



Patient Resources

South Jersey

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HEALTH AND WELLNESS

Food

- **Meals-on-Wheels & Senior Meal Programs**
<http://www.mealcall.org/meals-on-wheels/nj/index.htm>
- **Food Bank of South Jersey, Pennsauken**
<http://www.foodbanksj.org/>
Phone: 856-662-4884
Serving: Salem, Gloucester, Camden, and Western Burlington Counties
- **Community Food Bank of New Jersey, Egg Harbor Township**
<http://www.njfoodbank.org/>
Phone: 609-383-8843
Serving: Eastern Burlington, Atlantic, Cumberland, and Cape May Counties
- **The Food Bank of Monmouth and Ocean Counties, Neptune**
<http://www.foodbankmoc.org/>
Phone: 732-918-2600
Serving: Monmouth and Ocean Counties
- **New Jersey Food Pantries**
<http://www.foodpantries.org/st/new-jersey/>
Services: Listing of food pantries and food banks throughout the entire state of New Jersey.
- **NJ Supplemental Nutrition Assistance Program (NJ SNAP)**
<http://www.njsnap.org>
Phone: 1-800-687-9512
Services: This nutrition assistance program helps low-income individuals and families buy the groceries needed to eat healthy.

Obesity/Weight Management

- **Overeaters Anonymous**

<http://www.oa.org/>

Services: This is a worldwide twelve step program for recovery from compulsive eating. Meetings are by telephone, online or in a group setting.

- **Centers for Disease Control and Prevention-Overweight & Obesity**

<http://www.cdc.gov/obesity/index.html>

Services: This interactive website defines obesity for both children and adults. It provides data and statistics, BMI calculation, and other resources.

- **USDA**

<http://www.choosemyplate.gov>

Services: Established by the United States Department of Agriculture, this website offers information about establishing and maintaining a healthy diet. There are tools, printable materials, and healthy eating tips. There is also an interactive children's section with games, kid's recipes, and videos & songs.

- **Virtua Center for Weight Management, Voorhees, Sewell, Moorestown**

Phone: 1-888-847-8823

Services: Group classes and private programs.

- **Kennedy Health System, Cherry Hill, Somerdale, Washington Twp.**

Phone: 856-218-5732

Services: A nutritional program offered by trained Registered Dietitians providing individual, highly personalized plans for each client.

- **A Better Fit Weight Loss Program (Inspira), Vineland, Bridgeton**

Phone: 856-696-3924

Services: Twelve week program provides a personal trainer, dietitian and testing.

- **The Healthy Weight (Cooper), Cherry Hill, Voorhees**

Phone: 856-321-0012

Eating Disorders

- **Eating Disorder Hope**

<http://www.eatingdisorderhope.com/treatment-centers/new-jersey-nj>

Services: Website provides resources, articles, information and a listing of all treatment centers within the state of New Jersey.

- **Eating Disorders Online**

<http://www.eatingdisordersonline.com/treatment/nj.php>

Services: Website provides eating disorder videos, articles and videos for parents of children with eating disorders, information on eating disorder research, and a listing of all the treatment therapists throughout the state of NJ.

- **The Renfrew Center, Mount Laurel, Philadelphia**

<http://renfrewcenter.com/>

Phone: 1-800-RENFREW (736-3739)

- **The Center for Eating Disorders Care, Plainsboro**

Phone: 1-877-932-8935

Services: Inpatient and outpatient services.

Pain Management

- **South Jersey Health & Wellness Center, Cherry Hill**

Phone: 856-288-7366

Services: Alternative treatment options for acute and chronic pain.

- **Chronic Pain Support Group, Voorhees**

Phone: 1-800-522-1965

Services: A support group for anyone with chronic pain, who is 18 years of age or older. This group integrates problem solving, sharing, and relaxation techniques to help an individual cope better with pain. Meets monthly.

Smoking Cessation

- **Become an EX**

<http://www.becomeanex.org>

Services: This website is run by Legacy, a national non-profit focused on smoking prevention and cessation. The website provides information on how to quit smoking, links to additional quit smoking resources, and the EX Plan. The EX Plan is a free quit smoking program accessed online and by an iPhone app that allows the user to identify smoking patterns and triggers, create a quit plan, and interact with other EX Plan users.

- **Centers for Disease Control and Prevention-Smoking & Tobacco Use**

<http://www.cdc.gov/tobacco/>

Services: This website has smoking tools and resources including fact sheets, articles and website links to other organizations providing information on smoking and tobacco use.

- **Mom's Quit Connection**

<http://www.snipc.org/programs/smoking>

Services: Mom's Quit Connection is a program sponsored by the Southern New Jersey Perinatal Cooperative. It offers free smoking cessation support and counseling to pregnant women and new mothers who are New Jersey residents.

- **Smoke Free**

<http://www.smokefree.gov>

Services: This website is available in English and Spanish. It provides resources, a guide to quitting smoking, self-quizzes, and information about research studies. There is also a quit line for those who don't have an internet connection at home-1-800-QUIT-NOW (1-800-784-8669).

- **Determined to Quit**

<http://www.determinedtoquit.com>

Services: This website has an interactive tool accessible on the internet and via mobile phone called "Quit Companion" that allows smokers to track their smoking patterns and send personal motivational messages by email or text messages. Friends and families can participate as well by also sending email and text messages.

DISEASE MANAGEMENT

Cancer Support

- **The New Jersey Cancer Education and Early Detection Program**

Phone: 1-800-328-3838

Services: This program provides screening for breast, cervical, colorectal and prostate cancer. Services include outreach, early detection, screening, tracking, education, and case management. Only available to persons who are uninsured or underinsured and are at or below 250% of the Federal Poverty Level.

- **American Cancer Society**

<http://www.cancer.org/>

Phone: 1-800-227-2345

Services: This website offers online resources as well as finding support and treatment in your area. The information center is open 24 hours a day, 365 days a year. There are also more than 900 local offices nationwide.

- **Road to Recovery**

<http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery>

Services: The American Cancer Society Road to Recovery is a volunteer based program that provides transportation for cancer patients in active cancer treatment, or appts that support active treatment and cancer related surgery.

- **Virtua Fox Chase Cancer Program, Mt. Holly, Voorhees, Sewell**

Phone: 1-888- VIRTUA-3 (1-888-847-8823)

Services: In collaboration with Fox Chase Cancer Center in Philadelphia to provide preventative, diagnostic, and treatment services.

- **MD Anderson Cancer Center at Cooper, Cooper**

Phone: 1-855-MDACOOPER (632-2667)

Services: In collaboration with Texas MD Anderson Cancer Center in Houston with access to more clinical trials to give patients more options.

Diabetes

- **American Diabetes Association**

<http://www.diabetes.org/>

Services: This website provides information in English and Spanish on food and fitness, community resources, diabetes basic information and diabetes articles.

- **Centers for Disease Control and Prevention-Diabetes Page**

<http://www.cdc.gov/diabetes/>

Services: This website provides information on diabetes, answers to frequently asked questions, and has materials in English and Spanish. Website users may also sign up to receive email newsletters.

- **Virtua Center for Nutrition and Diabetes Care**, Camden, Voorhees, Sewell, Moorestown

<http://www.virtua.org/locations/nutrition-and-diabetes-care>

Phone: 1-888-VIRTUA-3 (1-888-847-8823)

Services: Outpatient diabetes program. Program held Monday through Friday. Hours are by appointment.

- **Kennedy Diabetes Control Center**, Cherry Hill, Somerdale, Sewell

<http://www.kennedyhealth.org/programs-and-services/diabetes-control-center>

Phone: 1-866-224-0264

Services: Outpatient training in diabetes care and self-management to people with diabetes. Hours are by appointment. Accepts most insurances.

- **Inspira Diabetes Education**, Elmer, Vineland, Woodbury

<http://www.inspirahealthnetwork.org/diabetes-education>

Phone: Elmer & Vineland 856-641-7535, Woodbury 856-853-2141

Services: Outpatient diabetes education classes.

- **Lourdes' ABC Diabetes Education Program**, Cherry Hill, Willingboro,

Phone: 1-877-533-4222

- **Joslin Diabetes Center**, Egg Harbor Township

Phone: 609-407-2277

Asthma

- **Centers for Disease Control and Prevention-Asthma Page**

<http://www.cdc.gov/asthma/>

Services: This website provides basic information on asthma, links to podcasts and videos on asthma, and an asthma action plan that can be completed.

- **The Pediatric/Adult Asthma Coalition of New Jersey**

<http://www.pacnj.org/>

Services: This website provides information on how to control asthma, and how to use medications, inhalers and peak flow meters. In addition, it provides a list of asthma triggers in a number of different languages and asthma action plans in English and Spanish that can be printed and completed by the patient's clinician.

- **Project Allergy**

<http://www.projectallergy.com/>

Services: This website is a complete resource for anyone that is affected by food allergies, environmental allergies, and asthma.

Arthritis Support

- **Arthritis Foundation**

<http://www.arthritis.org/>

Services: Information, practical tips, proven products, community programs, brochures, and link to interactive website for kids, tweens, and teens living with juvenile arthritis.

- **Arthritis Quality of Life Program (South Jersey), Virtua-Voorhees**

Phone: 1-888-847-8823

Services: Promotes awareness of arthritis and the importance of prevention, early diagnosis and treatment; and provides community-based programs, services and support to prevent disease complications. Serving Burlington, Camden, Gloucester, Salem and Cumberland Counties. Some materials available in Spanish, Chinese, Korean and Hindi.

BEHAVIORAL HEALTH

Inpatient Behavioral Health Centers

- **Emergency Psychiatric Services**
<http://www.state.nj.us/humanservices/dmhs/services/centers/>
Services: All 21 counties for the state of New Jersey have hotlines for emergency inpatient psychiatric services.
- **Camden County Short Term Care Facility, Cherry Hill**
Kennedy Memorial Hospital
Phone: 1-800-528-3425
- **Burlington County Short Term Care Facility, Willingboro**
Lourdes Medical Center
Phone: 609-835-6180
- **Gloucester County Short Term Care Facility, Woodbury**
Underwood Memorial Hospital
Phone: 856-251-3300
- **Virtua Memorial, Mt. Holly**
Phone: 1-888-847-8823
- **Hampton Behavioral Health Center, Westampton**
Phone: 1-800-603-6767
Private behavioral hospital.
- **Carrier Clinic, Belle Mead**
Phone: 800-933-3579
- **Princeton House Behavioral Health, Princeton**
Phone: 1-800-242-2550

Outpatient Mental Health/Counseling Centers

- **Drenk Behavioral Health Center, Hainesport**
Phone: 609-267-5656
- **Center for Family Services, Camden**
Phone: 1-877-922-2377
- **Princeton House Behavioral Health, Moorestown**
Phone: 1-888-437-1610
- **Hampton Counseling Center, Cherry Hill, Westampton Twp.**
Phone: 1-800-603-6767
- **Kennedy Behavioral Health, Cherry Hill**
Phone: 1-800-528-3425
- **South Jersey Behavioral Health Resources, Camden, Stratford**
Phone: 1-800-220-8081
- **Hispanic Family Center, Camden**
Phone: 856-541-6985
- **The Mental Health Association in SW New Jersey, Haddon Heights**
Phone: 856-522-0639
- **Pinnacle Behavioral Health Institute, Marlton**
Phone: 1-877-974-6622
- **Psychiatric & Addiction Services of Southern New Jersey, Mt. Laurel**
Phone: 856-273-8000
- **Inspira Health Center, Bridgeton**
Phone: 856-575-4111

National Alliance on Mental Illness Support Groups

NAMI advocates for access to services, treatment, support and research.

<http://www.nami.org/>

- **Atlantic County Support Meeting**
Absecon United Methodist Church, Absecon
Phone: 609-927-0215
2nd Monday of the month
7:00pm-9:00pm
- **Burlington County Support Meeting**
First Presbyterian Church, Moorestown
Phone: 609-222-9400
2nd & 4th Monday of the month
7:00pm-9:00pm
- **Camden County Family Support Group**
Twin Oaks Community Services, Cherry Hill
Phone: 856-783-2518
2nd & 4th Tuesdays of the month
6:00pm-8:00pm
- **Cumberland County Support Meeting**
Chestnut Assembly of God, Vineland
Phone: 856-691-9234
3rd Monday of each month
7:00pm-9:00pm
- **Gloucester County Family Support Group**
Pitman United Methodist Church, Pitman
Phone: 256-251-1565
2nd Wednesday of each month
7:00pm-9:00pm

SUBSTANCE ABUSE

Inpatient Alcohol and Drug Treatment

- **Princeton House**, Princeton
Phone: 1-800-242-2550
- **Maryville**, Williamstown
Phone: 856-629-0244
- **New Hope Foundation**, various locations
Phone: 1-800-705-HOPE (4673)
- **Lighthouse**, Mays Landing
Phone: 1-888-955-8226
- **Seabrook House**, Seabrook
Phone: 1-800-761-7575
- **Lourdes Medical Center**, Willingboro
Phone: 609-835-6180
- **Kennedy Health**, Cherry Hill
Phone: 856-488-6789
- **Hendricks House**, Vineland
Phone: 856-794-2443
- **John Brooks Recovery Center**, Atlantic City
Phone: 609-345-4035
- **County Alcoholism and Drug Abuse Directors**, all N.J. counties listed
<http://www.state.nj.us/humanservices/das/treatment/directors/index.html>

Outpatient Alcohol & Drug Treatment

- **Center for Family Services, Camden**
Phone: 1-877-922-2377
- **Hispanic Family Center, Camden**
Phone: 856-541-6985
- **Rehab After Work (& After School), various locations**
Phone: 1-800-238-HELP (4357)
- **Genesis Counseling Centers, Collingswood, Camden, and Marlton**
Phone: 856-858-9314
- **My Father's House, Inc., Gloucester City**
Phone: 856-742-0900
- **Burlington Comprehensive Counseling Inc., Mt. Holly**
Phone: 609-267-3610
- **Alcoholics Anonymous Intergroup of South Jersey**
<http://www.aasj.org>
Phone: 856-486-4446
24 HR Toll Free Line: 866-920-1212
- **Alcoholics Anonymous Intergroup of Central New Jersey**
<http://www.centraljerseyintergroup.org/>
Phone: 609-298-7795
- **Narcotics Anonymous**
Phone: 1-800-992-0401
- **Addictions Hotline of NJ**
Phone: 1-800-238-2333

OTHER RESOURCES

Classes, Seminars and Help-Group Opportunities

- **Inspira Health Network**, Elmer, Vineland, Woodbury
<http://www.inspirahealthnetwork.org>
Phone: 1-800-INSPIRA
Services: Classes Offered: Breast Cancer Support Group, Thyroid Cancer Support Group, Prostate Cancer “Man to Man” Support Group, CPR and Safety Programs, Diabetes Programs, Alzheimer’s Family Caregiver Support Group, Weight Management and Nutrition Programs
- **Kennedy Health System**, Stratford, Cherry Hill, Washington Township
<http://www.kennedyhealth.org>
Phone: 1-866-224-0264
Services: Classes Offered: Fitness and Dance Classes, Wellness Classes, Tai Chi and Tai Chi for Seniors, Breakfast Club, Dinner Club, Short Story Discussion Group, Circle of Knitting and Crocheting, Cancer Center Classes, CPR Classes, Diabetes Education, and The Center for Wound Healing.
- **Lourdes Health System**, Camden, Willingboro, Collingswood
<http://www.lourdesnet.org/>
Phone: 856-757-3500
Services: Teen Support and Enrichment Program, Child Development Program, Senior Dining Program; Classes Offered: ABC Diabetes Education Program, Lourdes Cancer Care, and Lourdes Wellness Center with classes on nutrition, weight loss, and quitting smoking using hypnosis.
- **New Jersey Self-Help Group Clearinghouse**
<http://www.njgroups.org/>
Phone: 1-800-367-6274
Services: Provides contacts for over 4,500 NJ support groups for most illnesses, addictions, disabilities, and other stressful life solutions.

- **Virtua**, Berlin, Marlton, Mt. Holly, Voorhees
<http://www.virtua.org>
Phone: 1-888-VIRTUA-3
Services: Virtua offers health screening, disease prevention seminars, and support groups. Virtua Center for Health Fitness in Washington Twp. and Voorhees offers health, fitness and education programs including Spinning, Tai Chi, Zumba, Yoga and more.
Classes Offered: Diabetes Education Third Tuesday of months March through June and September through November 7-8:80pm; Alzheimer’s Support Group
- **Cooper University Health Care**, Voorhees, Camden, Marlton, Stratford
<http://www.cooperhealth.org/>
Phone: 1-800-8-COOPER (826-6737)
Services: Cooper offers CPR classes, Stress Management, and Dermatological consultations. The Ripa Center for Women’s Health & Wellness in Voorhees offers health, fitness and education programs including Stress Less, Smoking Cessation, vein screenings, Yoga and Pilates and more. MD Anderson Cancer Center offers: Bonnie’s Book Club, Qi Gong, Yoga, and various support groups.

Social Services

- **Social Service Hotline for New Jersey: 211**
<http://www.nj211.org/>
Phone: Camden County 856-225-8800
Phone: Burlington County 609-261-1000
Phone: Gloucester County 856-582-9200
Phone: Salem County 856-299-7200
Phone: Cumberland County 856-691-4600
Services: The Department of Human Services serves seniors, families and individuals with low incomes; those with mental illnesses, addictions, and developmental disabilities; people who are blind, visually impaired, deaf, hard of hearing, or deaf-blind; parents needing child care services, child support and/or healthcare for their children; and families facing catastrophic medical expenses for their children.

Home Care

- **Home Instead Senior Care**
Phone: 1-800-640-3914
Non-Medical Services
- **Bayada Home Health Care** (For children and adults)
Phone: 1-888-995-0788
- **Virtua Home Care**
Phone: 1-888-847-8823
Serving: Burlington, Camden, and Gloucester counties
- **Loving Care Agency**
Phone: 856-635-1000 or 856-690-5701
Serving: Burlington, Camden Gloucester, Atlantic, Cumberland, Salem Counties
- **Moorestown Visiting Nurse Association**
<http://www.moorestownvna.org/>
Phone: 1-877-862-4663
Serving: Burlington, Camden, and Gloucester counties

Violent Crimes

- **Victims of Crime Compensation Office**, Newark and Trenton
<http://www.nj.gov/oag/njvictims/index.html>
Phone: 1-877-658-2221
Services: Provides compensation to innocent victims of violent crime for some expenses they suffer as a result of the crime.

Hospice

- **Samaritan Healthcare & Hospice**
<http://www.samaritanhealthcarenj.org/>
Phone: 1-800-229-8183
Serving: Atlantic, Burlington, Camden, Gloucester, and Mercer Counties
Additional services: The Samaritan Center for Grief Support is open to anyone that has or is experiencing a loss. 1-800-596-8550
- **Visiting Nurse Association Health & Hospice**
<http://www.vnahg.org/visiting-nurse-association-of-central-jersey.aspx>
Phone: 1-800-400-0981
Serving: Burlington, Gloucester and Camden Counties
- **Visiting Nurse Association of Central New Jersey**
<http://www.vnahg.org/visiting-nurse-association-of-central-jersey.aspx>
Phone: 1-800-400-0981
Serving: Essex, Hudson, Monmouth, Middlesex, and Ocean Counties
- **Hospice of New Jersey, Cherry Hill**
http://www.americanhospice.com/new_jersey
Phone: 856-488-2101
- **Serenity Hospice, Bordentown**
<http://serenityhospicenj.com/index.html>
Phone: 1-855-546-7742
- **Inspira Hospice**
<http://www.inspirahealthnetwork.org/homecare-hospicecare>
Phone: 856-878-6000 or 1-888-628-7900
Serving: Cumberland, Salem, parts of Gloucester, parts of Atlantic Counties
- **Vitas, Mt. Laurel**
<http://www.vitas.com/>
Phone: 856-499-4094
- **Lighthouse Hospice Inc., Cherry Hill**
Phone: 1-888-HOSPICE (467-7423)

Adult Day Care Centers

- **Camden County Senior Citizen Day Center**
Phone: 1-800-797-3477 or 856-374-6005
Address: Camden County Health Services Center
DiPiero Center, Lakeland Road, Blackwood, NJ 08012
Hours: 8:00 am. Till 4:00 p.m. Monday through Friday
Services: Program includes door-to-door transportation, lunch and nutrition program, ceramics, woodworking, needlecraft, sewing, painting, board and parlor games, movement programs, educational and community service programs, health screening information and referral services, social services assistance, daily grocery and personal shopping trips. **Cost is \$5.00 per person.** Eligibility Criteria: Residents of Camden County, age 60+ years, self-medicating, ambulatory and socially functioning.
- **Just for Seniors Camden County**
<http://www.camdencounty.com/justforseniors>
Phone: 1-800-955-2446
Address: Camden County Division of Senior Citizen & Disabled Citizen Services
512 Lakeland Road-4th Floor
Blackwood, NJ 08012
- **Archway Senior Activity Center**
Phone: 856-547-4780
Address: 120 White Horse Pike, Suite 103
Haddon Heights, NJ 08035
Hours: 8:30am-4pm (M-F)
Services: Hot lunch served daily; Program includes social and recreational activities, shopping day trips, craft programs, educational programs and lectures. Also includes information and referral, case management, social services, health screening, counseling, biweekly grocery shopping, and intergenerational activities. Door-to-door transportation is provided.
Eligibility Criteria: Persons who wish to participate in the program should be ambulatory, self-functioning and of low income. Camden County residents 60 + years of age.

Durable Medical Equipment

- **Delcrest Medical Products Inc.**
<http://www.delcrestmed.com/>
Phone: 1-800-434-6650 or 856-665-7676
Address: 800 Rt. 38 Cherry Hill, NJ 08002
- **Sterling Medical Services**
<https://www.sterlingmedical.com/>
Phone: 1-888-907-8775
Address: 2 Twosome Dr., Moorestown, NJ 08057
- **COPD Services**
<http://www.copd-services.com/>
Phone: 1-800-648-0177
Address: 165 East Ninth Ave., Runnemede, NJ 08078
- **Medford Medical Supply**
<http://www.medfordmedical.com/>
Phone: 609-654-4650
Address: 185 Route 70, Medford, NJ 08055
- **Atlantic Medical Supply**
<http://atlanticmedicalsupply.net/>
Phone: 609-748-2434
Address: 314 Chris Gaupp Drive, Suite 202, Galloway

Pharmacy

- **PAAD (Pharmaceutical Assistance to the Aged and Disabled)**
<http://www.state.nj.us/humanservices/doas/services/paad/index.html>
Phone: 1-800-792-9745
Services: Helps eligible NJ residents pay for prescription drugs.

Transportation

❖ NEED 2-3 days to schedule in advance!

- **Logisticare**

<https://www.logisticare.com/index.php>

Phone: 1-866-527-9834

Services: Medicaid ONLY! (Remember: Horizon Medicare blue is NOT covered). Transports in and out of state. Need to provide: name & address of destination and Medicaid ID number. If the ride is late or doesn't show, call "Where's my Ride" at 1-866-527-9934. Appointments can be made on-line.

- **SEN-HAN Transit, Camden and Burlington Counties**

<http://scucs.org/transportation.html>

Phone: Camden 856-456-3344, Burlington 1-877-603-5111

Wheel chair accessible

Languages: English & Spanish

Services: Transportation services to elderly and disabled persons. Non-Emergency Medical, Shopping, Veteran Services, Post-Secondary Education, Special Events, New Freedom Program, Dialysis Transportation

Reservations: Call between 2 days to 2 weeks in advance. Rides available Monday through Friday from 8am to 4pm.

- **STAT Medical Transport, Burlington, Camden & Gloucester Counties**

<http://www.stattransport.com/>

Phone: 856-627-0400 Available 24 hours per day

Services: Non-emergent medical transportation. Requests may be made online or by phone.

- **Access Link-New Jersey Transit**

<http://www.njtransit.state.nj.us>

Phone: 1-800-955-2321

Public transportation provided for those with disabilities who are unable to use the local fixed route bus. Must apply in-person for eligibility prior to first time use. Reservations are required, and standard NJ Transit fares apply.