www.hispanicfamilycenter.com/wp/services/family-counseling-clinic/mental-health/

Services:
Mental health evaluations, interventions, individual and group counseling, as well as medication monitoring. For more information on their outpatient mental health and partial care program please call: (856) 365-7393.

Partial Care South Jersey Behavioral Health Resources
212 East Madison Avenue, Magnolia, NJ 08049
Website: http://sjbhr.org/PublicPages/Services-English.aspx

Services:
Provides therapeutic services, medication education, illness management and recovery services for individuals with mental illness, or with co-occurring mental illness and substance abuse.

COSTAR (Homeless Support Services)
Entrance is on 4th Street side of the building
400 Market Street, Camden, NJ 08102
Website: http://sjbhr.org/PublicPages/Services-English.aspx

Services:
Provides outreach services, case management, psycho-education, psychiatric services, counseling, etc. to homeless adults who suffer from mental illness.

Legacy Treatment Services
795 Woodlane Road, Suite 301, Mt. Holly, NJ 08060
Website: http://legacymh.org/

Services:
In-home behavioral supports, behavioral support training, in-home clinical and therapeutic services, special education and respite services.

Cost:
Private insurance, Medicaid, and Medicare are accepted. Price based on ability to pay.

Twin Oaks Community Services
128 Crosskeys Road, Berlin, NJ 08009
Website: http://twinoakscs.org/services/adult-services/mental-health-residential-services/

Services:
Provide community based living for adults living with a mental illness by offering: counseling, outpatient, veterans, partial care services.
South Jersey Behavioral Health Resources

400 Market St., Camden, NJ 08102 .................................................................(856) 361-2700
53 Haddonfield Road, Suite 316, Cherry Hill, NJ 08002 ........................................(856) 361-2700
Website: http://www.sjbhr.org/PublicPages/Home.aspx

Services:
Offers behavioral health services to assist individuals in identifying and stabilizing their symptoms to enable them to live fulfilling independent lives in the community.

Project H.O.P.E. - Bergen Lanning Health Center ............................................(856) 968-2320
439 Clinton St., Camden, NJ 08103
Website: http://projecthopecamden.org/

Services:
Provides primary, preventative, counseling, referrals and social work services for homeless individuals suffering from mental health and substance abuse issues.

Delaware House .................................................................................................(609) 267-9339
25 Ikea Dr., Westhampton, NJ 08060
Website: http://www.catholiccharitiestrenton.org/cc3/

Services:
Provides psychiatric rehabilitation groups, activities, follow-ups, care and therapy for adults experiencing a mental illness, including substance abuse issues.

HEART HEALTH

Heart disease is the leading cause of death in the United States for both men and women. Keeping a healthy heart is possible through regular exercise, a balanced diet, and regular check-ups with a doctor.

Center of Disease Control: Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health.....(800) 232-4636
Website: http://www.cdc.gov/DHDSP/programs/spha/index.htm
Contact Email: www.cdc.gov/info

Services:
Helps prevent, manage, and reduce the risk factors associated with chronic diseases—including childhood and adult obesity, diabetes, heart disease, and stroke.

Camden County Department of Health .............................................................(856) 374-5153
Website: http://www.camdencounty.com/health/community-outreach

Services:
Cardiovascular disease control detection and referral through blood pressure, cholesterol screenings, follow-up, and education throughout Camden County.

New Jersey Heart Disease and Stroke Prevention Program (NJHDSP) ......................(609) 984-6137
Website: http://www.nj.gov/health/fhs/chronic/stroke.shtml

Services:
Provides prevention, treatment and help control risk factors for those who have had an event, as well as issues related to rehabilitation, long-term, and end-of-life care.
American Heart Association
600 S. White Horse Pike, Audubon, NJ 08106 .................................................................(856) 546-5600
Website: http://www.heart.org/HEARTORG/

Services:
Provides health education to support heart health.

MATERNAL/INFANT HEALTH

A baby’s future starts with a healthy pregnancy. Influences like nutrition, healthy lifestyle, and prenatal care play an important role in determining the development of the baby. Safe pregnancies and positive birth outcomes are important to the future health of the family.

Centers for Disease Control and Prevention: Pregnancy ...........................................(800) 232-4636
Website: http://www.cdc.gov/pregnancy/

Services:
Offers education materials about the changes that occur during pregnancy, research and additional resources.

Women, Infant and Children (WIC)

Burlington County:
15 Pioneer Blvd., Westampton, NJ 08060.................................................................(609) 267-4304
Website: http://www.co.burlington.nj.us/403/Women-Infant-Children-WIC-Program

Camden County:
2600 Mt. Ephraim Ave., Camden, NJ .................................................................(856) 225-5050
1111 S. Black Horse Pike, Blackwood, NJ 08012 ..................................................(856) 302-1405
302 White Horse Pike, Town Square, Unit B8, Atco, NJ 08004 ......................(856) 809-2111
Website: http://www.camdencounty.com/health/health-human-services/wic

Gloucester County:
204 East Holly Ave., Sewell, NJ 08080 .................................................................(856) 218-4116
125 Virginia Ave., Williamstown, NJ 08094 ..................................................(856) 218-4116
Gloucester County Health Dept. .................................................................................(856) 218-4116
1000 Delaware St., Paulsboro, NJ 08066
Website: http://www.gloucestercountynj.gov/depts/h/hedss/wic/default.asp

Services:
Nutrition counseling and supplemental foods for pregnant, postpartum, nursing women and their children through age 5. Additional services include: breastfeeding education, support, Medicaid, food stamps, nutrition assistance, family care, and temporary assistance for families in need.

Cost:
Price on ability to pay.
NJ Family Care

Burlington County Board of Social Services, Human Services Facility ..............................(609) 261-1000
795 Woodlane Rd., Mount Holly, NJ 08060

Camden County Board of Social Services:
Aletha R. Wright Administration Building .................................................................(856) 225-8800
600 Market St., Camden, NJ 08102

Gloucester County Division of Social Services .........................................................(856) 582-9200
400 Hollydell Drive, Sewell, NJ 08080
Website: http://www.state.nj.us/humanservices/dmahs/clients/medicaid/pregnant/

- **Services:**
  Complete NJ FamilyCare/Medicaid coverage to eligible women during their pregnancy and for sixty days following delivery or the date on which pregnancy ends. Offers: inpatient hospital care, podiatry services, medical day care.

- **Prescribed drugs and chiropractic services. For assistance with applying call: 866-411-7728.**

- **Qualifications:**
  A child born to an eligible woman is eligible for Medicaid for one year regardless of changes in the family’s income. NJ FamilyCare is for people who do not have employer insurance. Eligibility is based on monthly income and family size.

- **Cost:**
  Price based on ability to pay.

Healthy Start Initiative......................................................................................................(856) 963-1013
2600 Mt. Ephraim Avenue, Camden, NJ 08104
Website: http://www.nj.gov/health/fhs/prenatal/healthystart.shtml

- **Services:**
  Provides case management and outreach services to both mother and infant for two years following delivery to decrease infant mortality, low birth weight and racial disparities.

Robin’s Nest Inc.: Nurse Family Partnership ............................................................(856) 881-8689
42 South Delsea Drive, Glassboro, NJ 08028
Website: https://www.robinestinct.org/programs-services-robinnest.html#tabs1-4

- **Services:**
  Provides in-home services to low income first-time mothers, beginning in pregnancy and continuing until the child’s second birthday. Education and support is also offered to promote positive health for mother and child to decrease risk of child abuse and neglect, and empowers families to attain self-efficacy.

Famcare Inc. ......................................................................................................................(856) 881-9531
711 N. Main St., Glassboro, NJ 08028
Website: http://www.famcareinc.com/

- **Services:**
  Provides low cost, quality, accessible reproductive health care to women and men during their reproductive years.
Choices of the Heart Pregnancy Center .................................................................(856) 374-2445
108 Greentree Road, Suites LM, Turnersville, NJ 08012
Website: http://www.choicesoftheheart.com/

Services:
Affordable testing, counseling and education for pregnant women and expected fathers.

Center for Family Services: Mother’s Arms Day Care ........................................(856) 853-1761 ext. 614
682 North Broad Street Woodbury, NJ 08096
Website: http://www.centerffs.org/programs/mothers-arms-day-care
Contact Email: mothersarms@centerffs.org

Services:
Provides a nurturing day care program for children six weeks to eighteen months of age in a home-like, small group setting. Part time and full time care is available.

Cost:
Self-pay, subsidized rates, and priced by ability to pay. County vouchers are accepted.

South Jersey Perinatal Center
2500 McClellan Avenue, Suite 250, Pennsauken, NJ 08109.................................(856) 665-6000
808 Market Street, 2nd Floor, Camden, NJ 08102.............................................(856) 963-1013
Website: http://www.snjpc.org/

Services:
Education on breastfeeding, child development, health care access, prenatal care, maternal smoking, postpartum depression, immunizations, lead poisoning, perinatal substance abuse, parenting, child development and special needs.

CANCER

Cancer is a term used to describe more than 100 diseases caused by abnormal cell growth. The disease can start in any part of the body and spread if not properly treated, but is manageable if detected early. Cancer affects more than one million people in the United States each year.

National Coalition for Cancer Survivorship .......................................................(877) 622-7937
Website: http://www.canceradvocacy.org/resources/

Services:
Empowers cancer survivors through its publications and programs, which provide tools for self-advocacy.

U.S. National Library of Medicine - The World’s Largest Medical Library ..............(888) 346-3656
Website: http://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0015630/

Services:
Defines medical terminology for various diseases, viruses etc.
Burlington/Camden County Cancer Coalition
Community Planning & Advocacy Council.......................................................... (856)-663-3998
2500 McClenna Ave., Pennsauken, NJ 08109
Website: http://cccc.judithmarquez.com/

Services:
Supports cancer prevention, education, early detection, and advocacy for all residents in the county to help reduce the cancer burden.

The Ripa Center for Women’s Health and Wellness at Cooper .........................(800) 227-2345
Look Good Feel Good
6100 Main St Complex, 901 Centennial Boulevard, Voorhees, New Jersey 08043
Website: http://www.cooperhealth.org/departments-programs/ripa-center-womens-health-wellness

Services:
Look Good Feel Better is a FREE two-hour workshop for women undergoing cancer treatment. This program helps improve the self-image, appearance, and quality of life of patients by teaching beauty techniques to help cope with the temporary appearance-related side effects of cancer treatment. Each patient is entitled to one free make-up kit during the diagnosis and treatment period.

Qualifications:
Women who are currently undergoing treatment for a cancer diagnosis (chemotherapy, radiation therapy, or other forms of treatment).

New Jersey Cancer Early Education and Detection (NJCEED) .......................(800) 328-3838
(Various locations)
Website: http://www.nj.gov/health/cancer/njceed/

Services:
Provides comprehensive outreach, case management, tracking, follow ups, facilitation into treatment. education and screening services for breast, cervical, colorectal and prostate cancers.

Qualifications:
Persons eligible for these services must be at or below 250% of the Federal Poverty Level and be uninsured or under-insured.

American Cancer Society .................................................................................(856) 616-1650
1851 Old Cuthbert Rd., Cherry Hill, NJ 08034
Website: www.cancer.org

Services:
Provides quality of life services for cancer patients and their families along with current resources, information, and public education services. Provides one FREE wig to adult women 18 years or older in financial need.
DENTAL HEALTH

Dental health is the practice of maintaining a clean mouth, teeth, and gums to prevent disease. Cavities and gum disease are the most common issues often seen in dental care. If left untreated it can cause a lot of pain, discomfort and even the removal of affected teeth. Developing cavities and gum disease can both be prevented by having regular check-ups with a local dentist.

CAMcare Health

1315 North Delaware St., Paulsboro, NJ 08066 .................................................................(856) 687-2200
817 Federal St., Camden, NJ 08103 ..............................................................................(856) 541-3270
2610 Federal St., Camden, NJ 08105 ...............................................................................(856) 635-0307
121 White Horse Pike, Clementon, NJ, 08021 ................................................................(856) 627-7701

Websites: https://www.camcare.net/

Services:
Offers basic dental services including routine checkups, preventative care, denture work, oral surgery, treatments and restorations. Routine checkups, dentures, tooth replacement, preventative care, oral surgery, sealants and more. Call or visit the website for more information, or to make an appointment.

Cost:
Medical services offered at discounted rates based on eligibility.

Camden County College Dental Clinic .................................................................(856) 374-4930
Kevin Halpern Hall, Room 107
200 College Drive, Blackwood, NJ 08012
http://www.camdencc.edu/academics/departments/dental/dental-clinic.cfm

Services:
Provides: cleanings, x-rays, athletic mouth guards, plaque control, fluoride treatments, sealants and nutritional counseling are offered. The clinic is open to the public.

Services are performed by students who are monitored by licensed hygienists.

Cost:
Price based on ability to pay.

CompleteCare Health Network

75 West Red Bank Ave., Woodbury, NJ 08096 .................................................................(856) 853-2055
335 N. Delsea Drive, Glassboro, NJ 08028 .....................................................................(856) 863-5720

Website: http://www.completecarenj.org/

Services:
Provides examinations, x-rays, restorative and preventative care, cleaning and whitening.

Cost:
Price based on ability to pay.
Cathedral Kitchen: Project Smiles Dental Clinic ...........................................................(856) 964-6771
1514 Federal St., Camden, NJ 08105
Website: http://cathedralkitchen.org/serving_up_hope/serving-community-health-and-other-services/

Services:
Free basic dental treatment, including reduced cost dentures, for Camden residents who have no insurance and cannot afford dental care. The clinic is open on Wednesdays and Fridays year round based on volunteer dentist availability.

TOBACCO CESSION

Tobacco, consumed many ways, harms nearly every organ in the body and causes many preventable life threatening diseases. Each year, smoking claims over 480,000 lives and is likely to increases your risk for conditions like heart disease, stroke, and cancer. Beating the addiction can be challenging, but there are many effective resources to help you quit.

SmokeFree ............................................................................................................(877) 44U-QUIT
Website: http://smokefree.gov/
Contact Email: NCISmokefreeTeam@mail.nih.gov

Services:
Provides resources and professional assistance to help supply immediate and long term care needs to become and remain a non smoker.

Smoking and Tobacco Use ......................................................................................(800) 784-8669
Website: http://www.cdc.gov/tobacco/quit_smoking/index.htm

Services:
Provides tools to assist in quitting, along with state and local resources for those interested in quitting.

New Jersey Quitline ................................................................................................(866) 657-8677
Website: http://njquitline.org/

Services:
Free confidential support through telephone counseling.

National Cancer Institute (NCI): Cancer Information Service ............................(800) 422–6237

Services:
Information specialists can help you quit smoking and explain the latest cancer information.

Mom’s Quit Connection

2500 McClellan Avenue, Suite 250, Pennsauken, NJ 08109 ...............................(856) 665-6000
808 Market Street, 2nd Floor, Camden, NJ 08102 ..............................................(856) 963-1013
Website: http://www.snjpc.org/programs/smoking/mqc.html
Contact Email: MQC@snjpc.org

Services:
Provides free, individualized counseling services and support in person and/or by phone for pregnant women and new mothers trying to quit smoking.

Qualifications:
Participants must be New Jersey residents.
SEXUALLY TRANSMITTED DISEASES

Sexually Transmitted Diseases (STD’s) are infections spread from one person to another by sexual contact. They can affect both males and females, regardless of sexual preference. While the symptoms may not always be obvious and can cause permanent damage if left untreated, most can be cured or managed.

American Sexual Health Association’s STD Hotline.................................................(919) 361-8488
Website: http://www.thestdproject.com/std-resources/std-help-hotlines/

Services:
Provides anonymous, confidential information on sexually transmitted diseases (STDs) and how to prevent them. Also, provides referrals to clinical and other services.

Camden County Department of Health and Human Services......................................(856) 756-2266
Board of Social Services Building
600 Market St., Basement B 55, Camden, NJ 08102
Website: http://www.camdencounty.com/health/health-human-services/regional-health-centers
Contact Email: stdclinic@camdencounty.com

Services:
HIV counseling and testing.

Qualifications:
Proof of Camden County residency.

Burlington County: Raphael Meadow Health Center......................................................(609) 265-5533
15 Pioneer Blvd., Westhampton, NJ 08060
Website: http://www.co.burlington.nj.us/1071/Communicable-Disease-Program

Services:
Confidential STD screening, testing and education services are offered at no cost to county residents. For HIV/AIDS testing, counseling and education services please call: (609) 265-5929.

Gloucester County Department of Health, Senior & Disability Services..................(856) 218-4102
204 East Holly Ave., Sewell, NJ
Website: http://www.gloucestercountynj.gov/depts/h/hedss/disc/default.asp

Services:
HIV testing.

Bellmawr Regional Health Center .............................................................. (856) 365-3519 ext. 4
35 East Browning Rd., Bellmawr, NJ 08031
Website: http://www.camdencounty.com/health/health-human-services/regional-health-centers

Services:
Free Clinic providing treatment, vaccinations, HIV/AIDS’s testing & counseling.

Planned Parenthood of Southern New Jersey ..........................................................(856) 365-3519
317 Broadway, Camden, NJ 08103
Website: http://www.plannedparenthood.org/

Services:
Sliding scale fee, HIV counseling and testing available, STD screening.
Planned Parenthood of Southern New Jersey ..................................(856) 365-3519
Chapel Avenue & Marlboro Road, Camden, NJ 08102
Website: http://www.plannedparenthood.org/

   Services:
   Sliding scale fee, by appointment ONLY! Testing for: Gonorrhea, Chlamydia and Herpes ONLY!,
   No male treatments or clinic.

Options for Women.................................................................................(856) 795-0758
1500 North Kids Highway, Suite 110, Cherry Hill, NJ 08034
Website: http://optionsnj.org/

   Services:
   Provides STD testing, treatment, counseling and educational services for men and women.

STROKE
A stroke occurs when part of the brain loses blood supply and causes part of the body that it controls to stop working. It can temporarily or permanently impair your speech, movement, and even memory. Stroke is the 5th leading cause of death in America and a leading cause of adult disability.

Brain Injury Alliance of New Jersey.................................................(800) 669-4323
Website: http://bianj.org/support-groups/

   Services:
   Information on local support group for individuals and their families suffering from brain injuries.

Burlington/Camden Group at Bancroft NeuroHealth ......................(856) 616-6431
Resnick Center, 3900 Church Rd., Mt. Laurel, 08054
http://www.bancroftneurorehab.org/

   Services:
   Provides support groups and education about brain injuries.

Gloucester Group at Moss Rehab/Drucker Brain Injury Center......... (856) 853-9900 ext. 201
135 South Broad St., Woodbury, NJ 08096
Website: http://www.biausa.org/state-affiliates/resources/gloucester-group-at-moss-rehab-drucker-brain-injury-center-nj

Burlington/Camden Group at Independence Rehab.......................(856) 589-5797
1030 North Kings Highway, 3rd Floor, Cherry Hill, NJ 08034
Website: http://bianj.org/support-groups/

Brain Injury Association of America: Burlington/Camden Group at Bancroft NJ ......(609) 799-8400
201 South Kings Hwy, Cherry Hill, NJ 08034
Website: http://www.biausa.org/state-affiliates/resources/burlington-camden-group-at-bancroft-nj
NUTRITION

Proper nutrition is the key to feeling and being healthy. Just like a car needs fuel to function properly on a road trip, your body needs food to energize your body throughout the day. Eating a variety of foods from each food group will keep your diet balanced and satisfy your nutritional needs.

Nutrition Information for You
Website: http://www.nutrition.gov/

Services:
- Provides easy, online access to government information on food and human nutrition for consumers.

Choose My Plate
Website: http://www.choosemyplate.gov/

Services:
- Offers nutritional information to assist consumers in making healthy, nutritious dietary choices. Provides weight management tools, food tracker and other helpful resources to assist in developing a healthy lifestyle.

Serv-A-Tray Program
Website: http://www.gloucestercountynj.gov/default.asp

Services:
- This program delivers healthy meals to eligible county residents that may be disabled, homebound, or recuperating.

Qualifications:
- Must be homebound, 60 years of age or older, a resident of Gloucester County and on a regular diet.

Senior Citizens United Community Services
537 Nicholson Road, Audubon, NJ 08106
Website: http://scucs.org/

Services:
- Provides low cost meals to seniors and their spouses as well as home delivered meals made under the supervision of a Registered Dietician.

Check out resources: http://www.state.nj.us/health/ccp/npap/documents/gloucester_county.pdf

Fam Care Inc.
711 N. Main Street, Glassboro, NJ 08028

Services:
- Nutrition education.
TRANSPORTATION

Transportation is often considered a barrier to receiving medical care. When affordable, it has proven to be effective and associated with improved health status, frequent use of preventative services, and fewer hospital admissions.

Division of Developmental Disability .................................................................(800) 832-9173
101 Haddon Avenue, Suite 17, Camden, NJ 08103

Services:
Arranges and coordinates needed services to eligible state residents who have developmental disabilities in Burlington and Camden County.

Burlink Bus Service ......................................................................................(856) 461-1806
Website: http://www.driveless.com/gettingaround_shuttle_burlington_01_10062008.htm

Services:
Discounted or free transfers between NJ TRANSIT bus routes and the River LINE at the Beverly Rail Station in Burlington County only. Detailed routes found on website.

Logisticare ...............................................................................................(866) 527-9933
Website: http://www.state.nj.us/humanservices/dmahs/home/logisticare_english.pdf

Services:
Provides non-emergency transportation to medical appointments for individuals without reliable transportation.

Qualifications:
Those enrolled with Medicaid/NJ Family Care.

Medicaid ........................................................................................................(800) 465-3203
Website: http://www.medicaid.gov/index.html

Services:
Free transportation provided for those eligible for Medicaid.

Patco Speedline ......................................................................................(856) 772-6900
Website: http://www.ridepatco.org/

Services:
Offers a reduced fare program for Medicare card holders, senior citizens 65+, and persons with certain physical challenges.

Gloucester County: Non-Emergency Medical Transportation
Division of Transportation Services.............................................................(856) 686-8350
115 Budd Blvd., West Deptford, NJ 08096
Website: http://www.gloucestercountynj.gov/depts/h/serv/transportation/nemt.asp

Services:
Non-emergency medical transportation is provided for all types of medical appointments.

Access Link ..................................................................................................(800) 955-2321
Website: www.njtransit.state.nj.us

Services:
Provides 1 to 14-day advance curb-to-curb transportation for people with disabilities.
Delaware River Port Authority .......................................................... (856) 968-3347 or (856) 968-3348
Website: www.drpa.org

Services:
Reduced toll program for the elderly 65+ years of age.

Qualifications:
Must show proof of age, driver’s license or birth certificate.

SEN-HAN Transit .......................................................................................... (856) 456-3344
537 Nicholson Rd., Audubon, NJ 08106
Website: http://scucs.org
Contact Email: senhan@scucs.org (Camden County)
Contact Email: senhanbc@scucs.org (Burlington County)

Services:
Provides transportation services to senior citizens 60+ and disabled residents of Camden and Burlington County’s including: employment transportation, non-emergency medical transportation, nutrition, personal business transportation and shopping.

RECREATION AND ACTIVITIES

Regularly participating in activities helps assist with weight management, reducing the risk of heart disease, diabetes and some cancers while strengthening muscles and bones. Recreational activities are a way to have fun but still engage in needed exercise as well.

Camden County Libraries .............................................................................. (856) 772-1636
203 Laurel Road, Voorhees, NJ 08043
http://www.camdencountylibrary.org/

Gloucester County Libraries ........................................................................ (856) 223-6000
389 Wolfert Station Road, Mullica Hill, NJ 08062
http://www.gcls.org/

Burlington County Libraries ......................................................................... (609) 267-9660
5 Pioneer Boulevard
Westampton, NJ 08060
http://www.bcls.lib.nj.us/

Services:
County libraries offers various programs for adults, teens and children. Some programs include: yoga, sewing, crocheting, dancing classes, book club, storytime, movie matinees, sing a longs, cooking classes and more. Visit, call or go online to check out programs offered at your local library.
Burlington County Fitness Program...........................................................................(609) 265-5522
Tabernacle Baptist Church/
150 East 2nd St, Burlington, NJ 08016
Website: http://www.co.burlington.nj.us/documentcenter/view/3484
Contact Email: tmorton@co.burlington.nj.us

Services:
Offers free adult fitness classes to educate residents on ways to live a positive, healthy, lifestyle.
Services include: nutrition education, meal planning, weight training, fitness education, and yoga.

Gloucester County Nutrition Program...........................................................................(856) 232-4646
211 County House Rd, Sewell, NJ 08080

Services:
Provides chair aerobics, walking trail and balanced meals.

Boys & Girls Club
37 S Jackson Street, Woodbury, NJ 08096 .................................................................(856) 537-5201
2 N Dudley Street, Camden, NJ 08105 .................................................................(856) 963-6490
1709 Park Blvd., Camden, NJ 08103 .................................................................(856) 966-9700
916 Penn Line Rd., Paulsboro, NJ 08066 .................................................................(856) 423-9322
Website: http://bgca.org/Pages/index.aspx

Services:
Provides recreational activities for children such as baseball, golf and softball.

Burlington County Parks

Website: http://www.co.burlington.nj.us/235/Parks for more parks

Crystal Lake Park
Axe Factory Rd, Mansfield Twp, NJ 08505

Amenities
Equestrian trails, fishing, hiking trails, mountain biking and horseback riding.
For More Information: (609) 265-5858

Willingboro Lake Parks
4154 N Rt. 130, Beverly, NJ 08010

Amenities
Walking, fishing, and bird watching
For More Information: 609-265-5858

Pennington Park
801 Creek Rd., Delanco, NJ 08075

Amenities
Bike trail, bird and wildlife observation, board walk, community garden, dog park, grilling and picnic area, pavilion, playground, restrooms and trails.
For More Information: 609-265-5858
Camden County Parks
Website: http://www.camdencounty.com/parks/parks-department for more parks

Cooper River Park
Bounded by North and South Park Drives, Route 130 and Grove Street.

Amenities
Playground, softball field, boat house, golf academy, yacht club, bike path, pooch park, volleyball court, mini golf course, stadium, cinder track, picnic, fishing, memorial groves and wetland.
For More Information: (856) 216-2117

New Brooklyn Park
Between New Freedom and New Brooklyn Roads, north of the Atlantic City Expressway, east of Rt. 536

Amenities
Golf course, softball field, playground, outdoor amphitheater, pavilion, volleyball court, hockey court, bike path, canoe launch, picnic area, hiking and fishing.
For More Information: (856) 216-2117

Timber Creek
Intersection of Chews Landing Road & Taylor Avenue in Blackwood, NJ.

Amenities
Dog park, amphitheater, walking track, pavilion, trails, flag pole, water fountain and indoor restroom
For More Information: (856) 216-2117

Gloucester County Parks
Website: http://www.gloucestercountynj.gov/depts/p/parks/default.asp for more parks

Scotland Run Park
980 Academy St., Clayton, N.J.

Amenities
Fishing, boating, hiking and nature observation.
For More Information: (856) 881-0845

Greenwich Lake Park
Tomlin Station Road, Greenwich Township, N.J.

Amenities
Fishing, grill and picnic areas.

James G. Atkinson Park
138 Bethel Mill Rd., Sewell, NJ 08080

Amenities
Softball/soccer fields, tennis and basketball courts, trail, playground, picnic and pavilion.
For more information: (856) 589-0047
Burlington County Activities Calendar
Website: http://nj-burlingtoncounty.civicplus.com/

Camden County Activities Calendar
Website: http://www.camdencounty.com/calendar

Gloucester County Activities Calendar
Website: http://www.gloucestercountynj.gov/depts/p/parks/calendar_page.asp

Services:
County provides its community members with a variety of activities each month for free or at a low cost. Movies, concerts, singing, bird walks and more.

Parenthood NJ
Website: http://www.parenthoodnj.com/

Services:
Parenthood NJ provides a list of free to low cost activities for families in the community to enjoy.

Camden County Division of Senior & Disabled Services
(856) 858-3220
512 Lakeland Avenue, 4th Floor, Blackwood, NJ 08012
Website: http://www.camdencounty.com/justforseniors

Services:
Increase the quality of life amongst seniors with education, recreational and cultural opportunities.

Camden County: Just for Seniors Activities Calendar
(856) 858-2986

Gloucester County Department of Health and Senior Services

Families on the Move
(856) 262-4101
160 Fries Mill Road, Turnersville, NJ 08012
Website: http://www.state.nj.us/health/ccp/npap/documents/gloucester_county.pdf

Services:
Promotes an active lifestyle for people of all ages.

Camden County Nutrition Project
(856) 338-0601
915 Haddon Avenue, Camden, NJ 08103
Website: http://www.state.nj.us/health/ccp/npap/documents/camden_county.pdf

Service:
Promotes physical activity and lifestyle changes for those 60 years of age and older.

Get Screened, Stay Healthy, Stay Alive” Cancer Initiative
(856) 374-6363
DiPiero Center, 512 Lakeland Road, Suite 501, Camden, NJ 08012
Website: http://www.state.nj.us/health/ccp/npap/documents/camden_county.pdf

Services:
Promotes healthy lifestyle, the importance of physical activity as part of cancer prevention, and the importance of physical activity for mental and physical well-being.
ELDER CARE

Elder care is providing assistance for persons who are elderly or physically disabled due to aging. The purpose of elder care is to enhance the quality of life for seniors and those with physical limitations as a result of aging, especially for those in need.

Aging and Disability Resource Connection (ADRC)

**Burlington County** .................................................................(609) 265-5069
49 Rancocas Road, PO Box 6000, Mount Holly, NJ 08060

**Camden County Division of Senior & Disabled Services** ...........................................(856) 858-3220
512 Lakeland Avenue, 4th Floor, Blackwood, NJ 08012

**Gloucester County Division of Senior Services** ...........................................(856) 384-6900
115 Budd Blvd., West Deptford, NJ 08096
Website: [http://www.state.nj.us/humanservices/doas/home/saaaa.html](http://www.state.nj.us/humanservices/doas/home/saaaa.html)

  **Services:**
  Provides information and assistance to older persons, adults with physical disabilities, caregivers and professionals looking for services or programs.

**Camden County Division of Senior & Disabled Services** ...........................................(856) 858-3220
512 Lakeland Avenue, 4th Floor, Blackwood, NJ 08012
Website: [http://www.camdencounty.com/justforseniors](http://www.camdencounty.com/justforseniors)

  **Services:**
  Counseling, financial assistance, insurance assistance, in home services, education and additional services provided to assist in improving the health of seniors.

**Burlington County Office on Aging & Disability Resource Connection** .........................(609) 265-5069
795 Woodlane Rd., Westampton, NJ
Website: [www.co.burlington.nj.us/aging](http://www.co.burlington.nj.us/aging)

  **Services:**
  Provides information, assistance and outreach services to seniors in a variety of areas, including legal assistance, transportation, Meals on Wheels, weekend meal program, nutrition sites, home health services, short term care, home security, adult day care and care management.

**Burlington County Board of Social Services** .........................................................(609) 261-1000
795 Woodlane Road, Westampton, NJ 08060
Website: [www.bcbss.org](http://www.bcbss.org)

  **Services:**
  Provides Medicaid programs for eligible persons elderly, blind and disabled.
Gloucester County Division of Senior Services .................................................... (856-384-6900)
115 Budd Blvd., West Deptford, NJ 08096
Website: http://www.gloucestercountynj.gov/depts/h/hedss/senservices/default.asp

Services:
Provides a broad range of home and community based services that focus on the needs of senior citizens and persons living with physical disabilities throughout the County 60 years of age or older.

Senior Citizens United Community Services ...................................................(856) 456-1121
537 Nicholson Road, Audubon, NJ 08106
Website: http://scucs.org/

Services:
Offers an array of services such as: In-home services, housing assistance, nutrition, transportation, emergency services, financial services, recreational services, and volunteer opportunities.

NJ Personal Care Assistance Program

Burlington County Office of Human Services.................................................... (609) 265-5144/5223
795 Woodlane Road, Westampton, New Jersey 08060

Camden County: Githens Center.................................................................(609) 261-1667
40 Cedar Street, Mount Holly, New Jersey 08060

Gloucester County Division of Disability Services.............................................(856) 384-6845
115 Budd Boulevard, West Deptford, New Jersey 08096
Website: http://www.state.nj.us/humanservices/dds/projects/pasp/index.html

Services:
Provides routine, non-medical assistance to adults with disabilities who are employed, involved in community volunteer work, or attending school. Personal assistants help with tasks such as light housekeeping, bathing, dressing, preparing meals, shopping, driving or using public transportation.

Qualifications:
New Jersey resident, physically disabled, between 18 and 70 years old, living in the community, capable of directing and supervising their own services, employed, preparing for employment, in school, or actively volunteering in the community.

CAREGIVER RESOURCES

Caregivers are individuals who take on the responsibility of caring for others, usually a parent, spouse or child with medical needs. The role of a care giver can be time consuming, hard, and stressful at times managing the life of someone else in addition to their own. Caregivers often assist in tasks such as maintaining hygiene, transportation, eating assistance, financial/ legal assistance and maintaining the persons overall health status.

Medicare.................................................................................................................(800) 633-4227
Website: http://www.medicare.gov/campaigns/caregiver/caregiver-resource-kit.html

Services:
Resources to help caregivers address challenging issues and work effectively with Medicare to ensure their family members and friends receive the best possible care.
Camden County: Caregiver’s Support Group .................................................................(856) 858-1870
Website: http://www.camdencounty.com/health/senior-services/caregivers-support-group

Services:
Advice, tips, counseling, education, coaching, and referrals to resources and to help you navigate community services.

Caregiver Education........................................................................................................(856) 456-1121
537 Nicholson Rd., Audubon, NJ 08106
Website: http://scucs.org/services/home-services/

Services:
Focus on the needs and concerns of the caregiver by offering programs that provide personal help with daily activities.

Center for Family Services, Inc. .......................................................................................(856) 964-1990/584
Benson Street, Camden, NJ 08103

Services:
Provides in-home counseling for older adults, the disabled and their families. Support groups are available for caregivers and grandparents raising grandchildren.

Cost:
Price based on ability to pay.

State of New Jersey Division of Medical Assistance and Health Services ............(609) 757-2870
Camden Medicaid District Office (SSI recipients only)
2 Riverside Dr., Longport Center, Camden, NJ 08102
Website: www.state.nj.us

Services:
Maintains a current list of state-approved boarding and nursing homes with applicant screenings for nursing facility placement.

Division of Senior Services: Care Giver Support Program .........................................(856) 686-8338
115 Budd Boulevard, West Deptford, NJ 08096
Website: http://www.gloucestercountynj.gov/depts/h/hedss/senservices/carsupport.asp
Contact Email: bvaldez@co.gloucester.nj.us

Services:
Provides support and assistance in accessing services to help maintain individual caregiving needs.
MY FITNESS GOAL:
For example: Walk 5 days per week for 30 minutes each time.
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<th>SUNDAY</th>
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Cooper University Health Care is the region’s leading health care provider. Our Health Science Campus in Camden is home to Cooper University Hospital, MD Anderson Cancer Center at Cooper and the Cooper Medical School of Rowan University. With a network of more than 100 medical offices throughout the region, we offer signature programs in cardiology, critical care, neurosciences, orthopaedics, surgical specialties, trauma and the only state designated Children’s Regional Hospital at Cooper in South Jersey. We are committed to providing convenient health care in the communities we serve, with urgent care centers offering expanded hours. These all build upon our mission to serve, to heal and to educate.