

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
Dr. Nima Patel, Director of Health & Human Services**

Welcome to the Edison Senior Citizen Center!

The Edison Senior Citizen Center is located at **2963 Woodbridge Ave.** and provides a wide variety of services to the senior residents of Edison Township. The Center is open to the public **Monday through Friday, 9:00 a.m. to 3:30 p.m.** 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.

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.

The staff at the senior center is ready to assist residents of Edison with obtaining information and access to services provided throughout the Township. The staff oversees the planning and coordination of activities and events, offers clerical and administrative support, and provides transportation to food shopping and medical appointments. The staff also offers assistance with health insurance counseling, social services, and confidential needs.

Programs include but are not limited to:

Chair Yoga

Exercise

Tai Chi

Line Dancing

Educational Presentations

Games

Arts & Crafts



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 65 years of age and older or individuals who are permanently disabled may obtain a **Free Edison Township Senior Citizen Senior Identification Card** which will 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. Please contact the appropriate department for more information:

Edison Animal Shelter: 732-248-7278

Health Department: 732-248-7290

Code Enforcement: 732-248-7257

Recreation Department: 732-248-7310

Toth Health Center: 732-248-7286

The Edison Township Senior Citizen Identification Card will also automatically **freeze your sewer rates**. Please contact the **Edison Sewer Department at 732-248-7323** for more information.

Applications are available **Monday through Friday from 9a.m. to 3:30p.m.** at the Edison Senior Citizen Center. Proof of residency and age is required for each applicant. A New Jersey driver's license, non-driver identification card, plus a copy of a tax or utility bill in the applicants name are the only forms of acceptable identification. If the applicant is in assisted living, a copy of the lease agreement is required. 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

Senior Citizen Photo I.D. Cards	9:00am – 3:30pm
Exercise with Dawn	9:00am – 10:00am
Senior Lunch Program	11:30am–12:30pm

Tuesday

Senior Citizen Photo I.D. Cards	9:00am – 3:30pm
Chair Yoga with Dawn	10:15am – 11:00am
Senior Lunch Program	11:30am– 12:30pm

Wednesday

Senior Citizen Photo I.D. Cards	9:00am – 3:30pm
Tai Chi with Bob Maitland*	9:00am – 9:45am
Line Dancing Program	10:00am – 11:30am
Senior Lunch Program	11:30am–12:30pm

Thursday

Senior Citizen Photo I.D. Cards	9:00am – 3:30pm
Exercise with Dawn	9:00am – 10:00am
Senior Lunch Program	11:30am– 12:30pm

Friday

Senior Citizen Photo I.D. Cards	9:00am – 3:30am
Line Dancing Program	9:00am – 11:00am
Senior Lunch Program	11:30am– 12:30pm



Programs and Services*

*Subject to Change

Exercise with Dawn

A FREE chair exercise program offered *Monday & Thursday mornings from 9am to 10am*. The program is designed to increase circulation, range of motion, and flexibility. Classes are provided by an experienced exercise instructor. **Registration is not needed to participate.**

Chair Yoga with Dawn

A FREE program offered *Tuesday mornings from 10:30am to 11am*. The program is designed to increase circulation, range of motion, and flexibility. 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 effects 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 9am to 9:45am*. Instruction is provided by an experienced Tai Chi master. **Registration is not needed to participate.**

Line Dancing Program

Join our professional dance instructors as they lead the group in some of the most popular line dances. No partner required. Offered *Wednesdays from 10 to 11:30am and Fridays from 9am to 11am*. Line dancing provides participants with cardiovascular exercise, improved balance and coordination. **Registration is not needed to participate in this FREE program.**

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. 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.



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 shopper or need medical transportation for the first time.

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. Please call 732-248-7345 to cancel or schedule an appointment.

All transportation is available on a first come, first served basis. 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 our 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.

Individuals requesting recurring appointments for physical therapy, chemotherapy, or radiation therapy must arrange their therapy schedule with their facility of choice in Edison or Metuchen and call the Edison Senior Center to schedule therapy dates and times.

Upon scheduling an appointment, you will be asked to provide us with the following information:

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

Please note:

- Passengers should be ready for pick up within one hour of their appointment
- Passengers will be dropped off outside of the physician's office. Drivers do not accompany passengers inside the building.
- When your appointment is complete, please have the office staff contact the senior center at 732-248-7345 and advise us that you are ready to be picked up. Please wait where you can see our bus pull up to the building.

II.

Shopping Transportation



Those who have registered for shopping are considered regular passengers. Once registered, you will be automatically picked up on a weekly basis. It is your responsibility to contact the Edison Senior Center at 732-248-7345 if you have need to cancel your transportation.

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 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 of 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. Loading volumes of grocery bags on and off the bus is **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 will **not** 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, watermelon, and pet food are not allowed on the bus unless the passenger is able to carry them **unaided**.

III. Dial-A-Ride



The Edison Senior Center Transportation Services offers residents **55 and older** and disabled adults FREE curb to curb, round trip transportation services to banks, pharmacies and hairdressers/barbers in Edison and Metuchen.

- The service is **not designed to assist** residents who have a car, are currently driving, or have other means of transportation such as a spouse or family member.

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 1:30pm
- All appointments must be completed by 3:00 pm
- 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. 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.
2. 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.
3. 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.
4. 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.
5. 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.

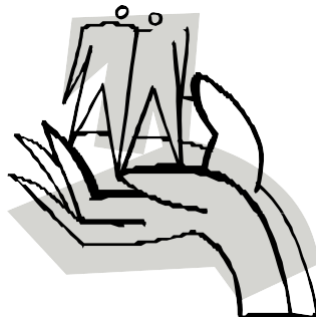


Elder Care Services Available at Edison Senior Center

Senior center staff offer assistance to Edison residents with a variety of needs and concerns. Seniors, older adults with a disability, and friends and family are encouraged to contact the senior center regarding:

- The physical and cognitive changes of aging
- Future planning considerations
- Community resources and entitlements
- Care giving support
- Health care and health insurance*
- Completion of applications for SNAP, PAAD, PTR, etc.
- Senior housing or home health care services

**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.*



Important Phone Numbers

COMMUNITY RESOURCES/SERVICES.....	211
MEDICARE... ..	1-800-633-4227
PAAD/Senior Gold (NJ Prescription Assistance)... ..	1-800-792-9745
NEW JERSEY TRANSIT ACCESS LINK.....	1-800-955-2321
SOCIAL SECURITY ADMINISTRATION.....	1-800-772-1213
ADULT PROTECTIVE SERVICES (APS).....	732-745-3635

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 HEALTH DEPARTMENT (Administrative Office)	732-248-7290
William Toth Health Center/Public Health Nurses.....	732-248-7285
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
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MIDDLESEX COUNTY BOARD OF SOCIAL SERVICES... .. 732-745-3500
MIDDLESEX COUNTY SENIOR MEAL PROGRAM 732-745-2062
MEALS ON WHEELS (EDISON)... 732-452-0377
MIDDLESEX COUNTY AREA WIDE TRANSPORTATION (MCAT).....1-800-221-3520