On January 15 of this year, Dr. Martin Luther King’s actual birthday, thousands of people with disabilities turned to YouTube and Facebook at 3:00 p.m. to watch history. A piece of civil rights legislation reintroduced on that day to the 116th Congress to fight for the independence of all people, but especially people with disabilities and senior citizens.

The Disability Integration Act — originally introduced in 2016 by Sen. Charles E. Schumer, D-N.Y., and F. James Sensenbrenner, R-Wis. — prohibits states or local governments that provide institutional placements for
individuals with disabilities who need long-term assistance, and prohibits insurance providers that fund such long-term services, from denying community-based services that would enable such individuals to live in the community and lead an independent life.

When the Disability Integration Act was reintroduced, Bruce Darling, president of the National Council on Independent Living said:

“We have the right to life and liberty as everyone else. There is NO asterisk in the Declaration of Independence or Constitution that says, ‘unless you are disabled.’”

By mid-February, the House version (HR-555) had picked up over 90 co-sponsors with three from New Jersey: They are: Rep. Donald Payne, Rep. Chris Smith, and Rep. Bonnie Watson-Coleman. I’m proud to say that Smith and Watson-Coleman represent the Progressive Center and most of Project Freedom complexes, and they were very willing to support this legislation when asked. Rep. Tom Malinowski, who also represents PCIL’s consumers in Hunterdon, signed on as co-sponsor in late March.

On the Senate side, the Senate version (S-117) has Sen. Cory Booker as a co-sponsor.

As I write this, the HR-555 has 129 co-sponsors, with six of them being from our great state, and our goal in New Jersey is for all 12 of our House Representatives to be on HR-555 by Summer for passage by July 26, the 29th anniversary of the Americans with Disabilities Act becoming law.

This legislation ensures that disabled Americans have a right to live and receive services in their own homes. Without the Disability Integration Act (DIA) in place, people who are eligible for services could be forced into nursing homes or other institutions by their insurance. DIA will prevent people with disabilities from being forced into expensive institutional settings because of government regulation.

The Disability Integration Act also requires public entities to address the need for affordable,

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accessible, integrated housing that is independent of service delivery.

As I write this, NJ disability advocates are working hard to get the rest of NJ’s congressional delegation on as co-sponsors with particular attention to Rep. Frank Pallone. Rep. Pallone had pledged last year to our sister CIL, Alliance Center for Independence, that he would co-sponsor the DIA. He has not yet kept that promise.

Of more concern, however is the fact that Rep. Pallone is the chairman of the House Energy and Commerce Committee, and he controls when and if the DIA gets a hearing, if it gets “marked up” or amended by the committee, or if the DIA gets a vote in the committee. Rep. Pallone has the power to kill this disability rights legislation.

We cannot let that happen! We will not let that happen!

Should you wish to join the advocacy effort, contact me through The Progressive Center for Independent Living, I WILL CONNECT YOU WITH THIS EFFORT.

Norman A. Smith, President, Board of Directors
Facebook.com/ProgressiveCenterNJ
Twitter @PCIL_NJ
Visit us at www.PCIL.org
Follow me on Twitter @normansmith02

TRENTON THUNDER GIVEAWAY
By Tommy Smith

My name is Tommy Smith and I have been a Trenton Thunder bat boy since 2016. I am very excited this year because on June 25th they will be honoring me with a Tommy Smith Bobblehead giveaway of ME!

I love working as a Trenton Thunder bat boy because I love getting all the fans excited for the game. I make them scream loud and go crazy and get them excited. I also like spending time with the players and especially Rookie the dog.

I also go to Life Choices Unlimited day program 4 days a week and every year my Life Choices friends come to a game and cheer me on and visit me. I feel like a star. I also love this job because I love baseball. So please come join me on my special day and come to the game and get my bobble head and of course cheer for me.
As we bid farewell to the cold temperatures and look forward to the spring bloom and longer, warmer days the Community Connections Recreation Program has been going strong with a variety of fun and enriching events.

In January, we fought off the cold with an evening of pizza and board games. The event, held at the community center of Project Freedom in Lawrenceville, saw some new faces as well as old friends and helped make new connections as people mingled and taught each other how to play their favorite games!

In February, we took a trip to see Asteroid: Mission Extreme, a National Geographic documentary about the potential of asteroids in our solar system to fuel future space exploration, presented by the Planetarium at the NJ State Museum. After the show we took a walking tour of the museum’s exhibits including Civil War artifacts, an art exhibition, fossils, and more.

In March, we had two activities. The first was an interactive concert featuring “The FunkTASKtiks” from The Trenton Area Soup Kitchen (TASK). This group of musicians is part of TASK’s programming to develop life skills and build self-confidence and self-worth among their patrons. They did an AWESOME job entertaining the people in attendance and they are always open to guest performers. It was a show that you not only watched, but you could get up and be a part of the music! The second of the March activities was a trip to “Art Making Day” at ARTWORKS, Trenton’s visual arts center. This event featured several mural projects with 3D components, fabrics, and traditional painting as well as an animation project where participants got to create a character, create a backdrop, and then stop-motion animate their creations. It was a ton of fun and a fantastic community organization.

If you, a loved one, or a friend wants to get involved as a participant or volunteer please contact us. The more we work together, the more successful we will all be, and the more we’ll get to know the communities we share. As the New Year progresses we’ll have lots of great events to look forward to so keep your eyes peeled for those yellow flyers!

**Upcoming Rec Events:**
Return to the Forbidden Planet at The Kelsey Theater
A series of art-themed workshops
Trenton Thunder on “Bat Boy Tommy Smith Bobblehead giveaway day”
Our Annual Picnic and Pontoon Boat Rides
Softball
And more!
RECREATION CORNER

PCIL consumers enjoy several activities throughout January, February, and March!
Once a child is 18, including young adults with disabilities, are considered capable of making decisions regarding their education, healthcare, etc. In fact, shared decision making between providers and patients is one of the cornerstones of healthcare reform. In addition, one of the Maternal and Child Health core outcomes for children with special needs states, “Families of children and youth with special health care needs partner in decision-making at all levels and are satisfied with the services they receive.”

Parents may be unsure about their child’s ability to make decisions; some may decide to go through the legal process of guardianship. Some families and self-advocates see this as a civil rights issue as the individual will not legally be able to make decisions about their own life, including where they live, work, or even if they are able to vote, etc. Although some states have limited guardianships, there are other choices available to families which may allow the individual to be more independent throughout their lifetime.

**Guardianship Alternatives**

There are options for families and youth transitioning to adult life which may work for families and maintain the civil rights of the individual with disabilities. Some families use a Power of Attorney when needed. This allows families to participate in decision-making on healthcare issues for their young adult with disabilities, without the need for guardianship. For young adults with mental health issues, a “durable” Power of Attorney which is revocable may be the best choice to use when the person is temporarily incapacitated, but most of the time otherwise competent to make decisions. Besides Power of Attorney, another type of Advance Directives document is the “Living Will” which includes end-of-life care decisions. For more detailed information please visit the following resources:

- http://www.spanadvocacy.org/sites/default/files/files/Sample%20Power%20of%20Attorney%20Form_0.pdf

**ABOUT THE AUTHOR:**
Lauren Agoratus, M.A. is the parent of a child with multiple disabilities who serves as the Coordinator for Family Voices-NJ and as the central/southern coordinator in her state’s Family-to-Family Health Information Center, both housed at the SPAN Parent Advocacy Network at www.spanadvocacy.org
SPECIAL OLYMPICS SENDS LOCAL ARTIST TO ORLANDO

By Patrice Jetter

Special Olympics chose athletes who are also artists from states that hosted a previous USA Games were sent all expenses paid to Orlando, FL for a logo workshop on February 8-10, 2019. Orlando is going to be the host city for the 2022 Special Olympics USA Games. Artists representing New Jersey are Patrice Jetter and Andrew Weatherly, and our chaperones, Leslie Weatherly (Andrew’s Mom) and Sabrina Doshi (SONJ P.R./Totally Cool Person). Artists were chosen from New Jersey, Iowa, Idaho, Nebraska, Seattle, as well as Florida.

When we arrived at our hotel we were provided with awesome swag bags filled with lots of cool stuff. We were provided with art supplies and custom made clipboards. We worked alongside professionals designers who mentored us.

We were treated to an evening at Universal Studios Florida for dinner and Mardi Gras celebration. We got our own parade float and we tossed beads out to the crowd. A film crew followed us around making our “rockumentary”, as I called it. There was so much creativity in the room! We bounced ideas off of each other. We developed friendships that will be long lasting even though we live far away.

It was an experience I will never forget…. and we will have to wait for the “logo reveal”, so sorry I can’t share it yet.

TO BE CONTINUED…
As a component of our Gateways to Success course, a pre-employment program for students to develop career goals and skills funded by the NJ Division of Vocational Rehabilitation Services, participants are offered stipends for successfully adhering to the program’s stages. TD bank has been working closely with PCIL to secure a method for students to obtain debit cards for our Gateways to Success program. Students are expected to view Gateways as a training program, earning incentives for following guidelines and completing work through weekly sessions. Utilizing TD bank, students will earn $10 weekly incentives, and will have potential to earn $100 if they independently secure employment this summer. Those that will participate in an unpaid internship will receive $50 weekly through this grant while completing their hours. These incentives solidify the connection between responsibility and compensation as well as help participants develop money management skills. Michael Hart, TD Bank Assistant Store Manager has worked tediously to get all students enrolled in this incentives program.

We have seen our students make great strides towards adulthood and express their sense of pride and accomplishment. Louis, a senior at Hamilton High School West said “I’m excited about having my TD Bank Debit Card, I’m using it to save my money for the Senior Trip to Dorney Park!”

We’d like to thank Mr. Hart and TD bank for helping us provide this learning opportunity. We are proud of the progress our students are making and sincerely hope we are part of what helps them on their paths to success!
Attention! Attention! The Hunterdon County office of Progressive Center for Independent Living has moved! What was once nestled in a small area shared with another local agency on Walter Foran Boulevard in Flemington, is now in its own expanded locale.

Our new home in Hunterdon County is located at 1220 Route 31 North in Lebanon.

The new headquarters offers a private setting, where services will be delivered in a warm and friendly atmosphere. As always, Hunterdon PCIL will continue to provide the wide range of services it is known for, including: Support Coordination, Student Transition Services, Adult Job Readiness, and our Core Services of Information and Referral, Individual and System Advocacy, Peer Counseling Support, Transition, and Independent Living Skills Instruction.

Please give us a call at 908-782-1055, or email laura.tapp@pcil.org for further information.
As lawmakers develop policy proposals that will affect older adults’ access to services at home and in the community, we hope their efforts will reflect the following principles:

- People want to age safely in their homes and communities. Policy solutions must increase the availability of and access to social services that support the cost-effective aging options people most want and need.

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POLICY SOLUTIONS FOR AGING POPULATION SHOULD REFLECT KEY AGING PRINCIPLE

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• Health happens at home and in the community. Leaders must recognize the importance of addressing the social determinants of health through community interventions, including incorporating innovative models into established programs like Medicare and Medicaid.

• If we don’t embrace cost-effective, community-based solutions now, these demographic shifts will strain the finances of governments and individuals. We are only as strong as our caregivers. We must recognize the critically important role caregivers play by expanding on current caregiver programs that support this essential informal workforce.

• Community infrastructure is a critical component of healthy aging. In addition to supportive services, the ability of older adults to age in place depends on access to community infrastructure, including housing, transportation, and private and public buildings/facilities/spaces, as well as a trained and adequate workforce.

Accomplishing these goals requires that we face our demographic realities and rethink aging. Not only do we need to find innovative solutions to our challenges, but we must also reject ageist thinking and commit to the value and opportunity that an aging population brings to society.
REAUTHORIZATION OF OLDER AMERICANS ACT (OAA)- HOW IT WORKS NOW

The following article is an excerpt from the 2019 Policy Priorities from the National Association of Area Agencies on Aging (n4a). The Mercer County Office on Aging is a member of n4a.

Initially signed into law in 1965 alongside Medicare and Medicaid, the OAA is much smaller and depends on discretionary funding streams (and funding leveraged at state and local levels) rather than the mandatory spending used to fund federal health care programs. This makes OAA especially important to millions of older adults whose incomes are not low enough to make them eligible for Medicaid assistance, but who do not have sufficient financial resources to fully pay for the in-home and community supports they need to remain independent. The OAA not only fills those gaps but, n4a would argue, helps reduce long-term Medicaid expenditures by delaying or preventing individuals from spending down their resources to become eligible for Medicaid long-term care.

Through the network of Area Agencies on Aging (AAAs), each year more than 8 million older Americans receive critical support in the form of in-home personal care, home-delivered and congregate meals, transportation, disease prevention/health promotion, legal services, elder abuse prevention and intervention, and other social supports essential to maintaining their independence. Additionally, the OAA funds vital Reauthorize the Older Americans Act Strengthen the aging services and supports that make it possible for older adults to age well and safely at home and in the community. n4a 2019 Policy Priorities assistance for caregivers of older people through the National Family Caregiver Support Program (NFCSP, Title III E), which provides grants to AAAs/Title VI aging programs to help family members caring for their ill or disabled loved ones.

The infrastructure and delivery system for these vital services is the nationwide Aging Network—made up of states, 622

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Area Agencies on Aging, more than 250 Title VI Native American aging programs, and tens of thousands of local service providers. The Network, and the Act which created it, were founded on the principle of giving states and local governments flexibility to determine, coordinate and deliver the supports and services that most effectively and efficiently serve older adults and caregivers in their communities.

OAA programs and services save taxpayer dollars by enabling older adults to remain independent and healthy in their own homes, where they prefer to be and where they are less likely to need more costly care paid for by Medicare and Medicaid. By supporting the health of older adults with evidence-based wellness programs, nutrition services, medication management and many more in-home and community options, OAA programs and services save Medicare money. Local OAA programs delay or even prevent the need for higher-level or more expensive (i.e., nursing home) care in Medicaid, postponing impoverishment and eligibility for the means-tested Medicaid long-term care program. Further, when older adults live in assisted living or nursing home facilities, the OAA’s long-term care ombudsman program works to protect their rights and well-being. The wide range of OAA services enables Aging Network entities to connect consumers to service choices that best meet their individual needs. In particular, AAAs/Title VI aging programs play a pivotal role in assessing community needs and developing responsive programs. They often serve as portals to care, assessing multiple service needs, determining eligibility, authorizing or purchasing services, and monitoring the appropriateness and cost-effectiveness of services.

In addition to federal investments, AAAs leverage state, local and private funding to build comprehensive systems of home and community-based services in their communities. Surveys from the U.S. Administration on Aging (AoA) show that every $1 in federal funding for the OAA leverages nearly an additional $3 in state, local and private funding. Furthermore, the Aging Network engages hundreds of thousands of volunteers who donate millions of volunteer hours each year, further leveraging public and private investments. https://www.n4a.org/files/n4a_2019PolicyPriorities_FinalWeb(1).pdf
New Jerseyans are now just one click away from important benefits and savings.

The Department of Human Services’ (DHS) Division of Aging Services has launched NJ Save, a new online application to help low-income older residents and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.

Instructions and a step-by-step YouTube tutorial are also available on the Division of Aging Services’ website at www.aging.nj.gov. NJSave allows individuals to use a single online application to check their eligibility and apply for various savings and assistance programs, including Medicare Savings Programs, which help eligible individuals pay their Medicare Part B premiums; New Jersey’s Pharmaceutical Assistance to the Aged and Disabled (PAAD), which helps with prescription drug costs; and the Lifeline Utility Assistance Program. Prior to this, individuals had to fill out a paper application.

While the programs accessed through the NJSave application are currently helping thousands of eligible individuals save money, thousands more are eligible and not yet enrolled.

“NJSave will help older New Jerseyans and their families with a simpler way to check out the programs and services available to them. We are delighted to provide this new tool to help connect individuals to benefits and services,” said Carole Johnson, Commissioner of the Department of Human Services.

“This application gives older New Jerseyans, individuals with disabilities, and their caregivers a new, easily-accessible way to get the help they need to maintain their health and financial well-being,” said Human Services’ Division of Aging Director Louise Rush. Individuals can now fill out the application and submit supporting documents completely online. Applicants will also be able to create an account and save the form so they do not have to fill it out in one sitting.

NJSave enrolls eligible applicants into the following programs:

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NJSAVE: YOUR ONLINE APPLICATION FOR IMPORTANT MONEY-SAVING BENEFITS

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- Pharmaceutical Assistance to the Aged and Disabled (PAAD):
- Hearing Aid Assistance to the Aged and Disabled (HAAAD)
- Lifeline Utility Assistance
- Medicare Savings Programs
- Medicare Part D’s Low Income Subsidy (LIS, also known as “Extra Help”)
- Senior Gold Prescription Discount Program

The application is also used to screen individuals for numerous savings and assistance programs. These programs include:

- Universal Service Fund (USF)
- Low-Income Heating and Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance Program (SNAP)

To qualify for the programs, the applicant has to be a resident of the State of New Jersey, meet certain income requirements and either be 65 years of age or older or between the ages of 18 and 64 and receiving Social Security disability benefits.

The paper version of the application will remain in use and is available by calling the Division of Aging Services at 1-800-792-9745, or by contacting county-based Area Agencies on Aging (AAA) or local pharmacies. Mercer County Office on Aging can be reached by calling 609-989-6661.
2019 SENIOR ART SHOW
Reprinted from the Mercer County Culture and Heritage newsletter.

The 2019 Mercer County Senior Art Show will be held July 17 through August 9 at Meadow Lakes, East Windsor. Artwork can be dropped off at Meadow Lakes between 9 a.m. and 2 p.m. on July 15.

For more information about our upcoming show visit our Mercer County Cultural & Heritage facebook page or have a prospectus mailed to you by calling the art show coordinator at 609-989-6899 or email chreed@mercercounty.org

About the Mercer County Senior Art Show
Each year the Mercer County Division of Culture and Heritage partners with the Mercer County Office on Aging to produce the Mercer County Senior Art Show. First Place winners from the County shows advance to the New Jersey Senior Citizen Art Show each fall.

Any Mercer County resident age 60 or older may submit artwork to the Mercer County Senior Art Show. All submissions must be the original work of the applicant, created within the last three years, and not previously entered in a Mercer County Senior Art Show or the State Senior Art Show. Applicants may submit one piece of art in any of the following categories: acrylic, craft, digital imagery, drawing, mixed media, oil, pastel, photography, print, sculpture, and watercolor. For full information, call and request a prospectus.

A professional Juror selects the winner in this show. Up to 22 artists (one “professional” winner and one “non-pro” winner in each of the 11 categories) may move on to the State Show. The Mercer County and State Shows are currently hosted at Meadow Lakes in East Windsor. There is no entry fee.

A NEW PROGRAM COMING TO MERCER COUNTY ON JULY 9TH!

What is Friend’s Circle?
Greenwood House and JFCS are proud to introduce Friend’s Circle, a monthly, 2-hour social gathering for those with memory concerns and their care partners. Guests are welcome whose memory challenges are due to any underlying condition at any stage. Care partner attendance is required due to the benefits for both and may include spouses, adult children, friends, and professional caregivers. Aimed to stimulate shared connection and joy, guests enjoy refreshments, music, art, meaningful conversation, education and resources. Each month, a creative artist facilitates an engaging activity – something in which guests can participate and feel a sense of belonging no matter their cognitive abilities.

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A NEW PROGRAM COMING TO MERCER COUNTY ON JULY 9TH!

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How?
To provide a sense of ‘normalcy’, Friend’s Circle will meet at Adath Israel Congregation in Lawrenceville, an easily accessible community location offering a relaxed, supportive and stigma-free atmosphere – much like a coffee house. Guests are not asked their diagnosis. This way, individuals who haven’t been diagnosed feel welcome. While information about resources and services are available, Friend’s Circle provides a break from focusing on disease and disability.

Why?
Friend’s Circle offers social connectivity, inclusion and a time to step out of the daily routine while enjoying a positive experience. People living with dementia and their care partners often become isolated due to increasing difficulty of engaging in everyday activities, compounded by the stigma that makes people feel unwelcome or embarrassed in public situations. Isolation can lead to increased health risks including the rapid worsening of memory loss. Fear and stigma create a social environment in which many are afraid or embarrassed to acknowledge their symptoms and seek medical evaluation.

Cost?
Free. Greenwood House and JFCS (both non-profit organizations) are relying on the generosity of others through sponsorships, grants and volunteers to help offset the cost of guest artists, leased space, refreshments, supplies, and staffing.

When & Where? The second Tuesday each month beginning July 9, 2019 Friend’s Circle is Non-Sectarian; Open to the public. Adath Israel Congregation, 1958 Lawrenceville Road (US-206), Lawrenceville, NJ

PRE-REGISTRATION IS REQUIRED & BEGINNING NOW (space is limited)

For more information, pre-registration, placement on mailing list, or to learn about Sponsorships please contact: Donna Sobel, BSW, MHA – Director of Business Development / Friend’s Circle Project Director, DSobel@Greenwoodhouse.org; 609-883-5391 Ext. 388

If you are interested in volunteering please contact: Eden Aaronson, JFCS Volunteer Coordinator, edena@jfcsonline.org; 609-987-8100, Ext. 113
The following is the quote that greets you when you open the Alzheimer’s NJ web page: “With over 600,000 residents in NJ touched by Alzheimer’s and Dementia, we are here to help.”

Caregiving, especially for those caring for someone with memory loss, dementia or Alzheimer’s disease, presents many challenges that weave into one’s day to day living. Reaching out for support and learning from peer caregivers or professionals in Mercer County is a call, a click or an email away. Consider the resources below when you or someone you know is need of support along their caregiving journey. With over 600,000 residents in Dementia, we’re here to help.

Alzheimer’s New Jersey

http://www.alznj.org/services                                Helpline - 888-280-6055

Trained and caring staff is available to answer your caregiving questions. All services are confidential and provided free of charge. Support includes care consultation, respite care and wellness programs, family support groups, Always Safe program, Clinical Trial Connections Programs, Community Education programs and Caregiver conferences. Call the Helpline to see how Alzheimer’s NJ can help you!

Mercer County Support groups sponsored by Alzheimer’s NJ

HAMILTON
RWJ Fitness & Wellness Center
3100 Quakerbridge Road
Hamilton, NJ 08619
Steve Guarino
3rd Wednesday of each month
6-7PM
609.396.6788

HOPEWELL
Capital Health Medical Center – Hopewell
One Capital Way
Pennington, NJ 08534
2nd Tuesday of each Month – 2PM
*Complimentary valet parking and refreshments are provided*
Register by calling 609.537.7300 or register online at www.capitalhealth.org/events

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CAREGIVER RESOURCES
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Care2Caregivers
www.Care2Caregivers.com  |  Care@Care2Caregivers.com  |  1-800-424-2494
Care2Caregivers is funded by the State of New Jersey Department of Human Services through the COPSA Institute of Alzheimer’s Disease and Related Disorders at Rutgers University Behavioral Health Care. Provides peer support, guidance, resources along the caregiving journey.

Mercer County Office on Aging/ADRC/Skills2Care
adrc@mercercounty.org  |  609-989-6661
Skills2Care is an evidenced-based program to help caregivers build skills and learn strategies to manage the changes associated with dementia along their caregiving journey. The County has other information on programs and services that may help one along their caregiving journey.

A Guide to Community-Based Long Term Care in NJ
www.adrcnj.gov
The New Jersey Department of Human Services, Division of Aging Services, with support from the US Department of Health and Human Services’ Centers for Medicare and Medicaid Services (CMS) and Administration on Aging (AOA) has compiled this guide to offer the reader access to programs and services to help those who are aging, living with disabilities and their caregivers. Find this guide online at www.adrcnj.gov.

Division of Disability Services
1-888-285-3036
The New Jersey Department of Human Services provides a consumer friendly, useful tool, which identifies all levels of government, community organizations and professionals working to assist people with disabilities. The publication provides access to up-to-date information that individuals with disabilities, along with their families, may need to flourish in their physical, professional and recreational lives. The Publication is available online at www.state.nj.us/humanservices/dds. A certified Information and Referral Specialist can be reached to discuss any individual concerns or issues, and can provide direct assistance by phone at 1-888-285-3036 (toll free).
UPCOMING PCIL REC EVENTS

Return to the Forbidden Planet at The Kelsey Theater
A series of art-themed workshops
Trenton Thunder
Our Annual Picnic and Pontoon Boat Rides
Softball

Advertise With Us!

Place your business ad in our newsletter.

We have a mailing list of over 2,300 households within Mercer and Hunterdon counties.

Call us for more details and rates.

609-581-4500