

The Edison Senior Citizen Center Directory of Services



**Township of Edison
Department of Health and Human Services
Division of Senior Citizen Services**

**2963 Woodbridge Avenue
Edison, NJ 08837
732-248-7345
Fax: 732-767-0433**



**Sam Joshi, Mayor
Edison Township Council
Jay P. Elliot, Director of Health & Human Service**

Welcome to the Edison Senior Citizen Center

The Edison Senior Citizen Center, located at 2963 Woodbridge Ave., provides a wide variety of services to the senior residents of Edison Township. The Center is open Monday through Friday, 8:30 a.m. to 4:30 p.m. as well as Tuesday evenings from 6:00 p.m. to 8 p.m. for line dance instruction. Activities are held daily under the direction of six senior citizen clubs.

Most activities are geared towards active healthy adults who do not require supervision or assistance with walking, eating or toileting. Those who require assistance are encouraged to bring an aide or family member with them to their club meeting.

Edison Township identifies individuals age 65 and older as a senior citizen although some programs and services offered through the Edison Senior Center are available to individuals as young as 55.

The staff at the senior center is ready to assist all residents of Edison, whether seniors or family members, obtain information and access to services provided through the Township of Edison or available on a county, state and federal level.

The senior center staff oversees the planning and coordination of congregate senior trips, offers clerical and administrative support to each senior club, coordinates transportation services to food shopping, club meetings, nutrition and medical appointments, and offers assistance with health insurance counseling, social service and confidential needs.

Programs and Activities Include:

Billiards
Tai Chi
Application Assistance
Educational Programs
Insurance Counseling
Income Tax Preparation
Evening Line Dancing Instruction
Salvation Army Assistance Program
Senior Citizen Photo Identification Cards
Feeling Good Again Chair Exercise
Shopping Transportation Services
Social Evenings & Special Events
Medical Transportation Services

Directions to the Edison Senior Citizen Center



From Northern Middlesex County: Take Route 1 South to the “Bonhamtown” exit. Follow South Main Street over Route 1, passing the Raritan Valley Bus Company garage. Continue on S. Main turning left onto Martin Ave. Follow Martin Ave. to Yelencsics Park. Turn right into park which is located in the backyard of the Edison Senior Citizen Center.

From Woodbridge/Perth Amboy: Take County Route 514 West (Woodbridge Ave.) past Raritan Center and the NY Times Plant. Immediately past the NY Times plant, prepare to make a right turn into our upper parking lot. The driveway is immediately beyond the “*NY Times Access Road*” traffic light and railroad grade crossing.

From Garden State Parkway and Points South: Exit Parkway North on the North side of the Driscoll Bridge. KEEP IN THE RIGHT HAND LANE while on the bridge. Follow signs for “I-287 North/NJ Route 440 North”. Stay in the left hand lanes until you are on Route 440/I-287 and prepare to exit at the “Route 514 & NJ Turnpike” exit. Stay in the left lane of this ramp. As you pass under I-287, BEAR LEFT at the “Route 514/Bonhamtown/Raritan Center” ramp. Follow Route 514 West (Woodbridge Ave.) past Raritan Center and the NY Times Plant. Immediately past the NY Times plant, prepare to make a right turn into our upper parking lot. The driveway is immediately beyond the “*NY Times Access Road*” traffic light and railroad grade crossing. Should you miss this turn, proceed to the South Main Street traffic light, (Enterprise Rent A Car is on your right) and turn right, travel one block to Martin Ave. and turn right onto Martin Ave. Follow Martin Ave. to Yelencsics Park. Turn right into park which is located in the backyard of the Edison Senior Citizen Center.

From Interstate 287 and Points North: Exit at US Route 1 South ramp. Proceed straight on South Main Street, cross over Route 1, travel past the Raritan Valley Bus garage. Turn left onto Martin Ave., and follow Martin to Yelencsics Park. Turn right into park which is located in the backyard of the Edison Senior Citizen Center.

Senior Citizen Identification Cards

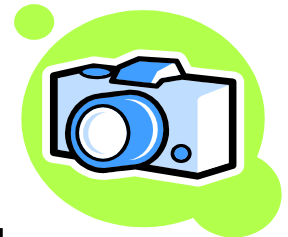
Ordinance 0.998-97 exempts Edison Senior Citizens age 65 years of age and older from most Township Fees.

Under this program, qualifying Edison Residents may obtain a Free Edison Township Senior Citizen Senior Identification Card which will exempt or offer discounts on Township imposed fees such as dog and cat licenses, copies of birth and death certificates, construction permits, boat basin permits, recreation programs and all health clinics administered by the Township.

In addition to Township Fees, there is also a program that will *freeze* sewer rates. Please contact the Edison Sewer Department at 732-248-7323 for more information.

As a valued member of our community, the senior center staff is available to help you benefit from these programs through the issuing of the Senior Citizen Identification Cards, which is available to Edison residents 65 years of age and older or individuals who are permanently disabled.

Applications are available Monday through Friday from 9 a.m. to 4 p.m. at the Edison Senior Citizen Center. Proof of residency and age is required for each applicant. A New Jersey drivers license, non-driver identification card, or a Middlesex County Golden Key Card plus a copy of a tax or utility bill in the applicants name are the only forms of acceptable identification. After completing a short application your photo will be taken. The card will then be processed and mailed directly to your home.



Homebound seniors who are interested in obtaining an Edison Senior ID Card may call the senior center at 732-248-7345 and request a home visit by a staff member to obtain the necessary registration information.



Please call the Edison Senior Citizen Center at 732-248-7345 if you have any questions or concerns regarding the Senior Citizen Identification card.

Calendar of Events*

* Subject to Change

Monday

Feeling Good Again Exercise*	9:00 a.m. – 10:00 a.m.
Senior Citizen Photo I.D. Cards	9:30 a.m. – 4 p.m.
Senior Lunch Program	11:30 a.m. -12:30 p.m.
Stelton Senior Club Meeting	12:00 p.m.

Tuesday

Senior Citizen Photo I.D. Cards	9:00 a.m. – 4 p.m.
Senior Lunch Program	11:30 a.m. -12:30 p.m.
Lindeneau Senior Club Meeting	12:00 p.m.
Line Dancing with “Sandy & Lou”	6:30 p.m.– 7:30 p.m.

Wednesday

Tai Chi with Bob Maitland*	9:00 a.m.- 9:45 a.m.
Senior Citizen Photo I.D. Cards	9:00 a.m. – 4 p.m.
Senior Lunch Program	11:30 a.m. -12:30 pm
Clara Barton Seniors Club Meeting	12:00 p.m.
Line Dancing Club	10:00 a.m. – 11:30 a.m.

Thursday

Feeling Good Again Exercise with Dawn*	9:00 a.m. - 10:00 a.m.
Senior Citizen Photo I.D. Cards	9 a.m. - 4 p.m.
Senior Lunch Program	11:30 a.m. -12:30 pm
Oak Tree Seniors Club Meeting	1:00 p.m.

Friday

Senior Citizen Photo I.D. Cards	9 a.m. – 4 p.m.
Senior Lunch Program	11:30 a.m. -12:30 p.m.
Bonhamtown Seniors Club Meeting	12:00 p.m.



Programs and Services*

*Subject to Change

Feeling Good Again Chair Exercises A FREE bi-weekly chair exercise program offered Monday & Thursday mornings from 9 to 10. The program is designed to increase circulation, range of motion and flexibility. Resistance bands are available free of charge. Classes are provided by an experienced exercise instructor. Registration is not needed to participate.

Tai Chi Tai Chi is based on the principle of relaxation and calmness. It is considered a vehicle to better health and has been found to counter balance the negative affects of stress and inactivity. Tai Chi can be performed by all ages and physical conditions. This FREE class offers open attendance and is held Wednesdays from 9 to 9:45 a. m. Instruction is provided by an experienced Tai Chi master. Registration is not needed to participate.

Line Dancing Instruction Join our professional dance instructors as they lead the group in some of the most popular line dances. No partner required. Offered Tuesday evening from 6:30 – 7:30 p.m., Line dancing provides participants with cardiovascular exercise, improved balance and coordination. Registration is not needed to participate in this FREE program.

AARP Defensive Driving Program Learn defensive driving skills and qualify for a deduction on your car insurance. Offered in two four-hour sessions, this course is provided by a trained AARP representative. Cost is \$15 per person for AARP members/\$20 for non-members payable by check to AARP. Registration is required as seating is limited. Please contact the Edison Senior Citizen Center at 732-248-7345 for class schedule.

Lunch Bunch Join our “Lunch Bunch” as we sample the fare of restaurants in and around town while enjoying lunch and laughter in the company of friends and neighbors. Each participant will be responsible for the cost of their meal. Payment is made directly to restaurant at check out. Transportation will be provided from home or the Edison Senior Center to and from the restaurant. Pick up begins at 9:30 a.m. with lunch at 11:30 a.m. , leaving for home at 1:30 p.m. Reservations are first come first serve. Bus seating restricts participation to the first 24 individuals. Please call the Edison Senior Center at 732-248-7345 to reserve your seat and indicate if you prefer to be picked up from home or the senior center.

Wii The Edison Senior Center is equipped with a Wii home video game console game system. A distinguishing feature is the game's wireless controller. This handheld pointing device detects movement and speed with participants use their arms, legs and torso to direct movement. Standing is not required for play. The Wii allows individuals to play against a Wii computerized player, with another person or multiple players.

Senior Lunch Program The Edison Senior Citizen Center is a host site for the Middlesex County Department on Aging Senior Meals Program.

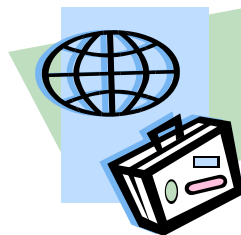
Individuals 60 years of age and older are invited to come to the Edison Senior Center to enjoy a meal providing 1/3 of the recommended daily allowance and social interaction five days per week. Lunch is served at 11:30 am. Transportation is provided to Edison residents who wish to participate in this program.

A "Fair Share" recommended donation is \$2.25 per meal per day. Pre-registration is required and 24 hour reservation or cancellation notice is requested. Please contact the Edison Senior Center Nutrition site manager at 732-452-0377 for meal and transportation information.

For frail/disabled homebound seniors there is a home delivered meal program available for weekday and weekend meals. A special "Ensure Seniors Are Nourished" program provides Ensure Plus to eligible seniors who are not able to partake in regular food diets due to certain health conditions. Please contact the Edison Senior Center Nutrition site manager at 732-452-0377 for cost, and eligibility information.

Travel Opportunities The Edison Senior Center offers various travel opportunities from one day excursions to overnight trips to a mountain resort as well as long distance guided bus trips to locations throughout the Eastern and Southern United States.

Cost is paid per person and registration is required. Please contact the Edison Senior Citizen Center at 7302-248-7345 for upcoming trips, destinations and departure dates.





Senior Club Information

The Edison Senior Center offers various programs throughout the week as well as daily club meetings. Club membership is available to individuals who are 60 years of age or older. Younger individuals may apply for club membership at the discretion of the club president.

There are 6 clubs currently meeting at the center. Club business is discussed and information on trips, special events, and other areas of interest is presented to the membership. Club meetings may include speakers or experts on various topics, games, bingo, luncheons and other such activities. Membership dues are collected annually.

Each club is made up of members from a particular area of town and meets on an appointed day of the week. Township senior transportation is provided to eligible individuals free of charge on the day of the week associated with their particular area of town. Should an individual wish to attend/join additional clubs, they must provide their own transportation. Applications for club membership are available at the senior center.

Stelton	Monday at 12 p.m.
Lindeneau	Tuesday at 12 p.m.
Line Dancers	Wednesday at 10 a.m.
Clara Barton	Wednesday at 12 p.m.
Oak Tree	Thursday at 1 p.m.
Bonhamtown	Friday at 12 p.m.



Transportation Services



The Edison Senior Citizen Center provides curb-to-curb transportation services, free-of-charge, to Edison seniors who have no other means of transportation. The service is **not available** to seniors who have a car, are currently driving or have other means of transportation such as a spouse or family member. If a senior is found to be in violation of this rule, services will be suspended. We also provide transportation to those who are *temporarily disabled* due to surgery or medical condition.

The Township of Edison provides transportation services to its residents without regard to race, color, or national origin. The public is free to request additional information about the Township of Edison and its Transportation Services by dialing 732-248-7345. There are procedures that can be taken if a person feels they have been discriminated against.

Transportation is NOT provided to those living in long term care (nursing homes and residential care communities (assisted living facilities).

All requests for transportation must come from the individual in need of transportation. Please call the Edison Senior Citizen Center at 732-248-7345 and advise the staff that you are a new club member, new shopper or need medical transportation for the first time. You will be contacted by phone prior to your start date and will be advised of the *approximate* time you will be picked up for a particular service.

Please contact the Edison Senior Citizen Center at 732-248-7345 for specific information on transportation services and to schedule or cancel an appointment for transportation services.

I. Medical Transportation

Medical Transportation is available Monday through Friday between the hours of 9 a.m. and 3 p.m. to medical offices in Edison and Metuchen only. Due to the large volume of medical transportation requests, we ask that individuals contact our office a minimum of two weeks prior to their appointment date.



All transportation is available on a first come, first served basis. Please call 732-248-7345 to cancel or schedule an appointment. If we are unable to accommodate a request, we will ask that the physician appointment be rescheduled for another date or time. Our first appointment pick up time is at 9 a.m. and last pick up from the medical office is at 3 p.m. We will not accept a request for medical transportation scheduled after 1:30 p.m.

Those individuals requesting repetitive appointments for physical therapy, chemotherapy or radiation therapy must follow the guidelines outlined below:

1. Obtain a prescription for therapy from your physician.
2. Arrange your therapy schedule with your facility of choice in Edison or Metuchen.
3. Fax a copy of your prescription to the transportation coordinator at 732-767-0433.
4. Call the Edison Senior Center to schedule your therapy dates and times.
5. If therapy is extended past the original schedule, a new prescription must be faxed to the transportation coordinator.
6. Passengers are to be ready for pick up within one hour of their medical appointment and rides are often shared with other passengers.
7. Passengers will be dropped off outside of the physician's office.
8. Drivers do not accompany passengers inside the building.
9. When your appointment has been completed, follow up appointments have been scheduled and all other personal business finished, please have the office staff contact the senior center at 732-248-7345 and advise us that you are ready to be picked up for a return trip home.
10. Please wait in the lobby or any other area which will allow you to see our bus pull up to the building

Residents requesting medical transportation, please note:

Please call the Edison Senior Center to schedule your medical transportation needs at 732-248-7345 as early as possible.

You will be asked to provide us with the following information:



1. Your name, address and telephone number
2. The date and time of your appointment
3. An emergency contact name and phone number
4. If you use a wheelchair, walker or cane
5. If someone will be accompanying you to assist you with your wheelchair.

II. Club Transportation

Club members are considered regular passengers and once registered for transportation will be automatically picked up on a weekly basis. It is the responsibility of the club member to call and cancel their club transportation due to weather, illness, travel plans or hospitalization.

- Club members will be picked up on their designated day only.
- It is your responsibility to contact the Edison Senior Center at 732-248-7345 if you have need to cancel your club transportation.
- The driver will pick you up at your home, drop you off at the senior citizen center and return you to your home at the end of your club meeting. The driver will not drop you off at the mall, a friend's home or within walking distance of your home.
- In the event of inclement weather your club president will make the decision as to whether or not to cancel the club meeting. You will be notified by your club phone chain if the meeting is cancelled.





III. Shopping Transportation

Those who have registered for shopping are considered regular passengers and once registered will be automatically picked up on a weekly

basis. It is the responsibility of each individual to call the senior center at 732-248-7345 to cancel their club transportation due to weather, illness, travel plans or hospitalization.

Pick up time for shopping will vary daily dependent on traffic, the number of riders and weather. The driver will drop all shoppers off at the store and will advise them of the return pick up time and location. (Times will vary depending on the location of the shopping center.)

We ask that you be considerate and courteous regarding the amount of items you buy at the grocery store. Our buses are quickly crowded by shopping bags belonging to each rider. A good “rule of thumb” is buy only as much as you can carry, unaided, by yourself. Although our drivers will be there to offer assistance, loading volumes of grocery bags on and off the bus is cumbersome and NOT the responsibility of the drivers.

We reserve the right to restrict the quantity of cases of water or soda, pet food, watermelons, detergent/bleach, and family sized food items allowed on the bus. Those with large shopping orders will be asked to board the bus last and assist with the loading of items onto the bus.

Once you return home, you will be responsible for the transporting of your grocery bags to your apartment or home as the driver is not required to carry the bags to your door.

Carts, coolers, suitcases or duffle bags are not allowed on the shopping bus. Heavy items such as cases of water, watermelons and pet food are not allowed on the bus unless the passenger is able to carry them unaided.

- It is your responsibility to contact the Edison Senior Center at 732-248-7345 if you have need to cancel your transportation.
- If your shopping day is cancelled due to inclement weather an attempt will be made to reschedule the missed food shopping trip. You will be notified by phone should we be able to provide you with an alternate

VI. Senior Lunch Program



Transportation is available to Edison residents who wish to participate in the Middlesex County Senior Lunch Program hosted at the Edison Senior Citizen Center. Individuals from throughout Edison Township who currently do not drive can request free transportation one to five days a week and participants may arrive at the senior center as early as 10 a.m. Lunch is served at 11:30 a.m. and the participants will then board the bus at 12:30 p.m. for the return ride home.

All transportation needs are arranged through the Edison Senior Center Nutrition site manager at 732-452-0377.

Homebound residents may be eligible for home delivered meals through the county “meals-on-wheels” program. Additional information can be obtained by calling 732-452-0377.

VII. Dial A Ride

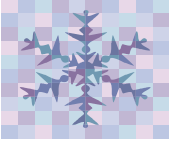


The Edison Senior Center Transportation Services have expanded! We are now offering residents 18 and older, FREE curb to curb, round trip transportation services to banks, pharmacies and hairdressers/barbers in Edison and Metuchen.

Please have the name, address and appointment time available when scheduling your appointment.

- Appointments are available Monday through Friday between the hours of 9am and 2:30pm
- All appointments must be completed by 3:15
- You may be required to share a ride with another Township resident
- Trips can be scheduled in advance by calling 732-248-7345
- The program does not offer same day transportation.

Inclement Weather

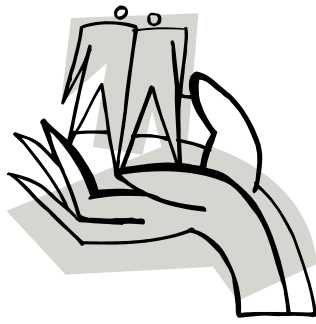


The Edison Township Senior Center staff makes every effort to provide transportation on a daily basis. In the event of inclement weather safety is our first priority and decisions are based on various road, weather, staffing and safety considerations. In the event of inclement weather:

1. Each club president will make the decision as to whether or not a club meeting is to be cancelled due to inclement weather. It is the responsibility of the club president to make arrangements for the notification of meeting cancellations to the club members.
2. The Edison Senior Citizen Center reserves the right to cancel any and all transportation services based on information obtain related to snow, rain and flooding, dangerous road conditions, safety issues, or emergency situations.
3. In the event of inclement weather, every effort will be made to safely transport clients scheduled for medical appointments, but those individuals receiving life-sustaining treatments will be given a priority.
4. Should there be a need to cancel regularly scheduled food shopping routes due to the status of the roads and our ability to transport our customers safely calls will be placed by senior center staff members to all effected shoppers to cancel services.
5. The decision to cancel the Senior Lunch Program due to inclement weather will be made by the Middlesex County Office on Aging. Inquiries regarding cancellations should be forwarded to 732-452-0377.
6. Residents are encouraged to call the Edison Senior Center at 732-248-7345 with any questions or concerns regarding the status of transportation services and our ability to transport clients safely.

In the event of severe weather, we ask that you use your best judgment. Only you can decide if you are capable of safely meeting the van at your curb. When in doubt, it is best to err on the side of safety. You can always reschedule your appointment for another day. No doctor's appointment is worth a stay in the nursing home or hospital as a result of a fall or injury.





Elder Care Services Available at Edison Senior Center

The Senior Center staff offers residents assistance with a variety of needs and concerns. Seniors, friends and family members as well as older adults with a disability are encouraged to contact the senior center for assistance.

Information and assistance is available with issues concerning:

- physical and cognitive changes of aging
- future planning considerations
- community resources and entitlements
- care giving support, health care and health insurance concerns
- completion of applications for PAAD, Senior Gold, home energy assistance programs, property tax reimbursement and homeowner/tenant rebates
- senior housing and various home health care services
- management of financial and health insurance paperwork
- counseling services to seniors and their families.

Staff and volunteers who are State Health Insurance Program (SHIP) Counselors receive quarterly training on the latest information concerning Medicare, Medicaid, HMOs, Medicare supplement insurance, and Long Term Care options. Information and assistance is provided to help seniors make informed choices concerning Medicare D prescription drug insurance programs, health care options, medigap policies and enrollment periods.

Home visits are available to homebound elderly and the disabled. Early evening appointments can be arranged for those who work. Assistance can be obtained by dialing 732-248-7345.

Important Phone Numbers

MEDICARE.....1-800-633-4227
PAAD/Senior Gold (NJ Prescription Assistance.....1-800-792-9745

EDISON TOWNSHIP

EMERGENCY (Fire, Police, Poison).....911
 Police Department (Non– Emergency).....732-248-7400
 Fire Department (Non– Emergency).....732-248-7500
EDISON TOWNSHIP SENIOR CITIZEN CENTER.....732-248-7345
 Edison Senior Transportation.....732-248-7345
 Edison Elder Care Services732-248-7345
SHIP (State Health Insurance Counseling Program).....732-248-7345
EDISON HEALTH DEPARTMENT (Administrative Office)....732-248-6433
 William Toth Health Center/Public Health Nurses.....732-248-7285
STELTON COMMUNITY CENTER.....732-248-7312
MINNIE VEAL RECREATION CENTER.....732-248-7316
EDISON TAX COLLECTOR.....732-248-7228
EDISON MAIN LIBRARY.....732-287-2298
EDISON ANIMAL SHELTER.....732-248-7278
OFFICE OF THE MAYOR.....732-248-7298

MIDDLESEX COUNTY

MIDDLESEX COUNTY OFFICE ON AGING.....732-745-3295
MIDDLESEX COUNTY BOARD OF SOCIAL SERVICES.....732-745-3500
MIDDLESEX COUNTY SENIOR MEAL PROGRAM.....732-745-2062
MEALS ON WHEELS (EDISON).....732-452-0377
 Senior Meal Site (EDISON).....732-452-0377

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Township of Edison
Department of Health and Human Services
Division of Senior Citizen Services

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Edison, NJ 08837

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Fax: 732-767-0433

www.EdisonNJ.org



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P. Elliot, Director of Health and Human Services