



Cape May County Public Health Community Resource Directory



*Linking people to needed
community health services*



Linking people to needed community health services

The Cape May County Public Health
Community Resource Directory is a
collaborative effort between the Mobilizing for Action
through Planning and
Partnership (MAPP) Group and the
Cape May County Department of Health.



Public Health
Prevent. Promote. Protect.

Kevin L. Thomas, M.A.
Health Officer
Public Health Coordinator
Cape May County Department of Health

For information call: 609.465.1187

For the most updated directory visit our website @
www.cmchealth.net
under Public Health Resources

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Cancer Information and Referral

American Cancer Society-Region 20

626 North Shore Road
Absecon, New Jersey 08201

(P:) (609) 641-4030; (800) 227-2345 (Fax:) (609) 677-8941

Website: www.cancer.org

Purpose: One to one and group support programs, information services, and public education services.

Atlantic Medical Imaging

421 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 463-9500

Website: www.atlanticmedicalimaging.com

Purpose: Mammography Center

Cape Atlantic Coalition for Health

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 463-6521 (Fax:) (609) 463-0511

Contact: Dick Colosi, Coordinator

E-Mail: rcolosi@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Goals - Engage healthcare providers and the general public to partner on evidence/practice based community-clinical interventions to reduce chronic disease. - Implement effective policy, system, environmental changes to improve public health. - Enact the New Jersey Comprehensive Cancer Control Plan in Atlantic and Cape May County.

Cost: Free

Cancer Information and Referral

Cape May County Department of Health—Cancer Education and Early Detection (CEED)

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1047 (Fax:) (609) 463-6663

Contact: Carol Porter, Program Coordinator

Website: www.cmchealth.net

Purpose: The CEED (Cancer Education and Early Detection) Program provides screening for breast, cervical, prostate and colon/rectal cancers for men and women who are Cape May County residents. Women ages 40-65 and men ages 50-64 with no insurance are eligible. If there is a family history of cancer, screenings should begin earlier.

Eligibility: Cape May County residents

Cape Radiology, an affiliate of Cape Regional Medical Center

4011 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-0100

Purpose: Serving the outpatient radiology needs of Cape May County, Cape Radiology offers an array of advanced diagnostic imaging modalities including Open MRI (Magnetic Resonance Imaging), CT – multi-slice Computed Tomography and CTA Services, DEXA Scanning for Bone Mineral Density (BMD), Fluoroscopy, Digital Mammography, Ultrasound, and X-ray. To schedule an appointment at Cape Radiology in Rio Grande, please call (609) 463-0100.

Cost: Fee for service/insurance.

Doshi Diagnostic Imaging Center

13-15 Mechanic Street
Cape May Court House, New Jersey 08210

(P:) (609) 465-7800

Purpose: Mammography Center

Cost: Fee for service/insurance.

Cancer Information and Referral

Holy Redeemer Hospice - NJ Shore

1801 Route 9 North
Swainton, New Jersey 08210

(P:) (609) 465-2082

Website: www.holyredeemer.com

Purpose: Hospice & Home Health Care

Lymphedema Management Program at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2635

Website: www.caperegional.com

Purpose: At Cape Regional Medical Center, we offer a number of treatment options to reduce the effects of Lymphedema that are individualized and tailored to the needs of each patient. Treatments may include: manual lymphatic treatment (MLT), a light, rerouting massage; medical compression bandaging; special exercises to increase lymphatic drainage; skin care and precautionary advice; modification of daily living activities and lifestyle adaptations; education and support. A physician referral is required. Please call The Rehabilitation Medicine Department at Cape Regional Medical Center at (609) 463-2635.

Eligibility: Individuals with Lymphedema

Cost: Services covered by Medicare and most health insurance plans.

Cancer Information and Referral

Thomas & Claire Brodesser, Jr. Cancer Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2298

Website: www.caperregional.com

Purpose: As cancer treatments continue to evolve and advance, Cape Regional Medical Center stands at the forefront of today's technology by offering IMRT (Intensity Modulated Radiation Therapy) and IGRT (Image Guided Radiation Therapy) in addition to standard radiation therapy. The Cancer Center at Cape Regional Medical Center uses sophisticated technology to deliver radiation to cancerous tumors with more precision, control and effectiveness than has ever been possible before. A physician referral is required. Call The Thomas & Claire Brodesser Jr. Cancer Center at Cape Regional Medical Center at (609) 463-2298 for information.

Eligibility: Individuals with cancer.

Cost: Radiation therapy services are covered by Medicare and most health insurance plans.

Child Health/Adolescent Services

Cape Assist

3819 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 522-5960 (Fax:) (609) 522-4074

Contact: Lynne Krukosky

E-Mail: email@capeassist.org

Website: www.capeassist.org

Purpose: Prevention, education of drug and alcohol abuse. Peer leadership program, juvenile diversion and parenting work shops.

Eligibility: The public

Cost: Services may be free or have a fee.

Cape May County Department of Health - Child Health Clinic

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-6835

Contact: Kelly Frame, RN

Website: www.cmchealth.net

Purpose: To provide well child examinations by a health practitioner, screenings for lead exposure, anemia testing, and immunizations to children 0-18.

Eligibility: Exams can be provided to anyone. Immunizations are available to children who are uninsured or who have Medicaid.

Cost: General cost is \$10. There is a sliding scale fee for those who can provide proof of income. Those with New Jersey Family Care are asked to present their insurance cards.

Child Health/Adolescent Services

Cape May County Department of Health - Special Child Health Services

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-6841 (Fax:) (609) 463-0511

Contact: Elaine Lee—Case Management—(609) 465-6841 Trish Schlarp—Service Coordination/Early Intervention—(609) 465-1202; Claire Eisenmann—Service Coordination/Early Intervention—(609) 465-1199

E-Mail: elee@co.cape-may.nj.us; tschlarp@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Help families meet the needs of their children and assist in accessing community resources. Services are available to any family with a child from birth through 21 years of age who is born with or later develops a condition that can impact on development, learning or health. We are the single point of entry into the Early Intervention Program, which assists families of children from birth to age three. The service coordinator will assist you in obtaining a developmental assessment for your child and help you to access services and community resources. As a team, we will assist in the continual development of an Individual Family Service Plan to address your concerns and needs and ensure that you are aware of and understand your rights throughout the Early Intervention process.

Eligibility: Case Management—Any child birth through 21 years old who is born with or later develops a condition that can impact on development, learning or health. Service Coordination - Any child birth to age 3 with a concern regarding a developmental delay.

Cost: No charge for Case Management or Service Coordination. If eligible for Early Intervention services, cost is determined according to income.

Cape May County Healthy Community Coalition

3819 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 729-8697 (Fax:) (609) 729-3459

Contact: Kim Mounce

Purpose: To reduce substance abuse through promotion of positive youth development.

Child Health/Adolescent Services

Cape May County Youth Shelter

151 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-5045 (Fax:) (609) 465-0565

Website: www.capemaycountygov.net

Purpose: To provide short term out-of-home placement for youth, as well as referral for services.

Cape May Head Start #1, #2

Mitnick School; 905 Seashore Road
Cape May, New Jersey 08204

(P:) (609) 898-0037; (609) 898-0046

Purpose: To provide an early childhood development program in Atlantic and Cape May Counties.

Cape/Atlantic Integrated Network for Kids (I.N.K.)

200 South Shore Road Unit 4
Marmora, New Jersey 08223

(P:) (609) 390-4448 (Fax:) (609) 390-4447

Purpose: To provide care management to children and adolescents with behavioral and emotional challenges and their families.

Division of Youth and Family Services (DYFS), Cape May Local Office

Court House Commons 601 Route 9 South Building B
Cape May Court House, New Jersey 08210

(P:) (877) 652-2873; (609) 463-9652, (800) 531-1259 (Fax:) (609) 463-9689

Purpose: Resource for DYFS clients, foster parents, family or members of the public having problems with the division's policies or procedures.

Child Health/Adolescent Services

Exchange Club Family Center

854 Asbury Avenue
Ocean City, New Jersey 08226

(P:) (609) 399-9110 (Fax:) (609) 399-9910

E-Mail: ronilynn327@gmail.com

Website: www.caringforkids.org

Purpose: Primary focus is to provide supportive parenting and child development education through our unique home visitation program.

Lower Cape May Regional (LCMR) School Based Youth Services

687 Route 9 South
Cape May, New Jersey 08204

(P:) (609) 884-3475 ext 361 (Fax:) (609) 778-6191

Purpose: Recreational, mental health, and substance abuse services to teens living in the Lower Cape Regional School area. Hours 8:30 am - 3:30 pm.

Eligibility: Ages 13-19

Rutgers Cooperative Extension—4H Youth Development Program

355 Courthouse/South Dennis Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-5115 (Fax:) (609) 465-5953

Website: www.capemaycountygov.net

Purpose: To provide youth the opportunity to develop knowledge and skills in a "learn by doing" environment.

Rutgers Cooperative Extension—Family and Community Health Sciences

355 Courthouse/South Dennis Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-5115 (Fax:) (609) 465-5953

E-Mail: rochford@njaes.rutgers.edu

Website: www.njaes.rutgers.edu

Purpose: To assist individuals and families in decision making to improve health through the use and application of researched based information.

Child Health/Adolescent Services

Sitters at the Shore Care Aware, Inc.

305 Third Street
Rio Grande, New Jersey 08242

(P:) (609) 465-0840

Website: www.sittersattheshore.com

Purpose: Child care referral agency referring screened professional sitters.

TIP of Cape May County

Holy Redeemer Home Care, 1801 Route 9 North
Swanton, New Jersey 08210

(P:) (609) 465-2082

Contact: Marquerite Smith

Purpose: Offer education and support to new parents through home visitation and the use of a parenting curriculum.

Eligibility: Pregnant women and parents with a child under 12 month of age. If parent is on TANF this program can count as part of work hours.

Cost: Free

After School Program

Lower Township Douglass Memorial After School Program

Memorial School 2600 Bayshore Road
Villas, New Jersey 08251

(P:) (609) 898-9008 (Fax:) (609) 898-9008

Purpose: To provide after school child care.

Middle Township Elementary #1 Mask After School Program

(P:) (609) 463-0699

Purpose: To provide after school child care.

Child Health/Adolescent Services

Head Start Program

Atlantic Human Resources, Inc. Head Start Program

1 South New York Avenue Suite 313
Atlantic City, New Jersey 08401

(P:) (609) 348-4166

Purpose: To provide an early childhood development program in Atlantic and Cape May Counties.

Lower Township Centers

Memorial School 2600 Bayshore Road
Villas, New Jersey 08251

(P:) (609) 886-0050; (609) 886-4100

Purpose: To provide an early childhood development program in Atlantic and Cape May Counties.

Ocean City Center

Housing Authority Building 204 4th Street
Ocean City, New Jersey 08226

(P:) (609) 398-7357

Purpose: To provide an early childhood development program in Atlantic and Cape May Counties.

Whitesboro Center

100 East Main Street
Whitesboro, New Jersey 08210

(P:) (609) 348-4166 (Fax:) (609) 449-1327

Contact: Mrs. Mendez

E-Mail: ahrhs@comcast.net

Purpose: To provide an early childhood development program in Atlantic and Cape May Counties.

Cost: 3-5 years of age/income guidelines

Child Health/Adolescent Services

Woodbine Center

Longfellow and Monroe Streets
Woodbine, New Jersey 08270

(P:) (609) 861-2804

Purpose: To provide an early childhood development program in Atlantic and Cape May Counties.

Community Governmental Agencies

Cape May County Board of Social Services

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

E-Mail: socialservices@cmcbss.com

Website: www.cmcbss.com

Purpose: Work First New Jersey, General Assistance, Food Stamps, Adult Medicaid, Family Medicaid, Emergency Assistance, Adult and Family Services.

Cape May County Department of Aging

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784; Mobile Meals: 609886-2784 (Fax:) (609) 889-0344

Purpose: Services and programs for home bound adults 60 years of age and over.

Cape May County Department of Health

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1187; (609) 465-1190

Website: www.cmchealth.net

Purpose: Offers clinic services and overall health services for Cape May County residents.

Social Security Administration

Ocean City Residents
100 Decdon Drive
Pleasantville, New Jersey 08232

(P:) (800) 772-1213; Medicare Info: (800) 633-4227 (Fax:) (609) 886-2383

Purpose: Administers Social Security programs, retirement services, disability and Medicare.

Community Governmental Agencies

Social Security Administration

1500 Rt. 47 Station 8 Rio Grande Plaza
Rio Grande, New Jersey 08242

(P:) (800) 772-1213; Medicare Info: (800) 633-4227 (Fax:) (609) 886-2383

Purpose: Administers Social Security programs, retirement services, disability and Medicare.

Community Health Services

“Fit for Life” Cardiac & Pulmonary Rehabilitation at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2348

Contact: None

Website: www.caperegional.com

Purpose: The goal of Pulmonary Rehabilitation is to restore and promote healthy habits and improve day-to-day living experiences. Those who suffer from pulmonary diseases, such as Chronic Obstructive Pulmonary Disease (COPD) and related conditions that may hinder their living activities, benefit from a supervised program of exercise and education. To schedule an appointment or evaluation, please call (609) 463-2348. A physician's referral is required.

Eligibility: Individuals with cardiac or pulmonary disease.

Cost: Services covered by Medicare and most health insurance plans.

Access One, Inc.

730 Shore Road
Somers Point, New Jersey 08244

(P:) (609) 927-6662 ext 6 (Fax:) (609) 927-2942

Purpose: Providing case management services and coordinating and arranging for the provision of primary medical care services for individuals infected and affected by HIV/AIDS.

Balance Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (800) 632-6807

Purpose: To diagnose balance disorders and provide treatment to improve well being, functioning and independence of affected individuals.

Eligibility: Individuals who suffer from vertigo, dizziness or balance disorders.

Cost: Services covered by Medicare and most health insurance plans.

Community Health Services

Cape Assist

3819 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 522-5960 (Fax:) (609) 522-4074

Contact: Lynne Krukosky

E-Mail: email@capeassist.org

Website: www.capeassist.org

Purpose: Prevention, education of drug and alcohol abuse. Peer leadership program, juvenile diversion and parenting work shops.

Eligibility: The public

Cost: Services may be free or have a fee.

Cape Atlantic Coalition for Health

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 463-6521 (Fax:) (609) 463-0511

Contact: Dick Colosi, Coordinator

E-Mail: rcolosi@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Goals - Engage healthcare providers and the general public to partner on evidence/practice based community-clinical interventions to reduce chronic disease. - Implement effective policy, system, environmental changes to improve public health. - Enact the New Jersey Comprehensive Cancer Control Plan in Atlantic and Cape May County.

Eligibility: CACFH - membership is open to county healthcare and community leaders.

Cost: Free

Cape Community Health Center

410 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-0258

Purpose: Primary health care center.

Community Health Services

Cape MRI Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-4000

Website: www.caperegional.com

Purpose: The Cape MRI Center at Cape Regional Medical Center provides MRI Imaging in a new state-of-the-art facility. The MRI is designed to provide high performance imaging and faster exam times in an open, patient-friendly scanning environment. The advanced MRI technology eliminates the need for contrast for many procedures. MRI is used to detect problems of the abdomen, blood vessels, bones and joints, chest, head and brain (including ears) and spine.

Eligibility: A physician referral/prescription is required.

Cost: Services covered by Medicare and most health insurance plans.

Cape May County Department of Health Physical Therapy

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1196

Contact:

Website: www.cmchealth.net

Purpose: Outpatient services for orthopedic and sports injuries, as well as geriatric and pediatric rehabilitation needs.

Eligibility: Physician referral required.

Cost: Services are covered by most insurance programs.

Cape May County Discount Prescription Card

6 Moore Road, DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1200; (800) 321-6755

Website: www.cmchealth.net

Purpose: To help lower the cost of prescription medication and other health services for uninsured and underinsured persons.

Cost: Free

Community Health Services

Cape Radiology, an affiliate of Cape Regional Medical Center

4011 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-0100

Purpose: Serving the outpatient radiology needs of Cape May County, Cape Radiology offers an array of advanced diagnostic imaging modalities including Open MRI (Magnetic Resonance Imaging), CT – multi-slice Computed Tomography and CTA Services, DEXA Scanning for Bone Mineral Density (BMD), Fluoroscopy, Digital Mammography, Ultrasound, and X-ray. To schedule an appointment at Cape Radiology in Rio Grande, please call (609) 463-0100.

Eligibility: A physician's order is required.

Cost: Medicare and most health insurance plans cover the radiology and laboratory services offered at Cape Radiology.

Cape Regional Medical Center Take Control of Your Health

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-4043 (Fax:) (609) 463-4044

Contact: Bonnie Kratzer, RN, BSN

E-Mail: jkratzer@caperegional.com

Website: www.caperegional.com

Purpose: Take Control of Your Life is a workshop given two and a half hours, once a week, for six weeks, in community settings, such as senior centers, churches and libraries. Subject include: 1) techniques to deal with problems such as frustration, fatigue, pain, and isolation; 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance; 3) nutrition and 4) making informed treatment decisions. Sessions are highly participative, where mutual support and success builds the participant's confidence. Registration is required with the Cape Regional Medical Parish Nurse Department by calling (609) 463-4043

Eligibility: Anyone with a chronic condition or the caretaker of someone with a chronic condition.

Cost: Free

Community Health Services

Cardiac Catheterization Laboratory & Interventional Radiology Suite at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (800) 362-4123

Website: www.caperegional.com

Purpose: To provide safe, locally accessible low risk cardiac catheterization services at Cape Regional Medical Center. Cardiac catheterization services are provided by the Penn Cardiology Group from Penn Presbyterian Medical Center.

Eligibility: A physician referral is required. Please call the physician referral line at Cape Regional Medical Center for more information 1- (800) 362-4123.

Cost: Cardiac Catheterization services are covered by Medicare and other health insurance plans.

Department of Diagnostic Imaging at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2120

Website: www.caperegional.com

Purpose: Serving the inpatient and outpatient radiology needs of Cape May County, Cape Regional Medical Center offers an array of advanced diagnostic imaging modalities including high field MRI (Magnetic Resonance Imaging), CT – multi-slice Computed Tomography, Nuclear Medicine scanning, DEXA Scanning for Osteoporosis, Fluoroscopy, Mammography, Ultrasound, and X-ray.

Eligibility: Physician prescription and/or referral required.

Cost: Services covered by Medicare and most health insurance plans.

Community Health Services

EECP (Enhanced External Counter Pulsation) Therapy Program at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2348

Website: www.caperegional.com

Purpose: The EECP Therapy Program at Cape Regional Medical Center is a non-invasive outpatient treatment to help patients with refractory angina. After EECP, patients may experience fewer and less-intense angina attacks, require less-anti-angina medication, and are more active. Many return to daily activities such as walking, work, dining out, gardening, and travel, all with less restriction. After discussion with a cardiologist, the patient or the patient's physician may contact the EECP Therapy program by calling (609) 463-2348

Eligibility: Patients with refractory angina.

Cost: Covered by many insurances and Medicare. We will help you check with your insurance to determine your level of coverage or assist with payment options, if necessary.

Emergency Medicine at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (800) 362-4123

Website: www.caperegional.com

Purpose: To provide emergency care by highly skilled medical team certified in emergency care, trauma care, and adult and pediatric life support. Includes emergency neurology and stroke care via state-of-the-art teleneurology and video conferencing. Penn Heart Rescue™ Program delivers prompt assessment and stabilization at Cape Regional Medical Center for heart attack victims and air transportation to Penn Presbyterian Medical Center for expanded evaluation and treatment without delay. Rapid and efficient treatment for minor injuries in exclusive FastTrack service area. For any life-threatening emergency, call 911. For more information about Emergency Care at Cape Regional Medical Center, please call the Physician Referral Line at 1-(800) 362-4123.

Eligibility: Individuals in need of emergency medical care.

Cost: Covered by Medicare and most health insurance plans.

Community Health Services

Epilepsy Foundation of NJ

1AAA Drive, Suite 203
Trenton, New Jersey 08601

(P:) (856) 858-5900; (800) 336-5843 (Fax:) (609) 392-5621

Website: www.efnj.com

Purpose: Information and referral; public education; respite care.

Lymphedema Management Program at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2635

Website: www.caperegional.com

Purpose: At Cape Regional Medical Center, we offer a number of treatment options to reduce the effects of Lymphedema that are individualized and tailored to the needs of each patient. Treatments may include: manual lymphatic treatment (MLT), a light, rerouting massage; medical compression bandaging; special exercises to increase lymphatic drainage; skin care and precautionary advice; modification of daily living activities and lifestyle adaptations; education and support. A physician referral is required. Please call The Rehabilitation Medicine Department at Cape Regional Medical Center at (609) 463-2635.

Eligibility: Individuals with Lymphedema

Cost: Services covered by Medicare and most health insurance plans.

Community Health Services

MRI-MRA Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-4000

Website: www.caperregional.com

Purpose: The MRI-MRA Suite at Cape Regional Medical Center provides MRI-MRA imaging in a new state-of-the-art facility. The MRI-MRA is designed to provide high performance imaging and fast exam time in a short bore with a wide opening. The advanced MRI-MRA technology eliminates the need for contrast for many procedures. MRI-MRA is used to detect problems of the abdomen, blood vessels, bones and joints, chest, head and brain (including IAC's) and spine.

Eligibility: A physician referral/prescription is required.

Cost: Services covered by Medicare and most health insurance plans.

Magnolia Adult Medical Day Services

144 Magnolia Drive
Cape May Court House, New Jersey 08210

(P:) (609) 465-5416 (Fax:) (609) 465-4577

E-Mail: linda.lockwood@courthouseconvalescent.com

Website: www.courthouseconvalescent.com

Purpose: Provides medical administration and supervision. Also provides medical appointments, therapeutic recreation, counseling, and social activities including outing and interaction with others and transportation.

Community Health Services

Pathology and Laboratory Medicine at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2140

Website: www.caperegional.com

Purpose: To provide convenient blood draw services and specimen analysis. All specimens are analyzed by an experienced and caring staff of nationally certified laboratory scientists under the supervision of board-certified pathologists. Two convenient locations at Cape Regional Medical Center in Cape May Court House (7 a.m. to 11 p.m. seven days a week), and Cape Radiology on Route 9 South in Rio Grande (7 a.m. – noon, Monday through Friday). At Cape Regional Medical Center in Cape May Court House, please call (609) 463-2000. At Cape Radiology in Rio Grande, please call (609) 886-0100.

Eligibility: Physician prescription required.

Cost: Medicare and most health insurance plans cover laboratory services.

Physician Referral Line at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (800) 362-4123

Website: www.caperegional.com

Purpose: Cape Regional Medical Center's Physician Referral Line provides personalized and detailed information regarding physicians who are affiliated with Cape Regional Medical Center. The PRL Specialist is available to assist callers find a physician to meet their personal health related needs. The Physician Referral Line is toll free at 1-(800) 362-4123. The office is open from 9 a.m. – 5 p.m. Monday through Friday. The office is closed on all major holidays

Eligibility: Available to the public.

Cost: Free

Poison Control NJ

(P:) (800) 272-1222

Purpose: To provide key medical information and help reduce costly emergency room visits.

Community Health Services

Rehabilitation Medicine at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2629

Purpose: The Rehabilitation Department at Cape Regional Medical Center assists people in overcoming limitations caused by injury, illness, psychological or emotional difficulties, developmental delay, or the effects of aging. Their goal is to assist each individual to move from dependence to independence, maximizing personal productivity, well being and quality of life. To get yourself on the road to independent living, please call (609) 463-2629.

Eligibility: Individuals who need physical, occupational or speech therapy. Physician prescription required.

Cost: Services covered by Medicare and most health insurance plans.

Respiratory Care at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2020

Purpose: Cape Regional Medical Center's Respiratory Care Department provides state-of-the-art services for individuals who require treatment for a variety of breathing disorders. The Respiratory Therapists in the Department help diagnose, treat, manage, rehabilitate, and provide preventive care for patients with chronic cardiopulmonary challenges, such as asthma, obstructive pulmonary disease, or emphysema. Our outpatient services include pulmonary function testing, arterial blood gas testing, assisting physicians with bronchoscopes and administering tuberculosis skin testing.

Eligibility: Patients with chronic cardiopulmonary challenges and breathing disorders as listed above.

Cost: Services covered by Medicare and most health insurance plans.

S.H.I.P. (State Health Insurance Program)

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-8138

Purpose: Insurance program for Medicare enrollees.

Community Health Services

Safe Syringe Program at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2491

Website: www.caperegional.com

Purpose: If you are a diabetic or other injection-dependent person, proper disposal of “sharps” – syringes and lancets – can be a problem. The Safe Syringe Disposal Program ensures that “sharps” do not hurt your family or the environment. Registration is required with the Cape Regional Medical Center Employee Health & Wellness Center by calling (609) 463-2491. The Center is open from 8 a.m. – 4 p.m. Monday – Friday with the exception of all major holidays.

Eligibility: Diabetic or other injection-dependent person.

Cost: Free

Sleep Care Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (800) 753-3779

Website: www.caperegional.com

Purpose: Cape Regional Medical Center’s Sleep Care Center is dedicated to the diagnosis and treatment of sleep disorders for adults and children. The Sleep Care Center offers the latest diagnostic technologies with a home-like atmosphere to help you find relief and finally get a good night’s sleep.

Eligibility: Individuals with sleep problems including insomnia, sleep apnea, etc.

Cost: Services covered by Medicare and most health insurance plans.

Community Health Services

The Wound Care Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2624

Website: www.caperregional.com

Purpose: The Wound Care Center at Cape Regional Medical Center provides inpatients and outpatients with an evidenced-based Wound Care Program, individualized to the needs of the patient. Our licensed staff provides examination, evaluation, coordination of care, education and treatment. Direct interventions (treatments) may include whirlpool, pulsed lavage, electric stimulation for tissue repair, compression bandaging, selection of appropriate wound dressings, minor debridement, and vacuum assisted closure (VAC).

Eligibility: Individuals with wounds.

Cost: Most insurance plans cover this service.

Thomas & Claire Brodesser, Jr. Cancer Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2298

Website: www.caperregional.com

Purpose: As cancer treatments continue to evolve and advance, Cape Regional Medical Center stands at the forefront of today's technology by offering IMRT (Intensity Modulated Radiation Therapy) and IGRT (Image Guided Radiation Therapy) in addition to standard radiation therapy. The Cancer Center at Cape Regional Medical Center uses sophisticated technology to deliver radiation to cancerous tumors with more precision, control and effectiveness than has ever been possible before. A physician referral is required. Call The Thomas & Claire Brodesser Jr. Cancer Center at Cape Regional Medical Center at (609) 463-2298 for information.

Eligibility: Individuals with cancer.

Cost: Radiation therapy services are covered by Medicare and most health insurance plans.

Community Health Services

Volunteers in Medicine Clinic

423 Route 9
Cape May Court House, New Jersey 08210

(P:) (609) 463-2846 (Fax:) (609) 463-2830

Contact: Marge Carter

Purpose: Provides medical, pediatric and eye care services to financially eligible individuals and families who otherwise have no access to health insurance.

Wound Care Center at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2624

Website: www.caperegional.com

Purpose: The Wound Care Center at Cape Regional Medical Center provides inpatients and outpatients with an evidenced-based wound care program, individualized to the needs of the patient. Our licensed staff provides examination, evaluation, coordination of care, education and treatment. Direct interventions (treatments) may include whirlpool, pulsed lavage, electric stimulation for tissue repair, compression bandaging, selection of appropriate wound dressings, minor debridement, and vacuum assisted closure (VAC).

Eligibility: Individuals with wounds.

Cost: Most insurance plans cover this service.

Community and Family Care Centers

Cape Human Resources, Inc.

Route 9 & East Main Street
Whitesboro, New Jersey 08252

(P:) (609) 465-4531 (Fax:) (609) 465-4142

Website: www.capehumanresources.org

Purpose: Providing Weatherization, Home Energy Assistance Program, Emergency Food Pantry, NJ Shares Program, WIC program extension site and referral to other social services in the county.

Puerto Rican Action Committee

604 Franklin Street
Woodbine, New Jersey 08270

(P:) (609) 861-5800 (Fax:) (609) 861-1239

Website: www.pracnj.org

Purpose: PRAC identifies and addresses the needs of Hispanic and low income people by developing strategies and programs to facilitate socio-economic growth and self sufficiency.

Salvation Army, Inc.

P.O. Box 316
Vineland, New Jersey 08360

(P:) (856) 696-5252; Cape May (609) 861-2816;
Ocean City (609) 525-9288; Wildwood (609) 889-2699,
(609) 522-0231; Cape May Court House (609) 465-7087 (Fax:) (856) 935-0305

Contact: Myrna N. Keller

E-Mail: myrnakeller@verizon.net

Website: www.salvationarmyusa.org

Purpose: Provides short-term emergency assistance with food, shelter, clothing, transportation, utilities, prescriptions, furniture, and medical, dental and optical needs.

Community and Family Care Centers

Spanish Community Center-SHOREAhec

Western Division – Administrative Office 303 Summer Street, Box 61
Landisville, New Jersey 08326

(P:) (856) 697-2967 (Fax:) (856) 697-0061

Purpose: Provides direct services to those in need in southern New Jersey. Services include HIV/AIDS prevention, education, and counseling, translation, and referral, ESL as a Second Language, Drug and alcohol services, bi-lingual therapeutic counseling and Summer Enrichment Program.

Counseling/Behavioral Health Services

Bridge Family Services

P.O. Box 446
Marmora, New Jersey 08223

(P:) (609) 889-8100

E-Mail: bridgeprevention@comcast.net

Purpose: To provide in-home and center-based counseling and educational services to children and families.

Eligibility: Parents and family members in need of services.

Cost: Fee for service/insurance.

Catholic Social Services

1304 Route 47 South Village Shoppes
Rio Grande, New Jersey 08242

(P:) (609) 886-2662 (Fax:) (609) 886-3583

Purpose: Emergency assistance including food, clothing, and prescriptions.

Coalition Against Rape & Abuse, Inc. (C.A.R.A.)

P.O. Box 774
Cape May Court House, New Jersey 08210

(P:) (609) 585-7666; (800) 843-5437 (Fax:) (609) 463-0967

E-Mail: carasafe1@verizon.net

Website: www.cara-cmc.org

Purpose: 24-Hour crisis response: sheltering, emergency assistance for basic necessities, counseling, advocacy information and referral, community education and support groups.

Counseling/Behavioral Health Services

Families Matter Behavioral Health Services

899 Bayshore Road
Villas, New Jersey 08251

(P:) (609) 886-8666 (Fax:) (609) 886-9666

Purpose: Provide in-home and outpatient behavioral health services to children and families within Southern New Jersey. Services include individual, couples, family and group therapy as well as Intensive Outpatient Program for drug and alcohol abuse. Nurturing Parenting Program available.

Eligibility: Resident of Southern New Jersey

Cost: Call for information

Family Court Assessment Team (FCAT)

134 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-1373 (Fax:) (609) 465-8603

Purpose: Provides services for family assessment, client advocacy, substance abuse evaluation, family counseling, and drug and alcohol counseling to improve family functioning and strengthen the family unity.

Cost: Free

John Brooks Recovery Center

1315 Pacific Avenue
Atlantic City, New Jersey 08401

(P:) (609) 345-4035

Website: www.jbrcnj.org

Purpose: Substance abuse treatment, AIDS counseling, DWI, detox services.

Diabetes

Cape May County Department of Health – Diabetes, Blood Pressure and Lipids Screening and Education

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1199

Contact: Claire Eisenmann

Website: www.cmchealth.net

Purpose: To screen for diabetes, blood pressure, and lipids. This includes testing, education and referral.

Eligibility: Anyone

Cost: Free

Diabetes Education at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2787

Website: www.caperregional.com

Purpose: Diabetes is a serious, widespread but controllable disease. Through individual or group classes, patients and family members are taught everything they need to know about exercise, medication, diet, foot care, long term complications, blood glucose monitoring and how to set and achieve healthy goals. Classes meet for two hours each week for four weeks. The instructors for the diabetes classes include diabetes nurse educator, dietician, pharmacist and exercise physiologist. Individual appointments with the diabetes nurse educator and dietitian before and after class are available to help create and maintain the patient's goals.

Eligibility: Individuals with diabetes or family members of diabetics.

Cost: Medicare and many other health insurance plans cover group diabetes classes.

Diabetes

Safe Syringe Program at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2491

Website: www.caperregional.com

Purpose: If you are a diabetic or other injection-dependent person, proper disposal of “sharps” – syringes and lancets – can be a problem. The Safe Syringe Disposal Program ensures that “sharps” do not hurt your family or the environment.

Eligibility: Diabetic or other injection-dependent person.

Cost: Free

Southern Jersey Family Medical Centers, Inc Diabetes Outreach Education System

1125 Atlantic Avenue
Atlantic City, New Jersey 08401

(P:) (800) 486-0131 (Fax:) (609) 348-1157

E-Mail: hparaison@sjfmc.org

Website: www.sjfmc.org

Purpose: For over 25 years Southern Jersey Family Medical Centers have provided primary health care services to local communities including residents and migrant seasonal farm workers living throughout South Jersey. With 7 primary health care centers in Atlantic, Burlington and Salem Counties SJFMC is the regions source for high quality health care that reduces the financial and cultural barriers to meet the needs of the community.

Diet and Nutrition

Bethel Commandment Church

402 East George Street
Whitesboro, New Jersey 08252

(P:) (609) 465-4574

Contact: Monica Farrow

Purpose: Food Pantry

Cape May County Department of Aging

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784; Lower Cape: (609) 886-0070; North Wildwood: (609) 729-2090; Ocean City (609) 398-2552; MidCounty: (609) 465-4465

Purpose: Provides meals for homebound elderly.

Eligibility: Homebound Cape May County residents age 60 and older who are unable to shop or prepare meals and are physically or mentally, permanently or temporarily impaired and/or chronically ill and living alone.

Cape May County Department of Health—Women, Infants, Children (WIC)

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1224

Website: www.cmchealth.net

Purpose: WIC (Women, Infants, Children), is a federally-funded program that serves: Women (pregnant, breastfeeding, or non breastfeeding up to 6 months), Infants and Children. The WIC Program offers participants: Checks for free food (milk, eggs, cheese, juice, cereal, beans or peanut butter). For total breastfeeding women they will also get tuna and carrots. For infants that are not breastfed, must use iron-fortified formula until 12 months of age. The formula that WIC will provide is Similac Advance or Isomil Advance. WIC will also covers some specialty formula, with State approval. WIC also provides health care screening and nutrition education.

Eligibility: Please call 609465-1224

Diet and Nutrition

Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2506; (609) 463-2000

Website: www.caperregional.com

Purpose: Nutritional Services, Outpatient.

Cape Regional Medical Center Outpatient Nutrition Counseling

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2506; (609) 463-2000

Website: www.caperregional.com

Purpose: Outpatient nutrition counseling.

Family and Community Health Sciences Program of Rutgers Cooperative Extension

355 Courthouse/South Dennis Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-5115 ext 609 (Fax:) (609) 465-5953

Contact: Marilou Rochford

E-Mail: rochford@njaes.rutgers.edu

Website: njaes.rutgers.edu/fchs

Purpose: FCHS helps people throughout the state stay healthy, enjoy life, be active, and reduce healthcare costs through Get Moving Get Healthy New Jersey community education.

Eligibility: All county residents.

Cost: Low cost or free

Diet and Nutrition

Salvation Army, Inc.

P.O. Box 316
Vineland, New Jersey 08360

(P:) (856) 696-5252; Cape May (609) 861-2816;
Ocean City (609) 525-9288; Wildwood (609) 889-2699,
(609) 522-0231; Cape May Court House (609) 465-7087 (Fax:) (856) 935-0305

Contact: Myrna N. Keller

E-Mail: myrnakeller@verizon.net

Website: www.salvationarmyusa.org

Purpose: Provides short-term emergency assistance with food, shelter, clothing, transportation, utilities, prescriptions, furniture, and medical, dental and optical needs.

Seashore Community Church of the Nazarene

(P:) (609) 886-6196

Contact: Jennifer Wiel

Purpose: Food Pantry

Spanish Community Center-SHOREAhec

Western Division – Administrative Office 303 Summer Street, Box 61
Landisville, New Jersey 08326

(P:) (856) 697-2967 (Fax:) (856) 697-0061

Purpose: Provides direct services to those in need in southern New Jersey. Services include HIV/AIDS prevention, education, and counseling, translation, and referral, ESL as a Second Language, Drug and alcohol services, bi-lingual therapeutic counseling and Sumner Enrichment Program.

St. Barnabas By the Bay Episcopal Church

13 W. Bates Avenue
Villas, New Jersey 08251

(P:) (609) 886-5960

Purpose: Food Pantry

Eligibility: Proof of residency and Photo ID required

Diet and Nutrition

Cape May County Nutrition Programs

Howard Stainton Senior Center

1735 Simpson Avenue Suite 5
Ocean City, New Jersey 08226

(P:) (609) 399-0055

Purpose: To serve nutritious weekday meals.

Eligibility: Age 60 years and older.

Lower Cape Senior Center

2612 Bayshore Road
Villas, New Jersey 08251

(P:) (609) 886-5161

Purpose: To serve nutritious weekday meals.

Mid-County Nutrition Site

4 Moore Road - DN 620
Cape May Court House, New Jersey 08210

(P:) (609) 465-4465

Purpose: To serve nutritious weekday meals.

Eligibility: Age 60 years and older.

North Wildwood Senior Center

10th and Central Avenue
North Wildwood, New Jersey 08260

(P:) (609) 522-7611

Purpose: To serve nutritious weekday meals

Eligibility: Age 60 years and older.

Diet and Nutrition

Upper Township Senior Center

1369 Old Stagecoach Road
Ocean View, New Jersey 08230

(P:) (609) 390-9409

Purpose: To serve nutritious weekday meals.

Eligibility: Age 60 years and older.

Diet and Nutrition

Food Pantry

Cape May County Mobile Meals Program

(P:) (609) 886-2784

Purpose: Food Pantry

Eligibility: Open to homebound Cape May County residents age 60 and older and are unable to shop or prepare meals and are physically and mentally, permanently or temporarily impaired and/or chronically ill and living alone.

Catholic Charities

1304 Route 47 South Village Shoppes
Rio Grande, New Jersey 08242

(P:) (609) 886-2662

Purpose: Emergency assistance including food, clothing, and prescriptions.

Eligibility: Referral needed.

Christ Gospel Church

2209 Route 9
Whitesboro, New Jersey 08252

(P:) (609) 390-0664

Purpose: Food Pantry

Community Food Bank of NJ

6735 Black Horse Pike
Egg Harbor Township, New Jersey 08234

(P:) (609) 383-8843 (Fax:) (609) 383-0474

Contact: Linda Palmer

E-Mail: lpalmer@cfbnj.org

Website: www.cfbnj.org

Purpose: Food Pantry

Diet and Nutrition

Community Food Cupboard

8th & Central Avenue
Ocean City, New Jersey 08226

(P:) (609) 399-2988

Purpose: Food Pantry

Cost: Referral needed

First Presbyterian Church of Cape May

500 Hughes Avenue
Cape May, New Jersey 08204

(P:) (609) 884-3949

Contact: Kathy Mottola

Website: www.cmfirstprespytetian.com

Purpose: Food Pantry

First United Methodist Church

1 Church Street
Cape May, New Jersey 08204

(P:) (609) 465-7087

Purpose: To reach out to the community to help those in need.

Food Bank of South Jersey

St. Mary's Thrift Shop
Rio Grande, New Jersey 08242

(P:) (609) 393-8843 x106

Contact: Karen Meredith

Purpose: To provide mobile pantry services to resident of Cape May County on the second Friday of each month.

Eligibility: Proof of residency

Cost: Free

Diet and Nutrition

Green Creek Methodist Church

306 Route 47/PO Box 123
Green Creek, New Jersey 08219

(P:) (609) 889-0474

Website: www.greencreekumc.org

Purpose: Food Pantry

Holy Redeemer Home Care

1801 Route 9 North
Swainton, New Jersey 08210

(P:) (609) 465-2082

Purpose: Food Pantry

Eligibility: Proof of address

Holy Spirit Lutheran Church

1220 Bayshore Road
Villas, New Jersey 08251

(P:) (609) 886-2414

Purpose: Food Pantry

Eligibility: Referral needed.

Notre Dame de le Mer Parish

2900 Pacific Avenue
Wildwood, New Jersey 08260

(P:) (609) 522-5583 (Fax:) (609) 522-9375

Contact: Betty Cochran

Website: notradamedelemer.org

Purpose: Food Pantry

Eligibility: Preference given to island residents.

Diet and Nutrition

St. Maximilian Kolbe Parish; Church of the Resurrection

200 West Tuckahoe Road
Marmora, New Jersey 08223

(P:) (609) 390-0664 (Fax:) (609) 390-8717

Contact:

E-Mail: ressecratary@aol.com

Website: www.saintmaxkolbe.com

Purpose: Food Pantry

St. Maximilian Kolbe Parish; St. Casimir Church

304 Clay Street
Woodbine, New Jersey 08270

(P:) (609) 861-5992 -Thrift Shop; (609) 861-3771 (Fax:) (609) 390-8717

Contact: Sarah Bartlson

E-Mail: ressecratary@aol.com

Website: www.saintmaxkolbe.com

Purpose: Food Pantry

St. Peters United Methodist Church

8th & Central Avenue
Ocean City, New Jersey 08226

(P:) (609) 398-5563

Contact: Dottie Cianci

Purpose: Food Pantry

Eligibility: Written referral needed, unless first time. Ocean City residents only.

Diet and Nutrition

United Way of Cape May County

4 E. Jimmie Leeds Road
Galloway, New Jersey 08205

(P:) (609) 404-4483 (Fax:) (609) 404-4303

Contact: John G. Emge

E-Mail: amorrison@ynitedwayac.org

Website: www.uwcmc.com

Purpose: Comprehensive countywide information and referral service.

Disability Information

Adult Protective Services

Social Services Building, 4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide services necessary to safeguard a vulnerable adult's rights and resources, and to protect a vulnerable adult from abuse, neglect or exploitation.

Eligibility: Vulnerable adults who are New Jersey residents, 18 years of age and older, who reside in a community setting and who, because of a physical or mental illness, disability, or deficiency, are subject to abuse, neglect or exploitation.

Arc of Cape May County, Inc.

822 Route 47
South Dennis, New Jersey 08245

(P:) (609) 861-7100

Contact: Sarah Matthews

E-Mail: Sarah@arcofcapemay.org

Purpose: Promotes and protects the human rights of individuals with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. The Arc of Cape May Co., Inc is committed to enhancing the quality of life of those individuals and their families through direct services, advocacy, empowerment, education and prevention.

Eligibility: There is no age restriction. We also have a social/recreational component that is open to any community individual with intellectual or developmental disabilities, regardless of DDD eligibility.

Assisted Living Program (ALP) In Subsidized Housing

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Disability Information

Assisted Living Residence (ALR)

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants who would otherwise be in nursing facilities stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Blind Center of the Jersey Cape

P.O. Box 624
Cape May Court House, New Jersey 08210

(P:) (609) 624-0931 (Fax:) (609) 624-3004

Contact: Millicent Saraduke

Purpose: Various programs offered including drama, music, arts and crafts, exercise and various local guest speakers.

Eligibility: Open to all blind and visually-impaired residents of Cape May County.

CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2
Margate, New Jersey 08402

(P:) (609) 463-4564 (Cape May County), (609) 823-1850 (Atlantic County)
(Fax:) (609) 823-1938

Contact: Ann Magee

E-Mail: contact-c-a@comcast.net

Website: www.contactcapeatlantic.org

Purpose: Volunteers provide telephone reassurance and community support for the elderly and disabled.

Disability Information

Cape Atlantic Telephone Reassurance Program

9500 Ventnor Avenue, Building 2
Margate, New Jersey 08402

(P:) (609) 823-1850

Contact: Ann Magee

Cape May County Department of Health – Special Child Health Services for Children with Special Needs

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-6841 (Fax:) (609) 463-0511

Contact: Elaine Lee—Case Management—Phone: (609) 465-6841; Trish Schlarp—Service Coordination/Early Intervention—Phone: (609) 465-1202; Claire Eisenmann—Service Coordination/Early Intervention—Phone: (609) 465-1199.

E-Mail: elee@co.cape-may.nj.us; tschlarp@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Help families meet the needs of their children and assist in accessing community resources. Services are available to any family with a child from birth through 21 years of age who is born with or later develops a condition that can impact on development, learning or health. We are the single point of entry into the Early Intervention Program, which assists families of children from birth to age three. The service coordinator will assist you in obtaining a developmental assessment for your child and help you to access services and community resources. As a team, we will assist in the continual development of an Individual Family Service Plan to address your concerns and needs and ensure that you are aware of and understand your rights throughout the Early Intervention process.

Eligibility: Case Management—Any child birth through 21 years old who is born with or later develops a condition that can impact on development, learning or health. Service Coordination—Any child birth to age 3 with a concern regarding a development delay.

Cost: No charge for Case Management or Service Coordination. If eligible for Early Intervention services, cost is determined according to income.

Disability Information

Cape May County Department of Health - Early Intervention Service Coordination

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1202; (609) 4651199 (Fax:) (609) 463-0511

Contact: Trish Schlarp/Claire Eisenmann

E-Mail: tschlarp@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: To enhance the capacity of families to meet developmental and health-related needs of children birth to age three who have delays or disabilities by providing quality services and support to families and their children. FOR EARLY INTERVENTION REFERRALS 1-888-653-4463.

Eligibility: Cape May County children ages 0-3 years with developmental disorders.

Cape May County Office of Disability Services

152 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-3899

Contact: Paulann T. Pierson

E-Mail: paulann@capeworkshop.com

Website: www.capemaycountygov.net

Purpose: CMCODS is operated by the Jersey Cape Diagnostic, Training & Opportunity Center, works closely with the Cape May County Committee on Disability Services and the Human Services Advisory Council to provide assistance to individuals with disabilities as well as to their friends and families mainly through information and referral. The office provides information for disability specific local, state and national resources, and referrals, as necessary, to appropriate agencies for disability-specific services. We assist the County in planning and identifying the need for services, while also providing, developing or locating services where none exist, and avoiding duplication of services. The Office of Disability Services also strives to create community awareness of issues which affect people with disabilities such as handicapped parking, architectural and attitudinal barriers, other issues addressed by the Americans with Disabilities Act.

Disability Information

Cape May County Surrogate's Office

9 North Main Street
Cape May Court House, New Jersey 08210

(P:) (609) 463-6666

Purpose: Probate of wills and questions regarding mental incompetency.

Global Options (GO)

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

NJ Division of Vocational Rehabilitation Services

3810 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 523-0330 (Fax:) (609) 523-0212

Contact: Colleen Hendrickson

E-Mail: Colleen.Hendrickson@dol.state.nj.us

Purpose: Assist persons with disabilities or with disabling conditions: find and maintain employment.

Eligibility: New Jersey residents; must have some cognitive, physical or mental health condition that presents a barrier to getting or maintaining a job.

Cost: Some services are free; others are based on financial eligibility.

Disability Information

NJ Foster Grandparent and Senior Companion Program at Woodbine Developmental Center and Community Sites

1175 De Hirsch Avenue
Woodbine, New Jersey 08270

(P:) (609) 861-6014 (Fax:) (609) 861-5219

Contact: Shelia Harris

Purpose: Designed to enhance the quality of life for the senior volunteer as well as the developmentally disabled individuals or children they serve.

Personal Assistance Services Program

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide personal assistance services to eligible physically disabled individuals.

Eligibility: New Jersey residents, permanently physically disabled, capable of self-direction.

Cost: Those who qualify under the Social Service Block Grant guidelines receive the service at no cost and those with income in excess of those guidelines are expected to contribute toward the cost of their services based on a sliding scale.

Resources for Independent Living

16 E. Pine St.
Millville, New Jersey 08332

(P:) (856) 825-0255

Purpose: Empowering persons with disabilities to become as independent as possible.

Disability Information

Statewide Respite Care Program

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assists those participants, with a chronic disability or frail elderly.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Educational and Vocational

CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2
Margate, New Jersey 08402

(P:) (609) 463-4564 (Cape May County), (609) 823-1850 (Atlantic County)
(Fax:) (609) 823-1938

Contact: Ann Magee

E-Mail: contact-c-a@comcast.net

Website: www.contactcapeatlantic.org

Purpose: Volunteers provide telephone reassurance and community support for the elderly and disabled.

Cape Atlantic Community College

341 Court House/South Dennis Road
Cape May Court House, New Jersey 08210

(P:) (609) 463-4774 (Fax:) (609) 463-3645

Website: www.atlantic.edu

Purpose: To provide education to student of all ages in the community.

Cape May County One Stop Career Center

3810 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 729-0997 (Fax:) (609) 729-8455

Contact: Edgar Tuma

E-Mail: Wildwood_1Stop@dol.state.nj.us

Website: www.wnjpin.net

Purpose: Labor exchange to assist residents in locating full/part time positions and training opportunities.

Cape May County Vocational Technical High School

188 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-2161 (Fax:) (609) 465-3069

Contact: Dr. Nancy Hudanich, Superintendent

Purpose: To provide education to children of High School age.

Educational and Vocational

Division of Vocational Rehabilitation Services

3810 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 523-0330 (Fax:) (609) 523-0212

E-Mail: Dvraadmin@dol.state.nj.us

Purpose: Employment-related services for the disabled.

Jersey Cape Diagnostic Training & Opportunity Center, Inc.

4 Moore Road - DN 606
Cape May Court House, New Jersey 08210

(P:) (609) 465-4117 (Fax:) (609) 465-3899

Contact: George Plewa

E-Mail: george@capeworkshop.com

Website: www.cmcstep.com

Purpose: Services provided: extended employment, community job placement, supported employment, retention, and career counseling for individuals with disabilities, in school at risk students, school drop outs and welfare recipients.

Literacy Volunteers of America – Cape-Atlantic, Inc.

43 North Main Street
Pleasantville, New Jersey 08232

(P:) (609) 383-3377 (Fax:) (609) 383-0234

Contact: Shelia G. McLaughlin

E-Mail: literacyvolunteers@comcast.net

Website: www.lvacapeatlantic.org

Purpose: Literacy education program that provides free, student-centered training to adults who function at the lowest literacy levels.

Cost: Free

Educational and Vocational

ODOSY – Opening Doors for Out-of-School Youth

1121 Route 47 Robbins Nest Plaza
Rio Grande, New Jersey 08242

(P:) (609) 889-6803 (Fax:) (609) 889-6807

E-Mail: coordinator@odosy.com

Website: www.odosy.com

Purpose: Employment services for income-eligible Cape May County youths ages 16 to 21 who have not completed high school or who are high school graduates, but are unemployed or underemployed (working part time).

PREP – Preparing to Reach Employment Potential

1121 Route 47 Robbins Nest Plaza
Rio Grande, New Jersey 08242

(P:) (609) 889-6803 (Fax:) (609) 889-6807

Website: www.cmcprep.com

Purpose: Traveling program that provides comprehensive career counseling services for income-eligible at-risk students attending Cape May County high schools.

Parish Nursing/Lifestyle Management at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-4043 (Fax:) (609) 463-4044

Contact: Bonnie Kratzer, RN, BSN

E-Mail: jkratzer@caperegional.com

Website: www.caperegional.com

Purpose: Health education programs for individuals or for groups.

Eligibility: Cape May County residents.

Educational and Vocational

Senior Employment Program

3810 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 729-0997

Purpose: To provide part time, paid employment in local community services.

Eligibility: Age 55 and older with income limitations.

Environmental Health

Cape May County Department of Health - Environmental Health

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1209 (Fax:) (609) 465-6465

Contact: Linda Wilde

Website: www.cmchealth.net

Purpose: Working to protect you and your environment by conducting many environmental and public health programs. Some of these services are noted below: Year-Round and Seasonal Food Inspections; Citizens Complaints; Air Quality Monitoring; Solid Waste Disposal; Hazardous Waste Disposal; Lead-Based Paint Investigations; Food Sanitation; Housing Inspections; Swimming Pool Inspections; Campground Inspections; Potable Water Testing; Seasonal Recreational Water Sampling (Ocean & Back Bay); Septic System Plan Review and Inspection (Soil Witnessing); Hazardous Material (Haz-Mat) Unit; Rabies Investigation.

Eligibility: Cape May County residents

Cost: Call for information

Cape May County Department of Mosquito Control

35 Route 47 North
Dias Creek, New Jersey 08210

(P:) (609) 465-9038 (Fax:) (609) 465-7228

Purpose: To manage the mosquito population using an integrated control approach stressing environmental safety, economics, efficacy, research and surveillance in order to protect the health and welfare of the citizens and visitors of Cape May County.

Wetlands Institute

1075 Stone Harbor Boulevard
Stone Harbor, New Jersey 08247

(P:) (609) 368-1211 (Fax:) (609) 368-3871

E-Mail: t.cambell@wetlands.org

Website: www.wetland.org

Purpose: To promote understanding and appreciation of the wetlands and coastal ecosystem.

Family Crisis Information and Referrals

Addictions Hotline of New Jersey

P.O. Box 8465
Cherry Hill, New Jersey 08002

(P:) (800) 238-2333

Purpose: Information and referral for New Jersey residents with substance abuse problems and their families.

American Red Cross

34 East Mechanic Street
Cape May Court House, New Jersey 08210

(P:) (609) 465-7382 (Fax:) (609) 463-1801

Website: www.redcross.org

Purpose: Provide service to military, veterans, and their families; disaster relief, health and safety training, international aid and blood services.

Cape Human Resources, Inc.

Route 9 & East Main Street
Whitesboro, New Jersey 08252

(P:) (609) 465-4531 (Fax:) (609) 465-4142

Website: www.capehumanresources.org

Purpose: Providing Weatherization, Home Energy Assistance Program, Emergency Food Pantry, NJ Shares Program, WIC program extension site and referral to other social services in the county.

Cape May County Board of Social Services

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

E-Mail: socialservices@cmcbss.com

Website: www.cmcbss.com

Purpose: Administers, TANF, food stamps, emergency assistance, Medicaid programs and adult protective services.

Family Crisis Information and Referrals

Caring for Kids

31 Mechanic Street
Cape May Court House, New Jersey 08210

(P:) (609) 675-5400

E-Mail: caringforkids@comcast.net

Website: www.caringforkidsnj.com

Purpose: Home visitation providing parenting support and classes. Linking families with resources by matching individuals & needs with caring community partners.

Eligibility: Parents and family members in need of services.

Cost: Free

Catholic Charities Family Center – Diocese of Camden

1304 Route 47 South Village Shoppes
Rio Grande, New Jersey 08242

(P:) (609) 886-2662 (Fax:) (609) 886-3583

Purpose: Emergency assistance including food, clothing, and prescriptions.

Exchange Club Family Center

854 Asbury Avenue
Ocean City, New Jersey 08226

(P:) (609) 399-9110 (Fax:) (609) 465-0911

E-Mail: ronilynn327@gmail.com

Website: www.caringforkids.org

Purpose: Primary focus is to provide supportive parenting and child development education through our unique home visitation program.

Family Court Assessment Team (FCAT)

134 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-1373 (Fax:) (609) 465-8603

Purpose: Provides services for family assessment, client advocacy, substance abuse evaluation, family counseling, and drug and alcohol counseling to improve family functioning and strengthen the family unity.

Cost: Free

Family Crisis Information and Referrals

Homeless Hotline

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200; (609) 886-1325 after 4pm

Purpose: Emergency placement of homeless person.

Juvenile Family Crisis Intervention

134 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-1374 (Fax:) (609) 465-8603

Purpose: Assists families in crisis through family counseling and/or referrals to appropriate agencies in the community.

Cost: Free

Puerto Rican Action Committee

604 Franklin Street
Woodbine, New Jersey 08270

(P:) (609) 861-5800 (Fax:) (609) 861-1239

Website: www.pracnj.org

Purpose: PRAC identifies and addresses the needs of Hispanic and low income people by developing strategies and programs to facilitate socio-economic growth and self sufficiency.

Salvation Army, Inc.

P.O. Box 316
Vineland, New Jersey 08360

(P:) (856) 696-5252; Cape May (609) 861-2816;
Ocean City (609) 525-9288; Wildwood (609) 889-2699,
(609) 522-0231; Cape May Court House (609) 465-7087 (Fax:) (856) 935-0305

Contact: Myrna N. Keller

E-Mail: myrnakeller@verizon.net

Website: www.salvationarmyusa.org

Purpose: Provides short-term emergency assistance with food, shelter, clothing, transportation, utilities, prescriptions, furniture, and medical, dental and optical needs.

Family Crisis Information and Referrals

United Way of Cape May County

4 E. Jimmie Leeds Road
Galloway, New Jersey 08205

(P:) (609) 404-4483 (Fax:) (609) 404-4303

Contact: John G. Emge

E-Mail: amorrison@ynitedwayac.org

Website: www.uwcmc.com

Purpose: Comprehensive countywide information and referral service.

Weatherization Program

(P:) (609) 438-4469

Purpose: To provide insulation, storm windows and energy sources.

Eligibility: Low income residents. Energy audit is necessary to receive services.

HIV/AIDS Counseling and Testing

Access One, Inc.

730 Shore Road
Somers Point, New Jersey 08244

(P:) (609) 927-6662 ext.6 (Fax:) (609) 927-2942

Purpose: Providing case management services and coordinating and arranging for the provision of primary medical care services for individuals infected and affected by HIV/AIDS.

Cape May County Department of Health – AIDS Counseling and Testing

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1193

Contact: Hazel Molson-Lashley, LPN

E-Mail: hmolson@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: To provide HIV testing and counseling.

Eligibility: Anyone

Cost: Free

John Brooks Recovery Center

1315 Pacific Avenue
Atlantic City, New Jersey 08401

(P:) (609) 345-4035

Website: www.jbrcnj.org

Purpose: Substance abuse treatment, AIDS counseling, DWI, detox services.

HIV/AIDS Counseling and Testing

South Jersey AIDS Alliance

604 Franklin Street
Woodbine, New Jersey 08270

(P:) (609) 861-2423; (800) 281-AIDS (Fax:) (609) 861-2571

Contact: Carol Harney

Website: www.southjerseyaidsalliance.org

Purpose: Community service organization providing HIV case management, transportation assistance, food bank, delivered meals and support groups for individuals living with HIV/AIDS.

Health Screenings

Cape May County Department of Health – AIDS Counseling and Testing

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1193

Contact: Hazel Molson-Lashley, LPN

E-Mail: hmolson@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: To provide HIV testing and counseling.

Eligibility: Anyone

Cost: Free

Cape May County Department of Health – Cancer Education and Early Detection (CEED)

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1047 (Fax:) (609) 463-0511

Contact: Carol Porter, Program Coordinator

Website: www.cmchealth.net

Purpose: The CEED (Cancer Education and Early Detection) Program provides screening for breast, cervical, prostate and colon/rectal cancers for men and women who are Cape May County residents. Women ages 40-65 and men ages 50-64 with no insurance are eligible. If there is a family history of cancer, screenings should begin earlier.

Eligibility: Cape May County residents

Cost: Call for information

Health Screenings

Cape May County Department of Health – Diabetes, Hypertension, and Lipids Screening and Education

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1199

Contact: Claire Eisenmann

Website: www.cmchealth.net

Purpose: To screen for diabetes, blood pressure, and lipids. This includes testing, education and referral.

Eligibility: Anyone

Cost: Free

Cape May County Department of Health – Sexually Transmitted Diseases Clinic (STD)

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1202

Contact: Trish Schlarp, RN

E-Mail: tschlarp@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Testing is available for Chlamydia, Gonorrhea, Syphilis and HIV. Certain other screenings are also available. Hepatitis A and B vaccines are available after STD screening. Most treatments are available.

Eligibility: Anyone

Cost: Free

Cape May County Department of Health – Tuberculosis (TB) Screening

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-6835

Contact: Kelly Frame, RN

Website: www.cmchealth.net

Purpose: To provide TB screening Mantoux skin testing.

Eligibility: Call for further information.

Health Screenings

Center for Lifestyle Management at Cape Regional Medical Center (CRMC)

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-4043 (Fax:) (609) 463-4044

Contact: Bonnie Kratzer, RN, BSN

E-Mail: jkratzer@caperegional.com

Website: www.caperegional.com

Purpose: Resource for community health care education programs including wellness programs, support groups, and community services.

Parish Nurse Program at Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-4043 (Fax:) (609) 463-4044

Contact: Bonnie Kratzer, RN, BSN

E-Mail: jkratzer@caperegional.com

Website: www.caperegional.com

Purpose: Screenings and health fairs for churches and for other community organization.

Eligibility: Cape May County residents

Home Health Agencies

Assisted Living Program (ALP) In Subsidized Housing

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants who would otherwise be in nursing facilities stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Assisted Living Residence (ALR)

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants who would otherwise be in nursing facilities stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Bayada Nurses

225 S. Main Street
Cape May Court House, New Jersey 08210

(P:) (609) 465-0755; (609) 407-6801

Purpose: To serve millions of people world wide in Home Health Care, Hospice service, chore services and private duty services.

Eligibility: Resident or visitors to the Cape May County area.

Cost: Call for information

Home Health Agencies

Cape Visiting Nurses Association

1940 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-1205

Website: www.capevna.org

Purpose: To deliver the most advanced clinical home care.

Compassionate Care Hospice

172 route 50 Rear Unit
Seaville, New Jersey 08230

(P:) (609) 390-9792; (877) 844-4774 (Fax:) (609) 390-9795

E-Mail: vdruding@cchnet.net

Website: www.cchnet.net

Purpose: Provides Compassionate, holistic care to terminally ill patients and their families. Patient and family receive personalized care designed to meet physical, emotional and spiritual needs.

Eligibility: Call For Details

Global Options (GO)

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Holy Redeemer Nurse Agency

1801 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-2082

Website: www.holyredeemer.com

Purpose: Hospice & Home Health Care

Home Health Agencies

Home Keepers, LLC

1028 Asbury Avenue
Ocean City, New Jersey 08226

(P:) (609) 398-8988 Toll Free (888) 590-4788 (Fax:) (609) 525-0242

Website: www.homekeepers.com

Purpose: Provides professional home health aides under the supervision of an RN. The company is owned and operated by certified senior advisors. A case manager is available 24/7.

New Jersey Assistance for Community Care Giving

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784; (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist participants, who would otherwise be in a nursing facility, stay in the community.

Eligibility: New Jersey residents, 60 years of age and older, and Non-Medicaid Eligible. Financially, countable income less than 365% of the Federal Poverty Level per month and resources below \$40,000 per individual or \$60,000 per couple.

Cost: State Funds

South Jersey Home Care

1028 Asbury Avenue
Ocean City, New Jersey 08226

(P:) (609) 399-4788

Website: www.sjhomecare.net

Purpose: Provides professional home care companions for non-medical, post-operative and chronic care, both hourly and live-in.

Home Health Agencies

Statewide Respite Care Program

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assists those participants, with a chronic disability or frail elderly.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Hospice

Crest Haven Nursing and Rehabilitation Center Hospice- Transitional Center (TLC)

4 Moore Road - DN 619
Cape May Court House, New Jersey 08210

(P:) (609) 465-6823 (Fax:) (609) 465-4870

Contact: Nicole D'Ambrosio

E-Mail: ndambrosio@co.cape-may-nj.us

Website: www.capemaycountygov.net

Purpose: The transitional life care (TLC) center is an 8 bed palliative care unit dedicated to hospice level care. It is a respite hospice unit, meaning it is for short term stays of hospice in the community for symptom management, care giving training or respite care. The unit is also available for straight respite care of clients in the community whose caregiver at home is going away for a short period of time or who requires a needed rest. Stays may be longer than 30 days, however the concept is for short stays.

Eligibility: Anyone

Cost: Insurance carrier dependent

Hospitals

Ancora Psychiatric Hospital

301 Spring Garden Road
Hammonton, New Jersey 08037

(P:) (609) 561-1700 (Fax:) (609) 561-2509

Purpose: Provides in-patient psychiatric care to seriously mentally ill adults from the eight counties of New Jersey.

AtlantiCare—Atlantic City Medical Center

1925 Pacific Avenue
Atlantic City, New Jersey 08401

(P:) (609) 345-4000

Website: www.atlanticare.org

Purpose: Provide hospital services.

AtlantiCare—Atlantic City Medical Center – Mainland Division

65 W. Jimmy Leeds Road
Galloway, New Jersey 08205

(P:) (609) 652-1000

Website: www.atlanticare.org

Purpose: Provide hospital services.

Bacharach Institute for Rehabilitation

61 W. Jimmie Leeds Road
Pomona, New Jersey 08240

(P:) (609) 652-7000 (Fax:) (609) 652-7487

Purpose: Physical Rehabilitation center.

Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2000

Website: www.caperegional.com

Purpose: To provide the highest quality healthcare to our community.

Hospitals

Children's Specialized Hospital

94 Stevens Road
Toms River, New Jersey 08755

(P:) (888) 244-5373; 1-888-CHILDREN

Website: www.childrens-specialized.org

Purpose: Occupational and physical therapy, speech and hearing, child study team, early intervention.

Cooper University

1 cooper Plaza
Camden, New Jersey 08103

(P:) (856) 342-2000

Website: www.cooperhealth.org

Purpose: Our mission and vision is an academic medical center committed to world class patient care, education and research resulting in a healthier community. Cooper strives to be the health care leader in the Delaware Valley providing exceptional medical care and service.

Deborah Hospital

200 Trenton Road
Brown Mills, New Jersey 08015

(P:) (609) 893-6611; For Appointment: (609) 621-2080

Website: www.deborah.org

Purpose: To provide general medical and surgical care of heart and lung patients, pre and post operative care.

Health South Rehabilitation Hospital

14 Hospital Drive
Toms River, New Jersey 08755

(P:) (732) 505-5064 (Fax:) (732) 244-7790

Purpose: Physical rehabilitation including medicine, rehabilitation nursing, physical therapy and occupational therapy.

Hospitals

SJH Regional Medical Center

1505 West Sherman Avenue
Vineland, New Jersey 08360

(P:) (856) 641-8000

Purpose: Provide quality health services that contribute to the improved health and well being of all we serve.

Shore Memorial Hospital

1 East New York Avenue
Somers Point, New Jersey 08244

(P:) (609) 653-3500

Website: www.shorememorial.org

Purpose: Provides hospital services for the community.

Housing Services

CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2
Margate, New Jersey 08402

(P:) (609) 463-4564 (Cape May County), (609) 823-1850 (Atlantic County)
(Fax:) (609) 823-1938

Contact: Ann Magee

E-Mail: contact-c-a@comcast.net

Website: www.contactcapeatlantic.org

Purpose: Volunteers provide telephone reassurance and community support for the elderly and disabled.

Cape May Housing Authority

639 Lafayette Street
Cape May, New Jersey 08204

(P:) (609) 884-8703 (Fax:) (609) 884-9028

Purpose: 85 units for elderly families and disabled.

Eligibility: Elderly families and disabled.

City of Wildwood Housing Authority

P.O. Box 1379
3700 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 729-0220 (Fax:) (609) 729-4168

Contact: Paul Dice

Purpose: Food programs, homemaker services, visiting nurse service.

Habitat for Humanity

4 Moore Road - DN 3020
Cape May Court House, New Jersey 08210

(P:) (609) 463-0244

Contact: Jim Sorenson

E-Mail: jjsorenson@verizon.net

Website: www.habitatcapemay.org

Purpose: Work in partnership with persons and families to provide decent housing through no-interest mortgage, volunteer-built houses to those who need them.

Housing Services

Haven House

Townbank Road (Behind St. John of God Church)
North Cape May, New Jersey 08204

(P:) (609) 884-4548

Purpose: To provide affordable housing to senior community members.

Eligibility: Age 62 years and older with eligibility requirements for admission.

Homeless Hotline

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200; (609) 886-1325 after 4pm

Purpose: Emergency placement of homeless person.

Housing Authority of Ocean City

204 4th Street
Ocean City, New Jersey 08226

(P:) (609) 399-1062 (Fax:) (609) 399-7590

Purpose: Low income housing for elderly and families.

Lifeline Program

(P:) (800) 792-9745 (Fax:) (609) 588-7122

Website: www.state.nj.us/health/seniorbenefits/index.shtml

Purpose: The program offers \$225 to persons who meet the Pharmaceutical Assistance to the Aged and Disabled (PAAD) eligibility requirements or who receive Federal Supplemental Security (SSI). This includes utility customers as well as tenants whose utility bills are included in their rent. Lifeline benefits are provided for only electricity and natural gas.

Housing Services

Low Income Home Energy Assistance Program (LIHEAP)

PO Box 152 4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (800) 510-3102; (609) 889-2699

Contact: Cape Human Resources Inc.

Purpose: Low Income Home Energy Assistance Program (LIHEAP) is a federally funded program that provides subsidies every winter to help low income families pay their home heating cost. The program typically runs from November 1st to March 31st, although it may be extended if necessary. LIHEAP funds can be used for the payment of home oil, natural gas, electric heating, propane and kerosene. Households whose heating costs are included in their rent may also be eligible for these funds. The amount of the benefit will be determined by income and household size.

Marina Bay Towers

610 New York Avenue
North Wildwood, New Jersey 08260

(P:) (609) 523-1988 (Fax:) (609) 523-2704

Purpose: To provide affordable housing to senior community members.

Eligibility: Age 62 years and older with eligibility requirements for admission.

New Jersey Department of Community Affairs – Division of Housing

1601 Atlantic Avenue, 7th floor
Atlantic City, New Jersey 08401

(P:) (609) 441-3334

Contact: Tracy McGovern-Smith

Website: www.njconsumeraffairs.gov

Purpose: The New Jersey Division of Consumer Affairs protects the public from fraud, deceit and misrepresentation in the sale of goods and services.

Housing Services

New Jersey Housing & Mortgage Finance Agency

P.O. Box 18550
Trenton, New Jersey 08650

(P:) (609) 278-7400

Purpose: Implements programs to advance rehabilitation, construction and financing of affordable housing.

New Jersey Statewide Heating Assistance and Referral Energy Service, Inc. (NJSHARES)

1901 North Olden Ave
Ewing, New Jersey 08618

(P:) (866) 657-4273

Contact: NJ SHARES

Purpose: NJ SHARES is a non-profit corporation organized to provide assistance to individuals and families living in New Jersey who are in need of temporary help in paying their energy bills. To qualify for NJ SHARES, a person or family must be facing a financial crisis and not be eligible for welfare. Recipients must also have a history of good-faith payments of their electric bills. Eligibility is determined by New Jersey SHARES' local social service agencies located throughout the state. Upon approval, recipients may receive a one time grant of up to \$700 for gas, up to \$300 for electric, or up to \$700 for electrically heated homes.

Puerto Rican Action Committee

604 Franklin Street
Woodbine, New Jersey 08270

(P:) (609) 861-5800

Website: www.pracnj.org

Purpose: PRAC identifies and addresses the needs of Hispanic and low income people by developing strategies and programs to facilitate socio-economic growth and self sufficiency.

Housing Services

Sandman Towers

3700 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 729-0778

Purpose: To provide affordable housing to senior community members.

Eligibility: Age 62 years and older with eligibility requirements for admission.

Universal Service Fund (USF) Program

(P:) (886) 240-1347

Purpose: The State of New Jersey created the Universal Service Fund (USF) Program to help make energy bills more affordable for low income customers. The goal of the USF Program is to ensure that income eligible New Jersey utility customers pay no more than 6% of their annual income for their natural gas and electric service combined. Households with income equal to or less than 175% of the Federal Poverty Level are income eligible. The program is administered by the New Jersey Department of Community Affairs.

Winter Termination Program

(P:) (800) 624-0241 (Fax:) (609) 898-0731

Website: www.communityresources.info/wtp.html

Purpose: This program is in effect from November 15 through March 15. The program prevents residential gas and electric customers who participate in the Lifeline, Home Energy Assistance Program (HEAP), Work First New Jersey/Temporary Assistant to Needy Families (WFNJ/TANF), Federal Supplemental Security Income (SSI), Pharmaceutical Assistance to the Aged and Disabled (PAAD) from having their gas or electric service disconnected during the winter months. The program is administered by the Board of Public Utilities.

Eligibility: Persons unable to pay utility bills due to a financial hardship.

Legal Services and Consumer Affairs

Bar Association of Cape May County

P.O. Box 425
Cape May Court House, New Jersey 08210

(P:) (609) 463-0313 (Fax:) (609) 463-1656

E-Mail: cmcba@comcast.net

Purpose: Legal referral

Better Business Bureau of New Jersey, Inc.

1700 Whitehorse-Hamilton Square Road D-5
Trenton, New Jersey 08609

(P:) (609) 588-0808 (Fax:) (609) 588-0546

Website: www.newjersey.bbb.org

Purpose: Works to combat consumer fraud and to maintain ethical business practices through self-regulation.

Board of Public Utilities

2 Gateway Center
Newark, New Jersey 08102

(P:) (800) 624-0241

Purpose: Consumer Protection Agency

Cape May County Chamber of Commerce

Garden State Parkway Exit 11, 13 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-7181 (Fax:) (609) 465-5017

E-Mail: info@cmcchamber.com

Website: www.chamber.com

Purpose: To provide information to the general public as well as tourist information and activities.

Legal Services and Consumer Affairs

Cape May County Consumer Affairs

4 Moore Road - DN 310
Cape May Court House, New Jersey 08210

(P:) (609) 463-6475 (Fax:) (609) 463-6472

E-Mail: jrechner@co.cape-may.nj.us

Purpose: Consumer protection agency

Cape Mediation Services

P.O. Box 662
Cape May Court House, New Jersey 08210

(P:) (609) 463-0323 (Fax:) (609) 463-1656

Contact: Susan Fuller

E-Mail: capemediation@comcast.net

Purpose: To resolve disputes referred by the Municipal and Family Courts. The mediator acts as facilitator helping parties resolve their differences or help reach amicable solutions.

Cost: Free

Court Appointed Special Advocates (CASA) of Atlantic & Cape May Counties, Inc.

321 Shore Road
Somers Point, New Jersey 08244

(P:) (609) 601-7800 (Fax:) (609) 601-7900

Contact: Angie Waters

E-Mail: Angie@AtlanticCapeCASA.org

Purpose: Recruiting, training, and supervising volunteers to advocate for children in the foster care system.

Division of Youth and Family Services (DYFS), Division's Action Line

P.O. Box 717 50 East State Street
Trenton, New Jersey 08625

(P:) (800) 331-3937 (Fax:) (609) 984-0507

Purpose: Resource for DYFS clients, foster parents, family or members of the public having problems with the division's policies or procedures.

Legal Services and Consumer Affairs

New Jersey Department of Labor and Workforce Development– Division of Wage and Hour Compliance

P.O. Box 389
Trenton, New Jersey 08625

(P:) (609) 292-2305

E-Mail: wagehour@dol.state.nj.us.

Website: www.nj.gov/labor

Purpose: Enforces labor laws dealing with conditions of employment and methods and manner of the payment of wages.

New Jersey Division of Consumer Affairs

124 Halsey Street
Newark, New Jersey 07102

(P:) (800) 242-5846

Website: www.njconsumeraffairs.gov

Purpose: The New Jersey Division of Consumer Affairs protects the public from fraud, deceit and misrepresentation in the sale of goods and services.

Public Defender

201 South Main Street
Cape May Court House, New Jersey 08210

(P:) (609) 465-3101 (Fax:) (609) 465-3830

Contact: Scott Sherwood

Purpose: Provides public defender services

South Jersey Legal Services

1261 Route 9 South P.O. Box 785
Cape May Court House, New Jersey 08210

(P:) (609) 465-3001 (Fax:) (609) 465-9018

Purpose: Legal services in areas of consumer, housing family, social security and public assistance for persons of low income and senior citizens.

Maternal Health

Cape Community Health Center

410 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-0258

Purpose: Primary health care center.

Cape May County Department of Health—Women, Infants, Children (WIC)

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1224

Website: www.cmchealth.net

Purpose: WIC (Women, Infants, Children), is a federally-funded program that serves: Women (pregnant, breastfeeding, or non breastfeeding up to 6 months), Infants and Children. The WIC Program offers participants: Checks for free food (milk, eggs, cheese, juice, cereal, beans or peanut butter). For total breastfeeding women they will also get tuna and carrots. For infants that are not breastfed, must use iron-fortified formula until 12 months of age. The formula that WIC will provide is Similac Advance or Isomil Advance. WIC will also cover some specialty formula, with State approval. WIC also provides health care screening and nutrition education.

Eligibility: Please call 609-465-1224

Cape May County Department of Health – Family Planning

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1194

Contact: Donna Harper

E-Mail: dharp@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Family Planning provides confidential reproductive healthcare and education. Services include pap smear, STD testing, pregnancy tests, and birth control methods.

Eligibility: Women of child bearing age and men 13-45. Services are free to teens 18 and under.

Cost: Fees are based on household income.

Maternal Health

Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-2190

Website: www.caperregional.com

Purpose: Our mission is to provide comprehensive care in our State-of-the-Art Facility demonstrating in-depth experience in supplying services for the high-risk perinatal, cardiac and neonatal services.

Hope Pregnancy Center

321 West Avenue
Ocean City, New Jersey 08226

(P:) (609) 398-9449

E-Mail: hopehelp@hopepregnancyofnj.com

Purpose: Education on pregnancy and abortion alternatives, referrals for prenatal care, adoption, foster care.

Hope Pregnancy Center

3808 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-7022

Purpose: Education on pregnancy and abortion alternatives, referrals for prenatal care, adoption, foster care.

National Organizations

Aids Foundation for Children

77 Academy Street
Newark, New Jersey 07102

(P:) (973) 643-0400 ext 762

E-Mail: info@aidsresource.org

Website: www.aidsresource.org

Purpose: To provide programs and services to meet the expanding needs of children with HIV/Aids, medically fragile children, and their families.

Alateen South Jersey Location

116 White Horse Pike 2nd Fl
Hadden Heights, New Jersey 08235

(P:) (856) 547-0855

Website: www.nj-al-anon.org

Purpose: To provide fellowship for young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

American Diabetes Association

150 Monument Rd, Suite 100 Bala Cynwyd
Bal Cynwyd, PA 19004

(P:) (610) 828-5003; Toll Free: (800) 342-2383

Website: www.diabetes.org

Purpose: To provide Diabetes information to people with Diabetes and professionals; Diabetes education brochures on request; lists of support groups; fundraising for Diabetes, information research and advocacy.

American Heart Association

1 Union Street, Suite 301
Robbinsville, New Jersey 08691

(P:) (609) 208-0020 Toll Free: (800) 242-8721

Website: www.americanheart.org

Purpose: Fosters to appreciate cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.

Cost: Non-profit

National Organizations

American Kidney Fund

6110 Executive Blvd
Rockville, Maryland 20852

(P:) (301) 991-3052 Toll Free: (800) 638-8299 (Fax:) (301) 881-0898

Website: www.kidneyfund.org

Purpose: To provide direct financial assistance to kidney disease patients, public and professional education, and community services.

American Lung Association

1600 Rt 22 East
Union, New Jersey 07083

(P:) (908) 687-9340 (Fax:) (908) 851-2625

Website: www.lungusa.org

Purpose: To save lives by improving lung health and preventing lung disease through education, advocacy and research.

National Organizations - Local Chapter

American Red Cross

34 East Mechanic Street
Cape May Court House, New Jersey 08210

(P:) (609) 465-7382 (Fax:) (609) 463-1801

Website: www.redcross.org

Purpose: Provide assistance to all disaster victims in a timely, efficient, and effective manner, in order to eliminate their immediate disaster-caused needs.

Bar Association of Cape May County

P.O. Box 425
Cape May Court House, New Jersey 08210

(P:) (609) 463-0313 (Fax:) (609) 778-1193

E-Mail: cmcba@comcast.net

Purpose: Legal referral

Easter Seals of New Jersey

1304 Route 47 South, Unit Z
Rio Grande, New Jersey 08242

(P:) (609) 889-1114 (Fax:) (609) 889-0940

Contact: Nancy C. Danielson

Website: www.nj.easterseals.com

Purpose: Committed to providing health and human services to help people and families with disabilities and special needs live, work and play in their community with equality, dignity and independence.

National Multiple Sclerosis Society

1 Reed Street #200
Philadelphia, PA 19147

(P:) (800) 548-4611; (215) 271-1500 (Fax:) (215) 271-6122

E-Mail: pae@nmss.org

Website: www.nationalmssociety.org/chapters/PAE/index.aspx

Purpose: Provides services to registered eligible members and families which include: information and referral, support groups, living assistance, care management, advocacy, equipment, and educational programs.

National Organizations - Local Chapter

Social Security Administration

1500 Rt. 47 Station 8 Rio Grande Plaza
Rio Grande, New Jersey 08242

(P:) (800) 772-1213; Medicare Info: (800) 633-4227 (Fax:) (609) 886-2383

Contact: Gary Mohler

Purpose: Administers Social Security programs, retirement services, disability and Medicare.

United Way of Cape May County

4 E. Jimmie Leeds Road
Galloway, New Jersey 08205

(P:) (609) 404-4483 (Fax:) (609) 404-4303

Contact: John G. Emge

E-Mail: amorrison@ynitedwayac.org

Website: www.uwcmc.com

Purpose: Comprehensive countywide information and referral service.

Senior Services

Adult Protective Services

Social Services Building, 4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide services necessary to safeguard a vulnerable adult's rights and resources, and to protect a vulnerable adult from abuse, neglect or exploitation.

Eligibility: Vulnerable adults who are New Jersey residents, 18 years of age and older, who reside in a community setting and who, because of a physical or mental illness, disability, or deficiency, are subject to abuse, neglect or exploitation.

Alzheimer's Association – Delaware Valley Chapter

25 Dolphin Avenue Building D
Northfield, New Jersey 08225

(P:) (609) 484-3397; Toll Free: (800) 272-3900

Purpose: Telephone helpline offering information and referral, Alzheimer's safe return programs for dementia patients who wander, free family support groups, educational programs, newsletter and informational brochures.

Alzheimer's Association

25 Dolphin Avenue
Northfield, New Jersey 08225

(P:) (609) 484-3397; Toll Free: (800) 272-3900

Website: www.alz.org

Purpose: To help remove the fear and denial surrounding Alzheimer's Disease. Lead to early detection and proper treatment, prompt greater utilization of community resources. Ultimately improve quality of life.

American Association of Retired Persons (AARP)

(P:) (888) 687-2277

Purpose: For information on services available, local chapters and fringe benefits.

Senior Services

Assisted Living Program (ALP) In Subsidized Housing

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants who would otherwise be in nursing facilities stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Assisted Living Residence (ALR)

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants who would otherwise be in nursing facilities stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Bayada Nurses

225 S. Main Street
Cape May Court House, New Jersey 08210

(P:) (609) 465-0755; (609) 407-6801

Purpose: To serve millions of people world wide in Home Health Care, Hospice service, chore services and private duty services.

Cost: Call for information

Senior Services

CONTACT Cape-Atlantic

9500 Ventnor Avenue, Building 2
Margate, New Jersey 08402

(P:) (609) 463-4564 (Cape May County), (609) 823-1850 (Atlantic County)
(Fax:) (609) 823-1938

Contact: Ann Magee

E-Mail: contact-c-a@comcast.net

Website: www.contactcapeatlantic.org

Purpose: Volunteers provide telephone reassurance and community support for the elderly and disabled.

Cape Atlantic Coalition for Health

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 463-6521

Contact: Dick Colosi, Coordinator

E-Mail: rcolosi@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Goals - Engage healthcare providers and the general public to partner on evidence/practice based community-clinical interventions to reduce chronic disease. - Implement effective policy, system, environmental changes to improve public health. - Enact the New Jersey Comprehensive Cancer Control Plan in Atlantic and Cape May County.

Eligibility: CIC membership is open to county healthcare and community leaders

Cost: Free

Senior Services

Cape May County Department of Aging

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784; Mobile Meals: (609) 886-2784 (Fax:) (609) 889-0344

Purpose: Homebound Cape May County residents age 60 and older who are unable to shop or prepare meals and are physically or mentally, permanently or temporarily impaired and/or chronically ill and living alone.

Eligibility: Open to all county residents. Services are targeted to older adults with greatest economic or social need, with special attention to low income minorities.

Cape May County Department of Health - Chronic Illness Coalition

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 463-6521

Contact: Dick Colosi, Coordinator

E-Mail: rcolosi@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Chronic Illness Coalition (CIC) is an alliance of community and healthcare leaders dedicated to enhancing the lives of Cape May County citizens. CIC goals are to educate and create public awareness about chronic disease; advise the public about age appropriate screenings, especially uninsured/underinsured people through services available in the county; provide support to patients through existing services; encourage healthcare providers to screen for chronic illness and refer patients to a variety of services.

Eligibility: CIC membership is open to county healthcare and community leaders

Cost: Free

Cape May County Mobile Meals Program

(P:) (609) 886-2784

Purpose: To provide to homebound residents with nutritious meals.

Eligibility: Homebound Cape May County residents age 60 and older.

Senior Services

Cape May County TRIAD Council

4 Moore Road - DN 301
Cape May Court House, New Jersey 08210

(P:) (609) 886-6200

Contact: Cape May County Sheriff's Department

Purpose: To prevent victimization of seniors.

Caring Assisted living

3700 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 729-0220 ext 3106 (Fax:) (609) 729-8266

Contact: Kristian Thomas

Purpose: Assisted living community services.

Global Options (GO)

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assist those participants, who would otherwise be in nursing facilities, stay in the community.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Cost: Medicaid State and Federal Match

Hearing Aid Assistance to the Aged and Disabled (HAAAD)

369 So. Warren Street P.O. Box 360
Trenton, New Jersey 08608

(P:) (800) 792-9745 (Fax:) (609) 588-7122

Website: <http://www.state.nj.us/humanservices/doas/home/lifeline/detail.html>

Purpose: Provides a \$100.00 reimbursement for a newly purchased hearing aid to beneficiaries of the pharmaceutical assistance to the aged and disabled (PAAD) program.

Senior Services

Holy Redeemer Nurse Agency

1801 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-2082

Website: www.holyredeemer.com

Purpose: Hospice & Home Health Care

Jersey Assistance for Community Caregiving

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-2784 (Fax:) (609) 889-0344

Purpose: To provide in-home services that assist participants, who would otherwise be in a nursing facility, stay in the community.

Eligibility: New Jersey residents, 60 years of age and older, and Non-Medicaid Eligible. Financially, countable income less than 365% of the Federal Poverty Level per month and resources below \$40,000 per individual or \$60,000 per couple.

Cost: State Funds

Lifeline Utility Assistance Program

12 Quakerbridge Plaza
Hamilton, New Jersey 08618

(P:) (800) 792-9745 (Fax:) (609) 588-7122

Website: <http://www.state.nj.us/humanservices/doas/home/lifelinedetail.html>

Purpose: Utility assistance to residents of NJ who are 65+ years old or who are 18 – 64 and receive Social Security Disability and meet the income eligibility guidelines receive up to \$225.00 annually.

Loyalton

591 Route 9
Cape May Court House, New Jersey 08210

(P:) (609) 463-6344 (Fax:) (609) 463-6345

Contact: Drew Robinson

Purpose: Assisted living community for senior residents.

Senior Services

NJ Department of Health and Senior Services

P.O. Box 360
Trenton, New Jersey 08625

(P:) (609) 292--7837; Toll Free: (800) 792-8820

Website: www.state.nj.us/health

Purpose: Oversees all aspects of Public Health services.

NJ Foster Grandparent and Senior Companion Program at Woodbine Developmental Center and Community Sites

1175 De Hirsch Avenue
Woodbine, New Jersey 08270

(P:) (609) 861-6014 (Fax:) (609) 861-5219

Contact: Shelia Harris

Purpose: Designed to enhance the quality of life for the senior volunteer as well as the developmentally disabled individuals or children they serve.

Ombudsman Office

(P:) (877) 582-6995

Purpose: To report neglect or abuse of institutionalized elderly residents.

Pharmaceutical Assistance to the Aged and Disabled (PAAD)

P.O. Box 715
Trenton, New Jersey 08625

(P:) (800) 792-9745 (Fax:) (609) 588-7122

Purpose: Pharmaceutical assistance to residents of New Jersey who are 65+ years old or who are 18 – 64 and receive Social Security Disability and meet the income eligibility guideline.

Senior Services

Project Lifesaver Program c/o Cape May County Sheriff's Park Office

4 Moore Road - DN 301
Cape May Court House, New Jersey 08242

(P:) (609) 465-6831

Purpose: Aids victims and families suffering from Alzheimer's, Down Syndrome or Autism. It provides a means to locate those who wander from their caregivers.

Retired & Senior Volunteer Program

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-3400

Purpose: To provides volunteer opportunities for Cape May County seniors.

Eligibility: Age 55 years and older.

Senior Employment Program

3810 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 729-0997

Purpose: To provide part time, paid employment in local community services.

Eligibility: Age 55 and older with income limitations.

Senior Gold Prescription Discount Program

P.O. Box 715
Trenton, New Jersey 08625

(P:) (800) 792-9745 (Fax:) (609) 588-7122

Purpose: Pharmaceutical assistance to residents of NJ who are 65+ years old or who are 18 – 64 and receive Social Security Disability and meet the income eligibility guidelines above those for PAAD.

Senior Services

Social Security Administration

1500 Rt. 47 Station 8 Rio Grande Plaza
Rio Grande, New Jersey 08242

(P:) (800) 772-1213; Medicare Info: (800) 633-4227 (Fax:) (609) 886-2383

Purpose: Administers Social Security programs, retirement services, disability and Medicare.

State Health Insurance Program (S.H.I.P.)

Department of Aging 4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-8138

Purpose: Provides counseling on health insurance for Medicare enrollees; provides free help to NJ Medicare beneficiaries who have problems or questions with their health insurance.

Eligibility: Medicare eligible

Statewide Respite Care Program

4005 Route 9 South
Rio Grande, New Jersey 08242

(P:) (609) 886-6200 (Fax:) (609) 889-9332

Purpose: To provide in-home services that assists those participants, with a chronic disability or frail elderly.

Eligibility: New Jersey residents, 65 years of age or older, between the ages of 21 and 64 who are determined disabled by the Social Security Administration.

Senior Services

Adult Day Care

Generations

40 East New York Avenue
Somers Point, New Jersey 08244

(P:) (609) 653-9700

Purpose: Adult Day Care facility.

Magnolia Adult Daycare

144 Magnolia Drive
Cape May Court House, New Jersey 08210

(P:) (609) 465-5416

Purpose: Adult medical daycare program

Senior Care

211 South Main Street
Cape May Court House, New Jersey 08210

(P:) (609) 465-8840

Purpose: Adult medical daycare program.

Senior Services

Assisted Living

East Creek Manor

2056 State Highway 47
Eldora, New Jersey 08270

(P:) (609) 861-2627

Purpose: Provision of residential healthcare for older, ambulatory adults.

Emeritus

591 Route 9 South
Cape May Court House, New Jersey 08210

(P:) (609) 463-6344

Contact: Drew Robinson

Purpose: Assisted living community for senior residents.

North Cape Center Genesis ElderCare Network

700 Town Bank Road
North Cape May, New Jersey 08204

(P:) (609) 898-8899 (Fax:) (609) 898-8923

Contact: Karen Hoffman

E-Mail: info@genesishcc.com

Website: www.genesishcc.com

Purpose: Retirement & Life Care Communities.

The Shores at Wesley Manor

2201 Bay Avenue
Ocean City, New Jersey 08226

(P:) (609) 399-8505

Purpose: Assisted living community for senior residents.

Senior Services

Victoria Commons Assisted Living Facility

610 Town Bank Road
North Cape May, New Jersey 08204

(P:) (609) 898-0044 (Fax:) (609) 898-9644

Contact: Krista Rickards

E-Mail: kristarickards@genisis.com

Purpose: Retirement & Life Care Communities.

Eligibility: Waiting list for Medicaid

Victorian Towers

608 Washington Street
Cape May, New Jersey 08204

(P:) (609) 884-4902

Purpose: Retirement & Life Care Communities.

Eligibility: Cape May County Resident 60 years and older.

Yorkshire Place

664 Townbank Road
North Cape May, New Jersey 08204

(P:) (609) 898-0730 (Fax:) (609) 898-1221

Purpose: To provide seniors with recreational, educational and social activities.

Eligibility: Cape May County Resident 60 years and older.

Senior Services

Nursing Homes

Court House Convalescent & Rehabilitation Center

144 Magnolia Drive
Cape May Court House, New Jersey 08210

(P:) (609) 465-7171

Purpose: Nursing Home facility.

Crest Haven Nursing and Rehabilitation Center

4 Moore Road - DN 619
Cape May Court House, New Jersey 08210

(P:) (609) 465-6816

Contact: Linda Lindsay

Purpose: Application for admission found at Social Services Building, 4005
Route 9 South Rio Grande, New Jersey 08242

Eastern Shore Nursing & Rehabilitation Center

1419 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-2260 (Fax:) (609) 465-2682

E-Mail: ihalliday@hospicomm.com

Purpose: Nursing Home Facility

Ocean View Center for Rehabilitation and Continuing Care

2721 Route 9
Ocean View, New Jersey 08230

(P:) (609) 624-3881 (Fax:) (609) 624-3771

Contact: Jennifer Hess

Purpose: Nursing Home Facility.

Senior Services

Oceana Rehabilitation & Nursing Center

502 US Highway 9
North Cape May, New Jersey 08204

(P:) (609) 465-7633 (Fax:) (609) 465-4995

Contact: Eliyahu Mirlis

Purpose: Nursing Home Facility.

Senior Services

Senior Center

Avalon Senior Center

Avalon Community Center
Avalon, New Jersey 08202

(P:) (609) 967-5935

Purpose: To provide seniors with recreational, educational and social activities.

Cape May County Nutrition Programs

168 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-4465

Purpose: To provide seniors with recreational, educational and social activities.

Eligibility: Age 60 years and older.

Dennis Township Senior Center

571 Petersburg Avenue
Dennisville, New Jersey 08214

(P:) (609) 861-3137

E-Mail: Rosie@dennistwp.org.

Website: www.seniorcenter.dennistwp.org

Purpose: To provide seniors with recreational, educational and social activities. Age 50 and over.

Howard Stainton Senior Center

1735 Simpson Avenue Suite 5
Ocean City, New Jersey 08226

(P:) (609) 399-0055

Purpose: To provide seniors with recreational, educational and social activities.

Eligibility: Cape May County Resident 60 years and older.

Senior Services

Lower Cape Senior Center

2612 Bayshore Road
Villas, New Jersey 08251

(P:) (609) 886-5161

Purpose: To provide seniors with recreational, educational and social activities.

Eligibility: Cape May County Resident 60 years and older.

Middle Township Senior Center

23 Romney Place
Cape May Court House, New Jersey 08210

(P:) (609) 465-8865

Purpose: To provide seniors with recreational, educational and social activities.

North Wildwood Senior Center

10th and Central Avenue
North Wildwood, New Jersey 08260

(P:) (609) 729-2090

Purpose: To provide seniors with recreational, educational and social activities.

Eligibility: Cape May County Resident 60 years and older.

Upper Township Senior Center

1369 Stagecoach Road
Palermo, New Jersey 08230

(P:) (609) 390-9409

Purpose: To provide seniors with recreational, educational and social activities.

Eligibility: Cape May County Resident 60 years and older.

Substance Abuse Treatment and Information

Addiction Recovery Services

1200 Route 9 South
Cape May Court House, New Jersey 08210

(P:) (609) 463-0500 (Fax:) (609) 463-0589

Website: www.arsrg.com

Purpose: To provide high-quality and cost effective outpatient substance use disorder treatment services to residents of southeastern New Jersey including medication assisted treatment with methadone and suboxone.

Eligibility: Adults with a substance use disorder.

Addictions Hotline of New Jersey

(P:) (800) 238-2333 (Fax:) (856) 728-1517

Purpose: Information and referral for New Jersey residents with substance abuse problems and their families. 24 Hour toll-free hotline.

Alcoholics Anonymous – Cape Atlantic Inter Group

(P:) (609) 641--8855; Toll Free: (800) 604-4357

Website: www.caigrp.org

Purpose: Provides information about recovery from alcoholism through AA's 12-step program.

Barnabas House

436 W. Garfield Avenue
Wildwood, New Jersey 08260

(P:) (609) 522-9802 (Fax:) (609) 729-8157

Purpose: Counseling-in-residence recovery from addictions for needed lifestyle change. Also provides emergency food.

Substance Abuse Treatment and Information

Cape Assist

3819 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 522-5960 (Fax:) (609) 522-4074

Contact: Lynne Krukosky

E-Mail: email@capeassist.org

Website: www.capeassist.org

Purpose: Prevention, education of drug and alcohol abuse. Peer leadership program, juvenile diversion and parenting work shops.

Eligibility: The public

Cost: Services may be free or have a fee.

Cape May County Healthy Community Coalition

3819 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 522-5960 (Fax:) (609) 522-4074

Contact: Kim Mounce

E-Mail: kim@capeassist.org

Purpose: Collaborates with community organizations to strengthen prevention efforts in the county.

Eligibility: Residents of Cape May County

Cost: Free

Community Partnerships for a Tobacco-Free New Jersey

3819 New Jersey Avenue
Wildwood, New Jersey 08260

(P:) (609) 522-5960 (Fax:) (609) 522-4074

Website: www.capeassist.org

Purpose: Community organizations as well as individuals in Cape May County join together to strengthen the community perception that tobacco use is an unacceptable behavior.

Eligibility: Active Smokers as well as family members or friends concerned about a love one smoking in Cape May County.

Cost: Free

Substance Abuse Treatment and Information

Families Matter Behavioral Health Services

899 Bayshore Road
Villas, New Jersey 08251

(P:) (609) 886-8666 (Fax:) (609) 886-9666

Purpose: Provide in-home and outpatient behavioral health services to children and families within Southern New Jersey. Services include individual, couples, family and group therapy as well as Intensive Outpatient Program for drug and alcohol abuse. Nurturing Parenting Program available.

Eligibility: Resident of Southern New Jersey

Cost: Call for information

Family Court Assessment Team (FCAT)

134 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-1373 (Fax:) (609) 465-8603

Purpose: Provides services for family assessment, client advocacy, substance abuse evaluation, family counseling, and drug and alcohol counseling to improve family functioning and strengthen the family unity.

Cost: Free

Lighthouse at Mays Landing

5034 Atlantic Avenue
Mays Landing, New Jersey 08330

(P:) (609) 625-4900; Toll Free (800) 852-8851 (Fax:) (609) 625-8158

Purpose: A residential chemical dependency facility for adolescents and adults. Intensive outpatient services, level of care evaluation with recommendations, and a family support program. Outpatient services are also available.

Substance Abuse Treatment and Information

Seabrook House

P.O. Box 5055, 133 Polk Lane
Seabrook, New Jersey 08302

(P:) (800) 761-7575 (Fax:) (856) 453-1022

E-Mail: info@seabrookhouse.org

Website: www.seabrookhouse.org

Purpose: Seabrook house offers residential treatment of alcoholism and chemical dependency for male and female adults on a 40 acre manicured estate. Services provided include detoxification, family counseling, 24 hour helpline for information, and referrals for drug and alcohol problems. Special programs for women and children and HIV services. Confidential online admission intake.

Support Groups

Arthritis Foundation

9 Tanner Street East Entry
Haddonfield, New Jersey 08033

(P:) (856) 616-0570 (Fax:) (856) 616-0570

E-Mail: info.nj@acfamsupport.org

Website: www.acfamsupport.org

Purpose: Provides education programs, water exercise and fitness programs, public information, and funding for arthritis research.

Atlantic Cape Family Support Organization, Inc.

1601 Tilton Road, Suite #1
Northfield, New Jersey 08225

(P:) (609) 485-0575 (Fax:) (609) 485-0467

Contact: Andrea Burleigh

E-Mail: info@acfamsupport.org

Website: www.acfamsupport.org

Purpose: The Atlantic Cape Family Support Organization (ACFSO) serves families of Atlantic and Cape May Counties who have children in crisis struggling with mental, emotional and/or behavioral challenges. The ACFSO is unique because we are parents supporting parents. Our staff is comprised solely of parents who have been through the same types of crisis with their own children. We support the parent/caregiver and provide education so the family can make knowledgeable decisions for their child. Our primary goal is to enable the parent or caregiver to advocate for their child and to have their voice heard in all decisions concerning their child.

Brain Injury Association of New Jersey, Inc.

825 Georges Road, 2nd Fl
North Brunswick, New Jersey 08902

(P:) (732) 745-0200 Help Line (800) 669-4323 (Fax:) (732) 745-0211

E-Mail: info@bianj.org

Website: www.bianj.org

Purpose: To support and advocate for individuals affected by brain injury and to raise awareness.

Support Groups

Cancer Hope Network

2 North Road Suite A
Chester, PA 07930

(P:) (800) 552-4366; (908) 879-4039 (Fax:) (908) 879-6518

E-Mail: info@cancerhopenetwork.org

Website: www.cancerhopenetwork.org

Purpose: One on one emotional support for adult cancer patients and their families. Support via telephone by 325+ trained volunteers. Patients are matched with survivors based on cancer type, stage, treatment, side effects, age and gender.

Cape Counseling Services

128 Crest Haven Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-5999 (Fax:) (609) 465-2588

Website: www.capecounseling.org

Purpose: To provide behavioral health counseling; psychiatric assessment, medication monitoring.

Eligibility: Cape May County residents

Cost: Most insurances accepted. Medicaid; Medicare accepted. Fee scale utilized; no one is turned away due to financial limitations.

Cape Regional Medical Center for Lifestyle Management

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 463-4043 (Fax:) (609) 463-4044

Contact: Bonnie Kratzer, RN, BSN

E-Mail: jkratzer@caperegional.com

Website: www.caperegional.com

Purpose: Offers an extensive variety of support groups, health literature, educational classes, wellness program and information about healthcare services.

Support Groups

Compassionate Friends Chapter 1561

P.O. Box 496

Cape May Court House, New Jersey 08210

(P:) (609) 602-7041; (609) 886-4642; Toll Free: (800) 969-0010

Contact: Darlene

E-Mail: nationaloffice@compassionatefriends.org

Website: www.compassionatefriends.org

Purpose: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Eligibility: All bereaved family members are welcome.

Cost: Not-for-profit

Epilepsy Foundation of NJ

1AAA Drive, Suite 203

Trenton, New Jersey 08601

(P:) (856) 858-5900; (800) 336-5843 (Fax:) (609) 392-5621

Website: www.efnj.com

Purpose: Information and referral; public education; respite care.

GABLES of Cape May County

P.O. Box 641

Cape May Court House, New Jersey 08210

(P:) (609) 861-1848

E-Mail: gables00@email.com

Purpose: Social Support group for the homosexual and bisexual populations of Cape May County.

Support Groups

Gamblers Anonymous

(P:) (908) 756-1171; (877) 994-2465

E-Mail: isomain@gamblersanonymous.org

Website: www.gamblersanonymous.org

Purpose: 12-step fellowship for men and women who share their experience, strength and hope with each other in order to recover from compulsive gambling.

Gilda's Club of South Jersey

555 Bay Avenue
Somers Point, New Jersey 08244

(P:) (609) 926-2699 (Fax:) (609) 926-2688

Website: www.gildasclubsouthjersey.org

Purpose: Gilda's Club is a free support community for men, women, and children living with cancer and their families and friends.

H.O.P.E. -Helping Other People Evolve Inc.

(P:) (888) 920-2201

Website: www.hopenj.org

Purpose: The mission of H.O.P.E. is to assist recently widowed persons of all ages in evolving through the natural stages of grief by giving support of and encouragement for the future, by providing essential information, and by helping them to set and achieve new goals for living.

Heartbreak to Healing-Suicide Support Group

11 E Dawes Avenue Great Lutheran Church
Somers Point, New Jersey 08244

(P:) (609) 820--2477 Evening (609) 625-4911

Contact: Reverend Michael Boldue

Purpose: Grief Support for those who have lost a loved one to suicide. Meetings are held the last Tuesday of every month.

Support Groups

Lupus Foundation of South Jersey

One Greentree Centre Suite 201
Marlton, New Jersey 08053

(P:) (856) 424-0255

Website: www.sjlupus.org

Purpose: Provides literature and gives comfort to the victims of lupus, their friends, and families.

M.A.D.D.

11 North Main Street
Cape May Court House, New Jersey 08210

(P:) (609) 463-1616

Purpose: Mothers against drunk driving support group.

NJ Self-Help Group Clearinghouse

375 East McFarlan Street
Dover, New Jersey 07801

(P:) (800) 367-6274

E-Mail: njshc@cybernex.net

Website: www.njgroups.org

Purpose: Maintains a database of thousands of online support groups.

Cost: Free

Overeaters Anonymous

JSI
P.O. Box 571
Manahawkin, New Jersey 08050

(P:) (609) 698-0244

Website: www.aa.org

Purpose: 12-step fellowship for men and women who meet to help one another understand and overcome their common problem of compulsive overeating.

Eligibility: A desire to stop eating compulsively.

Cost: Groups are fully self-supporting through their own contributions.

Support Groups

P-FLAG FCA

(P:) (609) 861-1848; (609) 898-3754

Contact: Marjorie

E-Mail: community@pflagnewark.org

Purpose: Parents and Friends of Gay, Lesbians, Bisexuals and Transgendered.

Parents Anonymous of New Jersey, Inc.

127 Rt. 206 South, Suite 10
Hamilton, New Jersey 08610

(P:) (609) 585-7666; (800) 843-5437 (Fax:) (609) 585-7686

E-Mail: panjstress@aol.com

Website: www.pa-of-nj.org

Purpose: Provides community-based self-help/support groups for parents.

South Jersey AIDS Alliance

604 Franklin Street
Woodbine, New Jersey 08270

(P:) (609) 861-2423, (609) 523-0024; (800) 281-AIDS (Fax:) (609) 861-2571; (609) 523-2415

Contact: Carol Harney

E-Mail: info@sjaids.org

Website: www.southjerseyaidsalliance.org

Purpose: Community service organization providing HIV case management, transportation assistance, food bank, delivered meals and support groups for individuals living with HIV/AIDS.

Suicide Hotline-National

(P:) (800) 784-2433

Purpose: Suicide crisis center

Support Groups

The Empowerment Resurrection Center of New Jersey/Formally Faith Farm, Inc.

21 Stretch Road
Bridgeton, New Jersey 08302

(P:) (856) 455-6145/Office (856) 575-0500 (Fax:) (856) 575-0505

Purpose: Nine month Christian based drug rehabilitation program for males 18 and older.

The Un-Limb-ited Potential Support Group

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 465-4117 ext 28 (Fax:) (609) 465-3899

Contact: Paulann T. Pierson

E-Mail: paulann@capeworkshop.com

Purpose: The group meets to discuss different aspects of daily living and to share ideas, contacts and other useful community information. Speakers from community agencies and organizations present at most meetings.

Eligibility: A support group for people with amputations and their families.

Cost: Free

Transportation Services

Cape May County Fare Free Transportation

4 Moore Road - DN 626
Cape May Court House, New Jersey 08210

(P:) (609) 889-3700 (Fax:) (609) 889-7696

Contact: Lisa D'Amico

Purpose: Provide transportation for senior citizens, disabled residents, veterans, individuals of low income.

Cost: Free

Cape May Lewis Ferry

P.O. Box 825,
1200 Lincoln Boulevard
North Cape May, New Jersey 08204

(P:) (800) 643-3779

Purpose: Provide transportation to and from NJ to Delaware.

Cost: Please call for cost

New Jersey State Motor Vehicle Commission

Rio Grande Plaza
1500 State Highway North 47
Rio Grande, New Jersey 08242

(P:) (888) 486-3339 - General Information Toll Free; Vehicle Inspections
Toll Free: (888) 656-6867

Purpose: Provide information & license/registration renewals to NJ residents.

New Jersey Transit of South Jersey

(P:) (800) 772-2287; (800) 955-2321

Website: www.njtransit.com

Purpose: Provide bus transportation in South Jersey.

Transportation Services

South Jersey Transportation Planning Organization

782 South Brewster Road Unit B-6
Vineland, New Jersey 08361

(P:) (856) 794-1941 (Fax:) (856) 794-2549

Contact: Timothy Chelius

E-Mail: tchelius@sjtpo.org

Website: www.sjtpo.org

Purpose: Providing Transportation information and services.

Urgent Care Centers

Atlantic are Physician Group Urgent Care Center

201 South Shore Road, Suite 201
Marmora, New Jersey 08223

(P:) (609) 407-2273

Purpose: Urgent care for medical conditions that are non life threatening.

Avalon Medical Center

2355 Ocean Drive
Avalon, New Jersey 08202

(P:) (609) 967-3800

Website: www.avalonmedicalcenter.com

Purpose: Urgent care for medical conditions that are non life threatening.
Open 7 days a week during the summer only.

Cape Regional Medical Center

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 465-2000 (Fax:) (609) 463-2946

Website: www.caperegional.com

Purpose: Is to reliably provide the highest quality healthcare for urgent medical problems.

Cape Regional Medical Center Emergency Department

2 Stone Harbor Boulevard
Cape May Court House, New Jersey 08210

(P:) (609) 967-3800 (Fax:) (609) 463-2946

Website: www.caperegional.com

Purpose: Provider of medical care to the community.

Urgent Care Centers

Cape Regional Urgent Care

11 Court House South Dennis Road
Cape May Court House, New Jersey 08210

(P:) (609) 465-6364

Website: www.caperegionalurgentcare.com

Purpose: Urgent care for medical conditions that are non life threatening.
Open 7 days a week 11am to 11pm.

Cape Urgent Care

900 State Highway North 109
Cape May, New Jersey 08204

(P:) (609) 884-4357 (Fax:) (609) 884-4377

Website: www.capeurgentcare.com

Purpose: Urgent care for medical conditions that are non life threatening;
Open 9 am to 9 pm 7 days a week.

Cost: Accept Medicare, many major insurances, credit and check

Harbor Family Medicine

336-96th Street
Stone Harbor, New Jersey 08247

(P:) (609) 368-3500

Purpose: Urgent care for medical conditions that are non life threatening.
Open Memorial Day to Labor Day 9 am - 6 pm.

Veterans' Services

Cape May County Veterans' Bureau

4005 Route 9 South
Rio Grande, New Jersey 08242

(Fax:) (609) 886-4161

E-Mail: gtomlin@co.cape-may.nj.us

Purpose: To provide local service to veterans and to assist veterans families and widows with information and assistance to include veteran benefits.

Cape May Veterans' Outpatient Clinic

Cape May Coast Guard Base
Cape May, New Jersey 08204

(P:) (609) 898-8700 ext 222; Toll free: (800) 566-7379

Purpose: Offers primary medical health services for veterans.

Women's Health

Cape Community Health Center

410 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-0258

Purpose: Primary health care center.

Cape May County Department of Health—Cancer Education and Early Detection (CEED)

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1047

Contact: Carol Porter, Program Coordinator

Website: www.cmchealth.net

Purpose: The CEED (Cancer Education and Early Detection) Program provides screening for breast, cervical, prostate and colon/rectal cancers for men and women who are Cape May County residents. Women ages 40-65 and men ages 50-64 with no insurance are eligible. If there is a family history of cancer, screenings should begin earlier.

Eligibility: Cape May County residents

Cape May County Department of Health—Women, Infants, Children (WIC)

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1224

Website: www.cmchealth.net

Purpose: WIC (Women, Infants, Children), is a federally-funded program that serves: Women (pregnant, breastfeeding, or non breastfeeding up to 6 months), Infants and Children. The WIC Program offers participants: Checks for free food (milk, eggs, cheese, juice, cereal, beans or peanut butter). For total breastfeeding women they will also get tuna and carrots. For infants that are not breastfed, must use iron-fortified formula until 12 months of age. The formula that WIC will provide is Similac Advance or Isomil Advance. WIC will also cover some specialty formula, with State approval. WIC also provides health care screening and nutrition education.

Eligibility: Please call 609-465-1224

Women's Health

Cape May County Department of Health – Family Planning

4 Moore Road - DN 601
Cape May Court House, New Jersey 08210

(P:) (609) 465-1194

Contact: Donna Harper

E-Mail: dharper@co.cape-may.nj.us

Website: www.cmchealth.net

Purpose: Family Planning provides confidential reproductive healthcare and education. Services include pap smear, STD testing, pregnancy tests, and birth control methods.

Eligibility: Women of child bearing age and men 13-45. Services are free to teens 18 and under.

Cost: Fees are based on household income.

Cape May County Freeholders' Advisory Commission on the Status of Women

10 North Main Street 4 Moore Road - DN 639
Cape May Court House, New Jersey 08210

(P:) (609) 463-6695

Contact: Kathleen Bresan

E-Mail: womcomm@co.cape-may.nj.us

Website: www.capemaycountygov.net

Purpose: Studies needs and concerns of county women; proposes and recommends to the freeholders programs to improve conditions for women.

Cape Women's Resource Fund, Inc.

P.O. Box 903
Cape May Court House, New Jersey 08210

(P:) (609) 231-1813

Contact: Rita Marie Fulginiti

E-Mail: capewomenresourcefund@yahoo.com

Purpose: Established in 1991. Supports programs & activities for the cultural, educational, civic & social advancements of CMC women. It promotes activities that focus on the achievements of women.

Women's Health

Coalition Against Rape & Abuse, Inc. (C.A.R.A.)

P.O. Box 774
Cape May Court House, New Jersey 08210

(P:) (609) 585-7666; (800) 843-5437 (Fax:) (609) 463-0967; (877) 294-2272

E-Mail: carasafe1@verizon.net

Website: www.cara-cmc.org

Purpose: 24-Hour crisis response: sheltering, emergency assistance for basic necessities, counseling, advocacy information and referral, community education and support groups.

Complete Care Medical & Dental Professionals

410 Route 9 North
Cape May Court House, New Jersey 08210

(P:) (609) 465-0258

Website: www.completecarenj.org

Eligibility: All are welcome regardless of insurance status or ability to pay.

Cost: Sliding fee scale for uninsured patients. No co-pay for prenatal appointments.

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Emergency Preparedness Safety Tips

Visit READYCAPEMAYCOUNTY.ORG

- **Emergency Supply Kit:**
Stock water, 3 days of water (1 gallon per person per day), and ready-to-eat, nonperishable food; general supplies such as a flashlight, utility knife, paper goods; personal supplies such as medications, clothes, shoes, and blankets; and copies of important documents such as license, birth certificate, and credit cards. Also, have a first aid kit.
- **Create A Personal Action Plan:**
Keep contact information handy, identify a meeting place for your family near your home and another outside your neighborhood, pick an out-of-state friend and another who lives near you as your family's contact, and plan ahead for care of pets and livestock.
- **Create and Know Your Evacuation Plan:**
Maintain your car with at least a half tank of gas, and plan multiple routes out of your area. Be aware: The Office of Emergency Management (OEM) may issue specific evacuation routes.
- **Review Your Plan:**
Update your kit every 6 months to replace outdated supplies and revise your plan if you add a new family member or if you move.

Register In Advance

Cape May County residents who may have difficulty during an evacuation because of physical or other limitations or lack of transportation can register in advance through their local office of Emergency Management, at registerready.nj.gov or by calling 2-1-1.

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